

Springhill Catholic Primary School

10th October 2025

www.springhillcatholic.net
info@springhillcatholic.net
Tel: 023 8033 3954
(office hours 8:30am—4:30pm)



Together we will do our best for Jesus

“The water that I will give them will become a spring of water within, welling up to eternal life.”- John 4:14

Dear Parents and Carers,

It has been another fun and busy week at Springhill.

Christmas Shoeboxes and Harvest Festival – Thank you:

A huge thank you to all our parents for the very generous donations for our Harvest Services on Monday. We were so overwhelmed by all the amazing donations. Thank you! These donations help to fill the school food bank and serve our local community. We have had over 150 beautiful shoeboxes returned for the Rotary Club so far. A huge thanks for these too. These vital boxes are shipped all over the world and given to children in need. Closing date for returning these is next Friday morning.

Coco's Foundation:

For our families who were with us last year, you will remember some of the staff taking on the ice bucket challenge. After 3 years of fundraising, we raised over £5000 to build a house in South Africa for a family in need. This week, I was sent some photos of the completed house and the very happy family moving in.



Fire Bell and Lock Down Alarm Practice:

Every year, the school has to ensure that the staff and children know how to respond in a fire alarm and a lock down alarm. These practices are completed 2-3 times a year. The children were absolutely amazing in our fire alarm practice a few weeks ago. During the lock down alarm, the children sit on the carpet below the windows and are read a story by the teacher. Windows are closed and doors are locked. Children are told that we practise this in case a fox or deer is on the playground or the air pollution is high. We don't tell them anything else that may worry them.

I hope you all have a wonderful weekend with your amazing children.

Kind regards,
Mrs Ashworth
Head Teacher

Winning house this week



Working together to improve
attendance

Target 97% and above

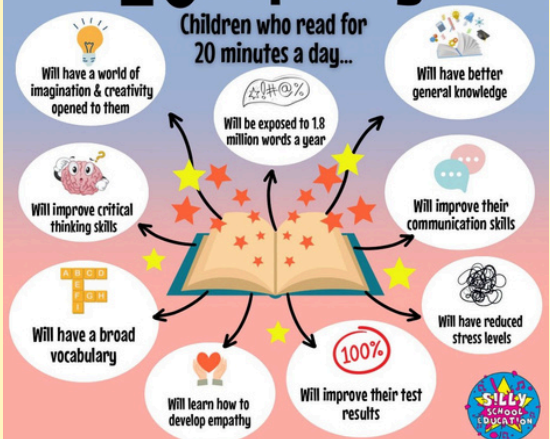
Year Group Summary
w/c: 06/10/2025

Year F - 98.85%
Year 1 - 97.24%
Year 2 - 98.15%
Year 3 - 98.86%
Year 4 - 97.74%
Year 5 - 98.01%
Year 6 - 97.20%



20 is plenty!

Children who read for
20 minutes a day...



NUT FREE SCHOOL



THANK YOU

Springhill Catholic Primary School



Dates:

Black History Month - October

Monday 13th October 6:00pm - Year 5 London trip information meeting online

Friday 17th October 9:00am - Deadline for returning Rotary Shoebox

(Please return unused boxes)

Friday 28th November 6.00-7:00pm - Family star gazing event

★ Family Star Gazing ★

Bring the whole family on Friday 28th November between 6pm - 7pm as we gaze in wonder at the night sky. Join us for hot chocolate and glow sticks.



Science in the Stars

On a clear night, if you use a telescope or binoculars, you might see the moon, stars and planets. What will you see?

When: Friday 28th November between 6pm - 7pm
Where: the MUGA
You will need: a warm coat and a telescope or binoculars





Everyone is welcome.

Reminder - Sickness attendance:

If your child is suffering from **diarrhoea and/or vomiting**, please do not send them to school until the symptoms have cleared for **48 hours**. This will help avoid the infection spreading through the class.

Thank you for your cooperation.

Lunch Menu:

Week 2 Summer Menu - Weeks commencing: 28th April, 19th May, 16th June, 7th July, 1st and 22nd Sept, 13th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue choice	 <p>CHICKEN NUGGETS BRITISH CHICKEN Chicken nuggets and potato of the day</p>	 <p>HANDMADE FLATBREAD RED TRACTOR MEAT Chicken meatballs in Spanish style sauce</p>	 <p>SEASONAL SPECIAL CHEESY DELIGHT Bean and cheese quesadillas</p>	 <p>ROAST OF THE DAY ROAST THURSDAY Chicken roast</p>	 <p>FISHY FRIDAY! MSC APPROVED Fish fingers</p>
Yellow choice	 <p>WHOLEMEAL PASTA HANDMADE SAUCE Quorn sausage and baked bean pasta</p>	 <p>PIZZA TUESDAY WHOLEMEAL PIZZA BASE Cheese & tomato pizza</p>	 <p>PLANET-POWER MEAT-FREE WEDNESDAY! Planet-Power Sausage roll</p>	 <p>VEGETABLE PASTY WITH QUORN & VEGETABLES Quorn and vegetable pasty</p>	 <p>NEW DISH EAT THE RAINBOW Rainbow pizza muffin</p>
Purple choice	 <p>JACKET POTATO WITH VARIOUS FILLINGS OFFERED DAILY! Jacket potato with cheese, tuna, baked beans or coleslaw</p>	 <p>JACKET POTATO WITH VARIOUS FILLINGS OFFERED DAILY! Jacket potato with cheese, tuna, baked beans or coleslaw</p>	 <p>JACKET POTATO WITH VARIOUS FILLINGS OFFERED DAILY! Jacket potato with cheese, tuna, baked beans or coleslaw</p>	 <p>JACKET POTATO WITH VARIOUS FILLINGS OFFERED DAILY! Jacket potato with cheese, tuna, baked beans or coleslaw</p>	 <p>JACKET POTATO WITH VARIOUS FILLINGS OFFERED DAILY! Jacket potato with cheese, tuna, baked beans or coleslaw</p>
Orange choice	 <p>PACKED LUNCH OPTION Cheese roll or half baguette</p>	 <p>HAM BAGUETTE PACKED LUNCH OPTION Ham roll or half baguette</p>	 <p>CHEESE BAGUETTE PACKED LUNCH OPTION Cheese roll or half baguette</p>	 <p>PACKED LUNCH OPTION Tuna mayo roll or half baguette</p>	 <p>CHEESE BAGUETTE PACKED LUNCH OPTION Cheese roll or half baguette</p>
Dessert	Chocolate brownie Seasonal fruit or yoghurt	Melting 'oaty' moment Seasonal fruit or yoghurt	Mini fruity scone Seasonal fruit or yoghurt	Jelly, whip or custard pot Seasonal fruit or yoghurt	Iced sponge Seasonal fruit or yoghurt

Springhill Catholic Primary School



Sport News:

Children across the school have been participating in various sports events over the last few weeks but let's start with football.

The U11 boys' football team showed great resilience to come back from 2 goals down against Hamble Primary School to snatch a 4-4 draw. The latest Test Park league matches for the same team resulted in one victory and two losses, making qualification for the Champions League tricky but their final set of matches the week after next will determine that. Our U10 boys' team played out a draw against Highfield C of E Primary whilst the U11 girls' team started their league fixtures with two defeats, before losing to KES Preparatory in the County Cup.

Twelve Year 3 children took part in a dodgeball event where their throwing, catching and movement skills increased as they played more matches; great fun was had by all!

The first 'pathway' event (winners and runners up proceed through to County Finals) of the school year was held at Cantell School last week. Our table tennis A team (Harvey, Tommy, Orlaith and Keira) won all their group matches before defeating the school's B team (Orestis, Jacob, Lauren and Alvia) 3-1 in the semi final. The latter lost their 3rd/4th place play off to Ludlow Junior to finish a very respectable 4th before the A team recorded no less than three single point victories, as well as one by 15 points, to beat Highfield C of E Primary and win gold! They will now represent Southampton in next month's County Finals. Well played to all eight players.

Twelve year 1 and 2 children took part in the City Indoor Athletics Festival this week where they practised and improved their running, jumping and throwing skills.



Please return any football boots or shinpads your child may have borrowed from Mr Cowap in the last few weeks when representing the school. If you have any boots or shinpads that are no longer used, please hand them into reception or ask your child to give to Mr Cowap as we always need more.

Match Attax: All children in KS2 were recently given a Match Attax activity sheet on which to complete their own colourful design (copy attached). Completed designs should be handed in to Mr Cowap for the chance to win some Match Attax football cards on a first come, first served basis. Please ensure your child's name and class are written on their design. Completion of the survey via the QR code is optional! Closing date for entries is Friday 17th October.



Celebrating Achievements:



Congratulations to Ellie, Logan, Florrie and Arlene, all of whom train at the LMC High Performance Centre and competed in the British Taekwondo National Championships held in Sheffield last weekend.

Ellie, Florrie and Arlene had an outstanding performance, winning their way to the semi-finals and all taking home a Bronze medal. Logan also performed brilliantly, giving his all in a large category.

All four children train regularly; their families and friends supported them at these championships and the school is extremely proud of their achievements, as is their coach Max who runs the Taekwondo club here at school and commented:

'This is a fantastic achievement for all the children and I wanted to take a moment to highlight and celebrate their hard work, dedication and success.'

Well done to you four!

Congratulations to Shelby who plays her football at Southbrook Challengers. She plays both outfield and in goal, and recently won the Player Of The Month.

'Shelby has always been the heart of The Challengers and this month she reminded us exactly why,' said her coach!

Well done Shelby whose favourite players are Neymar and Hannah Hampton!



Online Safety:

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about GROUP CHATS

WHAT ARE THE RISKS?

On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

TEASING AND BULLYING

Children of all ages are keen to fit in socially, and group chats can sometimes complicate that process. While group chats can foster connection, they can also give way to mean comments or jokes at someone's expense, especially when others join in for laughs. When bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact – adding to embarrassment, anxiety and feelings of isolation for the child being targeted.

UNKNOWN MEMBERS

Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.

PEER PRESSURE

Children may feel they have to constantly stay engaged just to be included and keep up with the conversation. In some cases, they might partake in inappropriate behaviours – like sharing explicit photos, jokes or teasing – just to fit in. Group settings can also encourage children to act in ways they normally wouldn't, or stay silent when they know something is wrong, out of fear of being excluded. Some children may find it difficult to leave toxic group chats.

INAPPROPRIATE CONTENT

Some group chats may include inappropriate language or imagery. Even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only available once or for a few seconds, which makes it harder for children to report something they've seen.

EXCLUSION AND ISOLATION

Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may happen on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out – even unintentionally.

VIDEO AND LIVE CHATS

Many popular apps allow children to engage in live streaming with interactive chats or have group video chats. Anyone can be added to these streams, and often children tag peers in the comments and have conversations which are unmoderated. There's a risk of being exposed to inappropriate or violent content and offensive language, either in the group videos or via the group chats.

Advice for Parents & Educators

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for children to compete for social status. Help children consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

SET SOME GROUP CHAT RULES

Discuss safe group chat practices, such as asking a peer for consent before adding them to a group chat, or leaving a group chat if a stranger is added. Tell children that if they're added to a group they didn't agree to beforehand, it's OK for them to leave immediately.

BLOCK, REPORT AND LEAVE

If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure children know it's OK to leave a group chat if they feel uncomfortable or unsafe.

SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being bullied.

PRACTISE SAFE SHARING

It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details – like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up or how it might be used.

SILENCE NOTIFICATIONS

Being bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of a group chat while disabling notifications. In fact, it would be healthier for them to do so, helping them avoid the pressure to respond immediately.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and online behaviours of young people in the UK, USA and Australia.



The National College

Springhill Catholic Primary School



TTRS Results:

The Weekly Springhill TTRS Results!



Most Valuable Players:

YG	1 st	2 nd	3 rd
3	Oli	Luigi	Michal
4	Emmanuel	Sia	Ronel
5	Abel	Anderson	Kamso
6	Jason	Ayush	Harvey

Well done to all of the players above for working extremely hard.

Class vs Class:

YG	1 st	2 nd	3 rd
3	3MD	3BM	3NC
4	4SW	4MR	4JW
5	5JP	5PA	5LP
6	6LK	6GA	6JS

Remember! 😊

The winning class from each year group will be the class with the most active players.



Parents' Association:

A copy of the Parents' Association AGM minutes is attached with the newsletter.

Springhill Parents' and Friends' Association

C/o Springhill Catholic Primary School

Milton Road

Southampton

SO15 2HW

Registered Charity Number 1147247.

Raise funds with shopping:

<https://www.easyfundraising.org.uk/causes/springhillcatholic/>



Head Teacher Award

Joseph - Year 5

Deputy Head Teacher Award

Lottie - 1DB

Assistant Head Teacher Award

Francis - Year 4

Mason - 3NC

Teacher Award

FEG	Dorotka	Aidan
FDH	Alicja	Milan
FCL	Franco	Keiron
1DB	Britney	Andi
1KG	Eadie	Anastasia
1SL	Leyton	Daylia
2JH	Greg	Oliver
2LW	Kayla	Aarvin
2EW	Uju	Lilia
3BM	Martin	Irene
3MD	Eryk	David
3NC	Aedline	Amara
4SW	Diana	Ryan M
4MR	Hayden	Arianna
4JW	Liliana	Orla
5LP	Henry	Abigail
5JP	Justin	Alex
5PA	Aleena	Davi
6JS	Ioan	Kamila
6GA	Andrew	Alexander
6LK	Orla	Irene



Doing Our Best for Jesus Certificates

FDH	Emma
FCL	Emma
FEG	Luka
1DB	Ashley
1KG	Jasmine
1SL	Sophie
2EW	Manuel
2LW	Anwyll
2JH	Eden L
3NC	Evelet
3MD	Jason
3BM	Emmanuella
4MR	Luna
4SW	Emmanuel
4JW	Imogen
5LP	Filip
5JP	Danny
5PA	Rylan
6JS	Stefanos
6GA	Aurelia
6LK	Kayden



Suns Basketball Club:

SOUTHAMPTON SUNS BASKETBALL CLUB








DEVELOPMENT SESSIONS

U10'S

REDBRIDGE COMMUNITY
FRIDAY
5-6PM

U10'S

REDBRIDGE COMMUNITY
FRIDAY
5-6PM

U12'S + U14'S

REDBRIDGE COMMUNITY
WEDNESDAY
5-6PM

U14'S + U16'S

REDBRIDGE COMMUNITY
WEDNESDAY
6-7PM

ADULTS SESSIONS

REDBRIDGE COMMUNITY
MONDAY
6-7PM

CVL SESSIONS

U10'S

REDBRIDGE COMMUNITY
THURSDAY
5-6PM

U12'S

REDBRIDGE COMMUNITY
THURSDAY
5-6PM

U14'S

REDBRIDGE COMMUNITY
MONDAY
5-6PM



JNL

U14 + U16S



SUPERSTARSPORTSUKBASKETBALL



BOOK YOUR FREE TASTER NOW!

WWW.SUPERSTARSPORTSUK.COM

PROUDLY SPONSORED BY









Springhill Catholic Primary School



Polish Club:

Polish After-School Club for children in years 1-6 in the Autumn term

YOU CAN STILL SIGN UP YOUR CHILD!

It has been a joy to see so many children with Polish as their home language joining our Polish Club in years 1 to 6! At the club, children have an opportunity to develop their Polish language skills further and learn about the Polish culture through fun educational activities.

You can still sign up your child for the Polish Club for the the Autumn term, by contacting the teachers:

a.wojcikpolishclub@gmail.com (years 1-3)

ewelina.j.zalewska@gmail.com (years 4-6)

The price is £7 per child per session and payment is made half-termly in advance.

For more information, please see the posters below (in English and in Polish).

Polski Klub – rok szkolny 2025-26

Zapraszamy do zapisywania dzieci do Polskiego Klubu na semester Autumn 1.

Zajęcia dla dzieci w klasach 1- 6 będą się odbywać w piątki po szkole w godzinach 15.15-16.15 w 2 grupach:

Młodsza Grupa (klasy 1,2 i 3)

Nauczyciel: Agnieszka Wojcik

Kontakt: a.wojcikpolishclub@gmail.com

Starsza Grupa (klasy 4, 5 i 6)

Nauczyciel: Ewelina Zalewska

Kontakt: ewelina.j.zalewska@gmail.com

W celu zapisania dziecka, prosimy o kontakt z nauczycielem.

Zajęcia rozpoczynają się w **piątek 12 września 2025.**

Cena: £7 za godzinę zajęć za 1 dziecko, płatne z góry za half term. Szczegóły u nauczycielek.



Polish Club – Academic Year 2025-26

It is still possible to sign up your child for the Polish Club in Autumn 1. The club is designed for children whose first language is Polish.

It will continue to take place on Fridays 3.15pm to 4.15 pm, in 2 groups:

Younger Group (years 1,2 and 3)

Teacher: Agnieszka Wojcik

Contact: a.wojcikpolishclub@gmail.com

Older Group (years 4, 5 and 6)

Teacher: Ewelina Zalewska

Contact: ewelina.j.zalewska@gmail.com

Please contact the relevant teacher to sign up.

The first session will take place on **Friday 12th September 2025.**

Cost: £7 per session per child, paid upfront for the half term. For details, please contact the teachers.





Superstar Sports Half-term Holiday Course :

OCTOBER HALF TERM

HOLIDAY COURSES

FOOTBALL, MULTI-SPORTS, PERFORMING ARTS, GYMNASTICS,
INFLATABLES, CRAFTS AND MUCH MORE!

YOU WILL NEED TO BRING A PACKED LUNCH, WATER BOTTLE &
COAT

VENUE	SPRINGHILL PRIMARY SCHOOL
DATES	27TH OCTOBER - 31ST OCTOBER
AGES	4 - 12 YEAR OLDS
PRICE	£20 PER DAY
TIME	9 AM - 3 PM
OUT OF HOURS	8-9 AM £6 (BREAKFAST INCLUDED) 3-4.30 PM £6



10%
SIBLING
DISCOUNT



TAX-FREE
CHILDCARE &
CHILDCARE
VOUCHERS
ACCEPTED





bookings.superstarsportsuk.co.uk



02382 127331





Eastleigh FC Half-term Holiday Course :

EASTLEIGH FC

OCTOBER

HALF TERM HOLIDAY COURSES

EASTLEIGH FOOTBALL CLUB,
STONEHAM LANE, SO50 9HT
9AM-3PM | AGES 5-14

FREE TICKETS AVAILABLE FOR FIRST TEAM GAMES!

FUN FOOTBALL PRIZES

MEET FIRST-TEAM PLAYERS

BOOK YOUR PLACE ONLINE

SCAN HERE

ANY QUESTIONS? CONTACT JOSH

JNACE@EASTLEIGHFC.COM

🚀🏆 Calling all young football superstars! 🏆🚀

This October half term, Eastleigh FC is turning up the fun with our Holiday Football Courses – and YOU'RE invited!

- 🌟 Play like the pros
- 🌟 Win awesome football prizes 🏆
- 🌟 Meet first-team players ❤️
- 🌟 Even grab FREE tickets to watch Eastleigh FC in action! 🎫

📍 Eastleigh Football Club, Stoneham Lane, SO50 9HT

🕒 9AM – 3PM | Ages 5–14

It's the ultimate half-term football adventure – skills, goals, new friends, and loads of fun packed into every day!

📱 Scan the QR code on the poster and book your spot today before they're gone!

Any Questions ? - Contact Josh : jnace@eastleighfc.com



Support Groups:

October 2025

HAMPSHIRE PARENT CARER NETWORK
enabling voices to be heard

2nd October, 10 -12pm: Fleet Get Together- Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -

8th October, 10-12pm : Basingstoke Get Together - The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ ****SENDIASS ATTENDING to offer 1:1 support****

14th October, 10-12pm: Havant Get Together - Horizon Havant , Civic Centre Road, Havant, Hampshire, PO9 2AY

21st October, 10-12pm: Eastleigh Get Together - St Francis Hall, Nightingale Avenue SO50 9JH

22nd October, 8-9pm: online Evening Get Together - - Meeting ID: 890 6612 2644 Passcode: GT

- Connect with other parent carers
- Relax over a cuppa in a friendly, non-judgemental space
- Share experiences & local issues
- Give feedback on services supporting your children & young people

This month Hampshire SENDIASS will be attending the **Basingstoke** session. They will be available to offer 1:1 time to discuss your personal journey and will offer in the moment guidance to help your young person 0-25.

For more information please contact: participation@hpcn.org.uk

Next week at Re:Minds

13th - 17th October 2025

ADHD Advice Clinic

Monday 13th October 10am

Book a private 10 minute, virtual Zoom appointment to speak with a clinician about any issues related to ADHD

Appointments will be with
Laura Nisbet, Lead ADHD Nurse from CAMHS

Email info@reminds.org.uk to book

New Support Group Weston

10am Monday 13th October

Meet other parents and carers who truly understand what it's like. Share experiences, talk about the ups and downs of neurodiversity and mental health, and pick up advice, information, and support – all over a friendly cuppa.

No booking needed and no cost to attend – just drop in – you'll be warmly welcomed

The Hoppe Centre, Drayton Close, Weston, SO19 9JN
Direct parking available and fully accessible.
The Bluestar 21N2 bus stops right outside from Southampton city centre through Woodston, Shirley, and General Hospital.

16-25 Mental Health Collective

Supporting young people with their transition to adulthood

A brand new service for Southampton parents/carers of young people aged 16-25 with mental health needs

Advice & Support on all aspects of transitions

- learning difficulties
- learning disabilities
- learning difficulties
- learning disabilities
- learning difficulties
- learning disabilities
- learning difficulties
- learning disabilities
- learning difficulties
- learning disabilities

Kerstin from our 16-25 service will be at each group to offer her support and guidance for anyone who is looking after a young person who is in or approaching this age group!

Please email info@reminds.org.uk to book your space at the clinic
No need to book to attend the support group - just drop in!

Springhill Catholic Primary School



Church News:

St Joseph's & St Edmund's



Jubilee Year 2025

St. Edmund's Church has been chosen to be one of six shrine churches that will be particular places of pilgrimage, as well as places for the granting of the indulgence in the Year of Jubilee 2025.

Our Lady of the Rosary of La Navál de Manila

During October, the month of the Holy Rosary, a special devotional initiative will take place at the side altar of Our Lady in St Edmund's Church. A petition book will be available for parishioners to write their personal intentions to Our Lady of the Rosary of La Navál de Manila to be sent to the National Shrine of Our Lady of La Navál in Quezon City, where Dominican brothers and religious will offer prayers for all the intentions submitted.

Weekly newsletter available to view at: <https://www.southamptoncitycentrecatholics.org/newsletter>

Immaculate Conception Church



VACANCY

Parish Administrator - Immaculate Conception Church, 20-25 hrs per week

Please see the Parish newsletter for further information on the vacancy and details of regular weekly activities in the Parish.

Weekly newsletter available to view at: <https://www.immaculateconception.church/newsletter>

Springhill is a diverse community which we are proud of. If English is not your first language - you can copy and paste school emails and newsletters into google translate and they will be changed to your preferred language:

<https://translate.google.co.uk/>