

Springhill Catholic Primary School

21st November 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 a cold but exciting week with the panto in school. The children laughed a lot and thoroughly enjoyed themselves. Thank you to Mrs Hall who organises this each year.

Attendance:

At Springhill, we place great value on daily attendance at school. The children have a target of 97% and above for the whole academic year (they are rewarded with a medal at the end of the year if they achieve this) and each term, we hand out 100% attendance badges for the term. Each term, there is another opportunity to get a badge for 100% attendance so don't worry if you have been absent this term, there will be another opportunity between January and Easter and then again after Easter to the start of the summer.

A huge thank you to our parent body who are so supportive on this front and you all work so hard to ensure your children attend well at school.

Thank you Parents:

The children looked great today with their funky hair and socks. Thank you for all your support for our Parents' Association who raise vital funds for our school.

Reminder - Parent Survey:

This is a gentle reminder to complete our parent survey please. At Springhill, we want to continue to strive to be the very best for our families and we need your feedback to help us:

<https://forms.office.com/e/zqWe8uabdt>

Have a wonderful weekend.

Kind regards,
Mrs Ashworth
Head Teacher

Winning house this week



Working together to improve
attendance
Target 97% and above

Year Group Summary
w/c: 17/11/2025

Year F - 98.34%
Year 1 - 96.97%
Year 2 - 96.63%
Year 3 - 98.68%
Year 4 - 97.59%
Year 5 - 97.80%
Year 6 - 96.94%



20 is plenty!
Children who read for 20 minutes a day...
Will be exposed to 1.8 million words a year

- Will have a world of imagination & creativity opened to them
- Will have better general knowledge
- Will improve their critical thinking skills
- Will improve their communication skills
- Will have a broad vocabulary
- Will have reduced stress levels
- Will learn how to develop empathy
- Will improve their test results

100%

SILLY SCHOOLS EDUCATION



Springhill Catholic Primary School



Reminders:

School Photograph Order Closing Date Tuesday 25th November

Please be advised if you have NOT yet placed your School Photograph order, the order closing date is **Tuesday 25th November** .


















Please visit www.smileYellow.com using the passwords on the Proofcard to place your online order.

Family Star gazing Evening at Springhill - Friday 28th November 6:00-7.00pm

See poster with more details on the next page.

Lunch Menu:

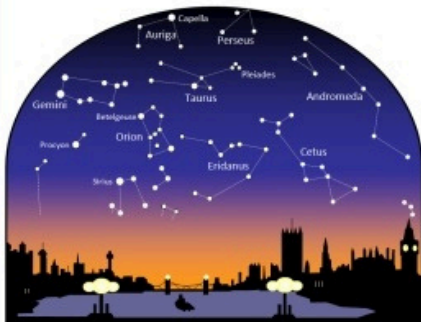
WEEK 1 Winter menu—Week commencing: 3 Nov, 24 Nov, 15 Dec, 19 Jan, 9 Feb, 9 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue choice	 Chicken nuggets and potato	 Beef Bolognese & garlic bread finger	 Cheesy whirl with potato	 Chicken roast, potato and gravy	 Fish fingers with chips
Yellow Choice	 Tikka time with rice	 Cheese & tomato pizza with potato	 All day breakfast with potato	 Plantastic cottage pie, potato and gravy (ve)	 Cheesy bean smash with chips
Purple Choice					
	Jacket potato with a choice of cheese or baked beans filling				
Orange choice (Hot picnic)	 Fish finger wrap	 Chicken meatballs in tomato sauce baguette	 Somerset cheddar cheese & tomato bap	 Ham and Somerset cheddar cheese bap	 Garden goujons wrap
Dessert	Ice cream	Shortbread finger	Oaty cookie	Choice of cold desserts	Fruit sponge and custard



★ 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.

Springhill Catholic Primary School



Primary Maths Challenge

Thirty-one of our year 6 children recently took part in the Primary Mathematics Challenge. This is a popular mathematical competition created by the Mathematical Association for year 6 pupils in England and Wales. The PMC is designed to encourage enthusiasm for mathematics and develop logical reasoning skills.

The children loved carrying out the challenge and we were delighted with their results!

A special mention goes to our gold award winner – **Eddie**; our silver award winners – **Ioan, Ollie, Samuel, Rosie, Ikenna** and **Vihaan**; and our bronze award winners – **Nayla** and **Harvey**.

Now we wait to see if some of our amazing children have been invited to take part in the bonus round in February 2026!

The Weekly Springhill TTRS Results!



Most Valuable Players:

YG	1 st	2 nd	3 rd
3	Luigi	Oli	Tobenna
4	Emmanuel	Sia	Ronel
5	Rylan	Daniel	Anderson
6	Ioan	Khye	Jason

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

Class vs Class:

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

Remember! 😊

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



Springhill Catholic Primary School



Sport News:

A large amount of football has been taking place during the first three weeks after half term.

Our U11 Boys' team lost a close game against Freegrounds Junior. Two U9 mixed teams travelled to Woodcroft Primary in Waterlooville and recorded two great victories. Two U11 Girls' football teams took part in the 6 a side City tournament where they finished 4th and 6th, respectively, before two different teams took part in a mini tournament against Ludlow Junior and Townhill Junior where they finished 4th and 5th. Along with a different U11 Boys' team, they also played against Woodcroft Primary with both teams beating their opposition. Another U11 Boys' football team also played against Ludlow Junior and Townhill Junior, and they finished 3rd and 5th in that mini tournament.

The conveyor belt of footballers continued this week as our girls and boys from Year 3 played against their compatriots from Bassett Green Primary with both sides recording wins. Yesterday, the girls and boys from Years 5 and 6 played St Francis Primary where the boys lost 3-0 and the girls 2-2. Well played to all the footballers over the last three weeks.

Two U11 mixed basketball teams played in the first round of league matches last week, with the A team recording two wins and a draw whilst the B team won one and lost two of their first three games. Well played to all of you.

Celebrating Achievements outside school:



Well done to Keira (5PA) who competed in the Irish Dancing Championships for the Southern England Region last weekend and finished a fantastic 12th place in her U9 age group. The dancing was of a very high standard and she is thrilled with her performance.

'I love Irish Dancing. I train 3 times a week. Mum and my Irish Dancing teacher were watching which helped; I felt a bit nervous before I started (I was one of the last ones to dance!) but once I started dancing, it was fine.'



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 TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 96% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD

Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine releases, making these interactions highly addictive. Over time, this may contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can tie self-esteem to online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to idealised lifestyles, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS

Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS

Technology transforms how young people socialise, often replacing face-to-face interaction with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM

Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

SHAPE DIGITAL BOUNDARIES

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use so they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

DON'T WAIT, REACH OUT EARLY

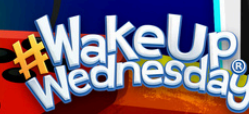
If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SET THE STANDARD

Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Philippa Wraithmell is an award-winning educator, author of *The Digital Ecosystem*, and founder of EdRupture and Digital Bridge. Digital Bridge supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.





Deputy Head Teacher Award

Leon - 6JS

Assistant Head Teacher Award

Rohan - Year 3 Atlanta - Year 3 Hannah - Year 3
Bassi - Year 4 Ryan M - Year 4 Shyanne - Year 4 Kiki - Year 4
Samuel L - Year 5 Agata - Year 5 Sam N - Year 5

Teacher Award

FEG	Waylon	Olaedo
FDH	Daniel	Zuzia
FCL	Rafaela	Mikaela
1DB	Emilia	Saphy
1KG	Ezekiel	Maro
1SL	Nisha	Franio
2JH	Isabella	Jordan
2LW	Gabriela	Neve
2EW	Kiaan	Mia
3BM	Liam	Yvette
3MD	Seun	Melania
3NC	Tiana	Oliwia G
4SW	Ebube	Mia
4MR	Maria	Alex
4JW	Great	Kostek
5LP	Sidney	Paula
5JP	Marcela	Sophie B
5PA	Daniel A	Dorcas
6JS	Deedee	Antosh
6GA	Nikolaos	Oliver
6LK	Logan	Quinn



Doing Our Best for Jesus Certificates

FDH	Sofia	
FCL	Frankie	
FEG	Brendon	
1DB	Jayden	
1KG	Sarah	
1SL	Sihini	
2EW	Alex	
2LW	Ana	
2JH	Christa	
3NC	David	
3MD	Maria	
3BM	Dominic	
4MR	Rozalia	Ava
4SW	Jack	
4JW	Jewel	
5LP	Sandra	
5JP	Arlene	
5PA	Kamso	
6JS	Nandi	
6GA	Chief	
6LK	Alex S	

Springhill Catholic Primary School



Parents' Association:

Crazy Hair & Odd Sock Day - Thank you!

A big thank you to everyone who joined in and donated towards our Christmas Hampers. Your generosity means we can spread joy this festive season. We appreciate every gift set, treat, and fragrance you contributed

Festive Fun Ahead!

Here's a reminder of the festive events coming up over the next few weeks. Don't forget to add these events and dates to your calendar so you don't miss out!

🎁 Festive Gift Event – Elfridges

Friday 5th December

We're bringing extra magic to the festive season! On **Friday 5th December**, every child will have the joy of choosing a special gift at **Elfridges** - either to give to someone special or keep for themselves.

🌟 **Suggested Donation:** £3 per child (voluntary). Every child will take part regardless. Donations via **SCOPAY** - details coming soon.

🎁 Gifts: Four different pre-wrapped surprises! Sneak peeks coming soon.

👋 Volunteers Needed!

- **Gift Wrapping:**
📅 Wednesday 26th November - 6:30pm at Afterschool Club
- **Event Day Help:**
📅 Friday 5th December - all day at Afterschool Club

🎄 Christmas Hamper Draw

Great prizes to be won!

Look out for raffle tickets coming home in book bags soon for your chance to win one of our sought-after hampers.

If you can help for any length of time on any of these dates, please let us know by:

Email: info@springhillpa.uk Facebook page Volunteer WhatsApp group



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/>



St Edmund's Youth Group Christmas Market on Sunday, November 30th in St Edmund's Hall - 10 am-1pm

Christmas Fete

30th november
10am - 1pm

ST EDMUND'S CHURCH

Stalls include Refreshments, cakes,
bottle tombola, gifts, raffle, toys,
books, games etc...

donations for bottles for
tombola, toys/gifts, books and
any baked goods

collection days are sunday 23rd
9am and 11am mass or to be dropped
off at church office

for more information email
office@southamptoncitycentrecatholics.org

A request from the St Edmund's Youth group team:

We need your help to make the fete a great success!

We're kindly asking for donations for our ever-popular tombola. There will be tea, coffee, soft drinks, cakes, Christmas stall, toy stall, book stall, Christmas activities, lucky dip, games, tombola and a raffle.

If you have any books, toys, cakes, homemade Christmas gifts, bottles of wine, spirits, or other alcoholic drinks or prizes for the tombola or raffle please drop them to **St Edmund's office** or contact **Clare** on **07848401732**.



Superstar Sports Christmas Holiday Course at Springhill:

CHRISTMAS CRACKER

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	19TH, 22ND, 23 RD DECEMBER & 2 ND JANUARY	
AGES	4 - 12 YEAR OLDS (YEAR R+)	
PRICE	£20 PER DAY	FREE HAF FUNDING AVAILABLE
TIME	9 AM - 3 PM	
OUT OF HOURS	8-9 AM £6 (BREAKFAST INCLUDED) 3-4.30 PM £6	



bookings.superstarsportsuk.co.uk



02382 127331



Springhill Catholic Primary School



Malayalam Language Teacher Needed!

We are looking for a Malayalam speaker to run a Malayalam Language Club as part of our after-school club offer for children.

The club will take place at Springhill Catholic Primary School, Southampton, from 3.15pm to 4.15pm on a weekly basis (term time only).

This is not a full time teacher post – you don't have to be a qualified teacher as long as you like working with children and have some experience in education.

The aim of the club is to promote the Malayalam language and culture amongst Springhill pupils for whom Malayalam is a home language, in line with our wider goal to celebrate multiculturalism.

The 1-hour lesson would be for mixed-age children so it should be based around fun yet educational activities. The children would already be speaking Malayalam to some extent but with varying levels. Therefore, the sessions need to focus on interactive speaking activities such as games, songs, use of vocabulary and language features, as well as cultural aspects.

The lessons would be run independently by the selected adult, who would collect their payment from parents and be responsible for all the related administrative tasks and supervision of the children. More details to be discussed at a later stage with the school office.

If you have some experience in education and/or are working with children and are interested in running the Malayalam Club sessions or if you know someone with the necessary skills and experience, please get in touch! Fill in the recruitment questionnaire by clicking on the link below (or copy and paste) or forward it to anyone who might be interested in the opportunity: <https://forms.office.com/e/9fjZdXaE0H>

Alternatively, please email the school office at info@springhillcatholic.net FAO Mrs Dass.



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.





PGCE and Postgraduate Teaching Apprenticeship with QTS

We are an Outstanding ITT provider working across Hampshire and Dorset

What you need:

- Undergraduate degree
- GCSE grade C/4 or above or equivalent in Maths, English and Science
- A commitment to the learning and development of children.

Why train with PCP?

“A finely judged balance between theory and its practical application sets trainees up extremely well for their early careers” (Ofsted, 2024).

“Leaders, trainers and mentors are united in a common purpose to provide excellent training” (Ofsted, 2024).

“Trainees experience a culture of consistently high expectations coupled with nurturing support that helps them to thrive” (Ofsted 2024).



Contact us

office@pcp-scitt.org.uk
www.pcp-scitt.org.uk



Next week at Re:Minds... 24th - 28th November 2025

Eating Disorders Advice Clinic

Tuesday 25th November 10.30am

Book a 15 minute, private, virtual appointment by Zoom to speak with a specialist clinician from the CAMHS Eating Disorder team for advice about:

eating disorders / disordered eating
eating patterns / increased activity
ARFID / relationship with food

or any other aspects of concern around eating

**Email info@reminds.org.uk
to book**



Please email info@reminds.org.uk to book your space at the clinic.



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.

Youth Group Christmas Fete - Sunday November 30th 10:00am-13:00pm in St Edmund's Hall

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

Immaculate Conception Church



Christmas Fair - Saturday November 22nd

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