

Springhill Catholic Primary School

8th May 2026

www.springhillcatholic.co.uk
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 very busy week at Springhill, we've had a lot of fun and learning to fit into four days.

Year 4 – Minstead:

A huge thanks to all of our staff who helped with the Minstead overnight trip. It takes a lot of staff to ensure this trip is a success: staff who stay over with the children, staff who help out during the day and our staff who drive the minibuses back and forth to drop off and collect the children. The children had a great time and it was wonderful to see them making memories which we know will last a lifetime.

Year 6 – SATs week:

Next week, our amazing year 6 children will all complete their end of Key Stage 2 SATs assessments. We wish them the best of luck and we are so proud of them for their hard work and mature attitude in the lead up to the assessments.

Lovely News:

A huge congratulations to Mrs Adams (formerly Miss Murray) who is expecting her first child. Mrs Adams is expecting her baby in September and we are all so excited for her and her husband.

I hope you all have a wonderful weekend with your truly amazing children. They all bring so much joy to our school.

Kind regards,

Mrs Ashworth
Head Teacher

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/>

Winning house this week



Working together to improve
attendance
Target 97% and above

Year Group Summary
w/c: 04/05/2026



Year F - 97.57%
Year 1 - 96.58%
Year 2 - 97.08%
Year 3 - 98.07%
Year 4 - 97.55%
Year 5 - 97.18%
Year 6 - 97.06%



Springhill Catholic Primary School



Diary dates:


















Monday 11th May – Year 6 SATs week
 Friday 15th May – 9am – Ascension mass and liturgy
 Monday 18th May - Year 1 Superhero dress-up day

The **School calendar** with dates of all school events is available to view on the school website [here](#)

Diary dates for Summer term 2026 and holiday and INSET day dates for 2026 and 2027 can be downloaded from the school website [here](#)

Lunch Menu:

WEEK 2 Summer menu—Week commencing: 20 Apr, 11 May, 8 & 29 June, 20 July, 14 Sept, 5 Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Yellow choice	 Vegetable burger in a bap & potato	 Cheese & tomato pizza with potato	 Golden nuggets and potato	 Beans & cheese loaded Yorkshire pudding & roast potatoes	 Sweet potato & lentil curry with rice
Blue Choice	 Beef bolognese & garlic bread	 Tuna pasta bake	 Chinese style rainbow noodles	 Pork sausages, Yorkshire pudding, roast potatoes	 Bubble salmon and chips
Purple Choice	 Jacket potato with a choice of cheese or baked beans filling		 Jacket potato with a choice of cheese or baked beans filling		
Orange choice (Cold picnic)	 Tuna mayo bap with tortilla chips	 Sausage baguette with pizza finger	 Cheese bap with cheese straws	 Bacon, lettuce and tomato wrap with tortilla chips	 Cheese bap with cheese straws
Dessert	Ice cream	Fresh fruit platter	Chocolate brownie with mandarins	Fruity mousse cup	Apricot and cherry swirl

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Celebrating World Book Day Writing Competition winners:

As part of our World Book Day celebrations, we held a whole-school writing competition. Our aim was to promote each child as an author, encouraging creativity, imagination and a love of storytelling across all year groups. Every child, from Foundation Stage to Year 6, contributed a piece of writing based on a shared fictional setting: Spellbrook Kingdom. Each year group approached the project in a different way, focusing on a specific genre.



The competition not only highlighted the incredible writing within our school but also demonstrated how each year group plays an integral part in a child's writing journey.

Here are our amazing winners who have their work displayed in the year 4 corridor.



The Springhill TTRS Competition Results!

Most Valuable Players:

YG	1 st	2 nd	3 rd
3	Yanal	Michael	Yvette
4	Ronel	Pola	Imogen
5	Anderson	Christabel	Aadhil
6	Ioan	Khye	Alexander

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

Class vs. Class

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

The next TTRS competition will last for two weeks.



Online Safety:

Screen Time and Sleep – Why It Matters



Sleep is essential for children's learning, mood and overall wellbeing. However, increasing screen use, especially in the evening, can make it harder for children to settle and get the rest they need.

Devices such as tablets, phones, and TVs emit blue light, which can interfere with the body's natural sleep cycle. This can make children feel more alert at bedtime, even if they are tired. In addition, engaging content such as videos or games can stimulate the brain, making it difficult to switch off.

Many children also use devices independently in their bedrooms. This can lead to later bedtimes, disrupted sleep, and tiredness the next day, which can affect concentration and behaviour at school.

As a parent, small changes can have a big impact. Try to introduce a "screen-free" period before bed, ideally around one hour. Replacing screen time with calming activities such as reading, drawing, or quiet play can help children wind down.

Keeping devices out of bedrooms overnight can also support better sleep routines. Charging devices in a shared family space is a simple but effective strategy.

By building healthy habits around screen use, you can support your child's sleep and help them feel more rested, focused, and ready for the day ahead.



Teacher Award

FEG	Evani	Maria
FDH	Zitel	Ala
FCL	Kieran	Mikaela
1DB	Bryan	Saphy
1SL	Ben	Zira
1KG	Chichi	Alex
2JH	Eden Lu	Ivy
2LW	Adrian	Jaise
2EW	Teresa	Luke
3BM	Mylah	Liam
3MD	Summer	Oli
3NC	Mia	Judah
4SW	Bruno	Yohan
4JW	Mason	Yara
5JP	Iris	Sophie M
5LP	Adanna	Rose
5PA	Daniel	Dorcas
6JS	Zuzanna	Isa
6GA	Caitlin	Aydin
6LK	Irene	Tommy



Doing Our Best for Jesus Certificates

FEG	Brendon
FDH	Evie
FCL	Amelia
1DB	Sophie
1SL	Eve
1KG	Irene
2LW	Dominik
2JH	Ellie
2EW	Emi
3MD	Tiana
3BM	Valentina
3NC	Belmira
4SW	Diana
4JW	Ronel
5LP	Julie
5JP	Florrie
5PA	Konrad
6JS	Eddie
6GA	Oliver
6LK	Patrik

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Parents' Association:

☀️ **Summer Festival Volunteers Needed!** 🧑‍🎨

A huge **thank you** to everyone who has already volunteered for the **Summer Festival** – we're very grateful! ❤️
To make the festival a success, we still need **at least 30 more volunteers**.

We especially need **face painters**. Face painting is a very popular attraction on the day, and we are in need of face painters. Whether you're confident with a brush or happy to assist at the stall, **we really need you!** 🦋🧑‍🎨🌟



If you can help, even for a short time, please sign up via the Code here

Thank you for supporting our Springhill community!

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/>





Parents' Association:

☀️ Summer Festival 🎉

SPRINGHILL PRIMARY

Summer Festival 2026

Save the Date — Saturday 13th June 2026

We're doing it again... and we need YOU!
Thanks to our amazing community, last year's Summer Festival was our biggest ever — funding school minibuses, outdoor play equipment, sports kits, Christmas lollies, and even our new picnic tables. Let's make this year even better!

Dates for Your Diary

Friday 22nd May – Non-Uniform Day
Bring tombola toy donations in exchange for non-uniform

Thursday 4th & Friday 5th June – Tombola Toy Donations
Please donate good-quality toys for our prize tombola

Friday 12th June – Festival Set-Up
Extra hands needed — even an hour helps!

Saturday 13th June – SUMMER FESTIVAL DAY!

Calling All Volunteers!

Help needed for set-up & pack-down, running stalls, and general support & safety. Even one or two hours makes a huge difference!

Volunteer today:
<https://forms.gle/GnhZYEwtjQQJA1nK6>



Local Businesses – Join Us!

Take a stall, showcase your products, and support Springhill Primary. Limited spaces available. Apply for a stall today:

<https://forms.gle/Nu79c3aGt15bLP1K6>



Thank you for supporting Springhill Primary Parents' Association!



Sholing FC May half term Football course:



HALF TERM FOOTBALL COURSE

DATE 26 - 29 MAY
9AM - 3PM

ALL ABILITIES WELCOME
AGES 5-13

£20 PER DAY

£75 PER WEEK

FURTHER DISCOUNTS
AVAILABLE - SEE FAQS

SHOLING FC 3G PITCH
The Mortgage Decisions Stadium
Portsmouth Road, Sholing, SO19 9PW
www.sholingfc.co.uk



Scan QR code to book your place



FAQ'S

ARE THERE DISCOUNTS AVAILABLE?
If your child is a current Sholing Youth player, a Sholing FC Supporters club member or Project 10,000 member, there will be a £5 a day discount.

COURSE TIMINGS
The course runs Monday-Friday between 9am and 3pm, however, drop off is from 8.30am and collection by 3.30pm.

WHAT SHOULD MY CHILD BRING?

- Packed lunch (nut free)
- Water bottle
- Weather appropriate clothing

WHAT FOOTWEAR IS REQUIRED?

- Artificial ground, hard ground and firm ground boots are permitted
- No blades or flat soled shoes are permitted

IS FOOTBALL EXPERIENCE NEEDED?
No, the course is open to all abilities. Coaches will adapt activities so everyone is included and enjoys themselves.

HOW DO I BOOK MY CHILD'S PLACE?
Please complete the form on our website. We will then contact you with payment information.
Spaces are limited so we recommend early booking.



Dynamos Cricket Summer course:

To celebrate the upcoming ICC Women's T20 World Cup, Trojans Cricket Club will be running a girls only Dynamos Cricket course this summer!

Sessions will take place every Friday from 29th May to 17th July, between 17:30 and 18:30 at Stoneham Lane. Dynamos Cricket is the ECB's exciting programme for girls aged 8–11 years, designed to develop skills and a love of the game in a fun, welcoming environment.

Places are £50 per child and include a personalised Dynamos kit.

For more information or to book a place, visit: <https://ecb.clubspark.uk/Dynamos/trojans>

**DYNAMOS
CRICKET**

**Power
your
play**

dynamoscricquet.co.uk

Join us at:
Trojans Cricket Club, Stoneham Lane, Eastleigh

Session dates:
Every Friday: 29 May – 17 July 2026

Session timings:
17:30 – 18:30

Contact:
ecb.clubspark.uk/Dynamos/trojans | trojanssportsclub.co.uk



Re:Minds:

Next Week at Re:Minds

11th – 15th May

Please email info@reminds.org.uk to book in for advice clinics. No need to book for a support group, just check the events section of our Facebook group

With thanks to:

10am Thursday 14th May

About the Clinic

Book a private, 10-minute virtual appointment to speak with a clinician about any issues covered by CAMHS.

This clinic is led by the Southampton Specialist CAMHS service and is open to all Re:Minds members seeking general advice.

To book your advice slot, please email: info@reminds.org.uk

From 12.30pm Tuesday 12th May

About the Clinic

We are linking with Shentons Solicitors to offer free SEND legal advice clinics for Re:Minds families. These sessions provide clear guidance and support on issues such as:

- EHC needs assessments and how to request one
- Problems at school related to SEN (with or without an EHCIP)
- Appeals, including refusals to assess, refusals to issue a plan, and issues with plan contents or placement
- Preparing for Tribunals and gathering evidence of need
- Issues with provision in an EHCIP, including non-delivery or placement breakdown
- Annual reviews, statutory timescales, and LA compliance
- Health and social care needs linked to EHCIPs
- Disability discrimination in education
- Rights of young people aged 16+ (with capacity) regarding their EHCIP

To book your 30 minute advice slot, please email: info@reminds.org.uk

10-12 Friday 15th May

About the Group

A safe, welcoming space to connect with other parents and carers who share similar experiences. Meet others who understand, and get advice and support from our trained staff with lived experience. You can also find out more about the wider support and projects we run across the city.

The Community Hub, Valentine Primary School, Valentine Ave, Sholing, Southampton SO19 0EP
 Access via the entrance to the community room to the left of the main entrance, near Botley Road

10am Monday 11th May

About the Clinic

Book a private, 10-minute virtual appointment to speak with a clinician about support for your child's mental health, behaviour, attention, and day to day challenges. For parents and carers who are concerned about their child's mental health, including where ADHD may be contributing to their needs.

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

To book your advice slot, please email: info@reminds.org.uk

10.30am Tuesday 12th May

About the Clinic

Book a private 10 minute, virtual appointment to speak with a clinician about support for your child's mental health, behaviour, attention, and day to day challenges. For parents and carers who are concerned about their child's mental health, including where autism may be contributing to their needs

The clinic is led by clinicians from the Southampton Autism Assessment Service.

To book your advice slot, please email: info@reminds.org.uk

Emotional Regulation Virtual Workshop

9.30-12.30 Wednesday 13th May

About the Workshop

We will cover:

- What emotional regulation is and why some children struggle more than others
- What dysregulation looks like in the body and behaviour
- Different types of dysregulation from melt-downs to self-harm
- Practical strategies that support regulation at home and in everyday life
- Supporting recovery and repairing relationships after hard times
- What can help in school and how to talk to school about your child's needs
- Creating a simple regulation plan that works in real life

Come along to share experiences, build understanding, and leave with practical ideas and helpful resources. There will be time to talk with other parents and carers who understand, get support from our team, and explore our book and sensory library. This workshop has been written and is delivered by the Reminds team, drawing on lived experience, our training in neurodiversity, and our work alongside CAMHS to support families..

To book onto the workshop, please email: info@reminds.org.uk

No booking needed. No cost. Just drop in

Sholing Support Group

For parents and carers of children who are neurodivergent and/or have mental health needs

A safe, welcoming space to connect with other parents and carers who share similar experiences. Meet others who understand, and get advice and support from our trained staff with lived experience. You can also find out more about the wider support and projects we run across the city.

The Community Hub, Valentine Primary School, Valentine Ave, Sholing, Southampton SO19 0EP
 Access via the entrance to the community room to the left of the main entrance, near Botley Road

For dates and details, visit: www.reminds.org.uk or scan the QR code



Re:Minds:



Emotionally-Based School Avoidance Virtual Workshop



9.30am Wednesday 20th May

About the Workshop

We will cover:

- What's really going on beneath school anxiety and avoidance
- How school anxiety presents across different ages and needs
- Small, practical steps that can make everyday school life easier
- Support, shared understanding, and where to go next
- Your legal rights and what schools can do to help

Share understanding, learn practical strategies, and take away helpful resources in a supportive space. There will be time to talk with other parents and carers who are going through the same thing and receive support from our team.

To book onto the workshop, please email:

info@reminds.org.uk



New date added due to high demand



Emotionally-Based School Avoidance Virtual Workshop

9.30am Wednesday 20th May

Feedback From Families

feel better able to support their child

92%

confidence grown from 9% to 80%+

would recommend the course

100%

91% report improved wellbeing

"I don't feel alone anymore. That's made a huge difference."

"I finally feel like I understand what's going on with my child and what to do next."

"Schools need this training as much as parents do."

"This has completely changed how I respond to my child."

You also get:

1:1 support, private parent group for attendees and regular meet-ups outside of the workshop

To book onto the workshop, please email:

info@reminds.org.uk

Springhill Catholic Primary School



Free Trial Session and £40 discount at Perform:

Children's drama and dance school **Perform** is offering a **Free Trial Session** and a special **introductory discount of £40** for Springhill pupils if they sign up by Tuesday 22nd September 2026.

Parents should quote **SPRG220926** when they book their free session by going to perform.org.uk/try or calling 020 7255 9120.

More information about the classes at perform.org.uk/try.

Click to find your [nearest classes](#) or view a list of [all areas](#).

TRY A CLASS FOR FREE

Now showing, CONFIDENCE!

Drama, dance & singing classes designed to help 4-12 year olds shine

“My son has adored his first term at Perform. He has blossomed and I've seen his confidence grow every week.”
Pippa Wotton

Perform are also running **Summer holiday courses** based on Peter Pan

Fly to Neverland THIS SUMMER

Drama, dance & singing holiday courses for 4-10 year olds

THIS JULY & AUGUST

“It's amazing to see how much confidence and joy my son gets from these camps.”
- Agata Duarte

WE ACCEPT TAX-FREE CHILDCARE AND PAYPAL PAY IN 3

Find your nearest venue
perform.co.uk/peterpan
020 7255 9120

Springhill Catholic Primary School



Church News:

St Joseph's & St Edmund's

First Holy Communion 2027- Registration is open until Monday 15th June (5pm).
For more information contact: fhc@southamptoncitycentrecatholics.org



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

Immaculate Conception Church



Parish Youth Activities

Junior Youth Group (ages 7-10 years): meet at 6:00-8:00pm on Fridays - 5th June and 3rd July

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