

Dear parents and carers

30<sup>th</sup> January 2026

It's been a lovely week and I have loved hearing all about how the children spend their 'day off' on Monday. Teachers were working hard but I'm glad you all enjoyed your day.

OPAL continues to be a roaring success- playtimes are full of happy children engaging in a wide range of activities with huge smiles on their faces. The current weather has brought its usual challenges as the field is incredibly muddy at the moment. I just want to remind everyone to change their shoes if they are going onto the field. Simply put, the shoes you wear on the field are not the ones you wear in class. If parents wish to send in something to wear over their uniform at lunchtime (tracksuit bottoms etc) that is also fine.

Also, I want to thank the children and members of FOSH who ran stalls on the playground this week. Your support for our school is invaluable and your help is massively appreciated.

Have a fantastic weekend

Joe McIntyre (Acting Head of School)

## GOLD BOOK

Reception - Aoife

Year 1 - Aaqil

Year 2 - Massimo

Year 3 - Lorcan

Year 4 - Sienna

Year 5 - Sydney

Year 6 - Connie

This can now be found on school website. [GOLD BOOK](#)

### Lunches

**Please remember to order your child's school lunches for February. MUST be ordered on the Aspens Select System before 9:00am.**

### ♥ Friends of Sacred Heart (FOSH) Needs You! ♥

FOSH is looking for parents and carers to help support our school community.

You can help by:

- ✦ Assisting/Running an event
- ✦ Putting forward ideas
- ✦ Shopping ahead of an event (funds will be reimbursed)
- ✦ Helping behind the scenes

No experience needed just a little of your time.

We currently have great support from our parents but would love to share the load wider across our school community - if you think you can help please email [warefosh@gmail.com](mailto:warefosh@gmail.com).

Regards

Clare and Laura

Co-Chairs

Live, Love and Learn Joyfully in the Family of Christ

## Head Lice Awareness and Prevention

### Dear Parents and Carers,

We are writing to you today to address an ongoing concern regarding head lice within our school community. Despite our efforts to promote regular hair checks, we have noticed an increase in the number of children affected. Head lice are a common issue among school-aged children and can spread easily through direct, close head-to-head contact.

To help us manage this situation effectively and minimise disruption to your child's learning, we kindly ask for your cooperation in regularly checking your child's hair for head lice. Early detection and treatment are key to preventing the spread to others.

### Preventative Steps:

- **Check Regularly:** Please inspect your child's hair for lice or nits (eggs) at least once a week, particularly using a wet-combing technique with a fine-toothed detection comb.
- **Tie Back Long Hair:** Encourage children to keep long hair tied up or plaited while at school.
- **Avoid Sharing Items:** Remind children not to share hats, scarves, hairbrushes, or headphones.

### If Lice are Found:

- **Treat Immediately:** Use a pharmacist-recommended treatment if you find live lice.
- **Check the Household:** Check all family members and treat if necessary. Wash bedding, hats, and clothing that may have come into contact with lice
- **Inform the School:** Please notify us if you find lice so we can monitor the situation.

Children with head lice do not need to stay home from school, provided they are treated promptly.

For more, up-to-date, reliable advice on how to check for and treat head lice, visit the NHS website.

[Head lice and nits - NHS](#)

We appreciate your ongoing support and cooperation in maintaining a healthy and lice-free environment for all our pupils.

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Contact the Chair of Governors  
[chairofgov@sacredheart312.herts.sch.uk](mailto:chairofgov@sacredheart312.herts.sch.uk)

Contact School Office  
[admin@sacredheart312.herts.sch.uk](mailto:admin@sacredheart312.herts.sch.uk)



*Back by Popular Demand!*

# FOSH QUIZ Night

**Friday 27th February 2026**  
7:00pm

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**£10** Tickets: **£10** per person

**Fish & Chips: £11**  
Available to order separately



*Come and have a laugh, test your knowledge,  
and enjoy a drink from the bar!*

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**Venue:**  
**Sacred Heart of Jesus  
& Saint Joseph  
R.C. Church**



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Contact the Chair of Governors  
[chairofgov@sacredheart312.herts.sch.uk](mailto:chairofgov@sacredheart312.herts.sch.uk)

Contact School Office  
[admin@sacredheart312.herts.sch.uk](mailto:admin@sacredheart312.herts.sch.uk)