



ST JOHN VIANNEY CATHOLIC PRIMARY



WEEKLY SCHOOL NEWSLETTER – Friday 13th March 2026

Dear parents,

“Prayer is certainly the most wonderful medicine in the world.”

St Hyacinth

Well done to the Stars of the week

Nursery	Max & Brody
Reception	Zachary & Sonny
Year 1	Harrison & Jasriya
Year 2	Ben & Elbie
Year 3	Anna & Karter
Year 4	Xayne & Oliva-Rose
Year 5	Mihrimah & Lucy
Year 6	Alfie & Eva-Grace

FUTURE DATES

- 14th Mar** – Laetare/Mothering Sunday Mass – 6pm
- 16 Mar** – Y3 & Y2 History Workshop
- 16th Mar** – Author Visit – 1.30pm
- 16th Mar** – Y5 – Science Workshop at Bishop Ullathorne
- 16th Mar** – Y5 & Y6 – Parents evening 3-5.30pm
- 17th Mar** – St Patrick’s Day
- 18th Mar** – Y1 – Mousike Ensemble – 9.15-11.30am
- 18th Mar** – St Patrick Day’s Mass – 10.30am
- 19th Mar** – St Joseph’s Day Mass – 9am
- 19th Mar** – Y3 trip to Gurdwara – 10-12pm
- 19th Mar** – Y1 Prayer Service – 2pm
- 20th Mar** – Rock Steady Concert – 2pm

OUR MISSION THIS WEEK

WRITE DOWN THREE WAYS YOU SEE JESUS AT WORK AND CLOSE TO YOU IN YOUR LIFE. IT MAY BE THAT YOU SEE HIM WORKING THROUGH OTHER PEOPLE OR PERHAPS THERE IS A TIME AND PLACE WHERE YOU PARTICULARLY KNOW THAT HE IS WITH YOU.

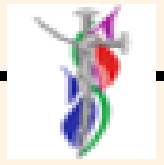




In this Sunday's Gospel, we read about how Jesus brought healing and light into the life of the man who was born blind. The man could then see the world around him, but the most important thing he saw was who Jesus truly was – the Son of God.

Difficulties, worries and sickness can sometimes be part of our lives. Yet when we believe in Jesus, pray and look carefully, we can often learn something about the world, about ourselves, and about how Jesus is always there for us. Jesus is the light of the world. Believing in him brings light to our lives; it changes how we see the world and can bring healing to us too.

God still heals today through the sacraments of the Church, which remind us of God's love and care for us, and through people such as doctors and nurses – and, if we allow him, through us too. Following Jesus' teachings and loving others brings healing and adds something very special to our lives.



Congratulations to Year 4 who worked hard to deliver a lovely assembly for their mums today. The singing was beautiful and it was wonderful to see the children making their mums feel so special. Mr Allen also deserves thanks for all his hard work behind the scenes in helping the children prepare.



This week Mr Chatland and Miss Frempong have been learning all about Forest School so that they can bring this experience back to school and provide more opportunities for our older children to take part in Forest School sessions. Their commitment to developing new opportunities for the children is greatly appreciated. While they were away, we were very pleased to welcome Mr Carroll back to school to cover Mr Chatland.

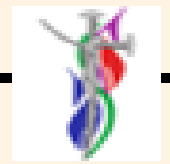
We look forward to seeing many of you at church tomorrow for Mass as we celebrate our wonderful mums.

Next Week – Reminders

17th March – St Patrick's Day Celebrations, led by Maggie Gallagher.

We hope that as many parents and grandparents as possible will support our fundraiser. Please remember to bring your soda bread, tea cakes and scones.

Parents who are able to help by making tea and coffee or buttering bread and scones would be very welcome. Please give your name to the office if you can help. Support from 8:45am would be greatly appreciated.



Parents who attended the phonics workshop led by Mrs Littlewood shared many positive comments, and we are very grateful to her for organising such a helpful session.

Miss Shailer led the Nursery Reading Café this week, and we are very grateful to her for organising such a valuable session. We recognise the importance of reading from an early age because, if you can't read, you can't write. Early experiences with stories, books and nursery rhymes play a vital role in helping children develop these essential skills.

Children in Year R enjoyed an Inspire workshop led by Mrs Littlewood, Mrs Ryan and Mrs Drohan-Mills, where they made prayer jars and wrote prayers for the people who are important in their lives. We are very grateful to the staff involved for the care and thought they put into making the session such a meaningful experience for the children.

Year 3 and Year 4 led the Stations of the Cross in church this week, an important part of our journey through Lent as we remember the Way of the Cross.

We are very grateful to everyone who brought food items and toiletries into school to support Carriers of Hope, a charity that supports refugees in our city.

It was also lovely to welcome parents into school this week for the SEND reviews.

Our thanks also go to Cardinal Newman School for hosting the Charity Roadshow. The children had an amazing time playing games and winning prizes, and the £1 contributions will go to Father Hudson's Caritas.



ST JOHN VIANNEY CATHOLIC PRIMARY



WEEKLY DIARY

Date's may be subject to change – please check your emails regularly

Monday 16th March 2026

- Y2 & Y3 – History Workshop – 9am
- Y5 – Science Workshop at Bishop Ullathorne – 9.15am
- Author Visit Y4-Y6 – 1.30pm
- Choir – KS2 – Lunchtime
- Y5 & Y6 Parents evening 3.00-5.30pm
- Dance – KS2 – 3.15pm-4.00pm
- Netball Training – Yr 5 & 6 – 3.15pm-4.15pm - **CANCELLED**

Tuesday 17th March 2026

- Recorder Club KS2 – 3.15-4.00 p.m.
- Boys Football Training – 3.15-4.15pm - **CANCELLED**
- Multi-Skills – 3.15pm-4.15pm - **FINISHED**
- Reception Music – Lunchtime
- St Patrick's Day Celebrations
- Boys Football Match – Canon Park (Away)

Wednesday 18th March 2026

- Mini Tennis Years 3 and 4 – 7.45-8.30 a.m.
- Running Club Key Stage 2 – 8.00 – 8.30 a.m. - **CANCELLED**
- Guitar Tuition
- Y1 Mousike Ensemble @ St Thomas More School – 9.15-11.30am
- Stations of the cross, St Patricks day Mass – 10.30am
- Dance Year 1 and 2 – 3.15-4.00 p.m.
- Girls Football Training – 3.15 -4.15 p.m. – **CANCELLED**
- Girls Football – Templars (Away)

Thursday 19th March 2026

- Mini-Tennis - Year 5 & 6 - 7.45 to 8.30 a.m.
- St Joseph's Day Mass led by Y4 – 9am
- Y3 to Gurdwara – 10-12pm
- Piano Tuition
- Creative Flair Dance Year 1 - 4 – Lunchtime
- Ya Prayer Service – 2pm

Friday 20th March 2026








- Gaelic Football Training Y5 & Y6 – Lunchtime
- Rock Steady Concert – 2.30pm



ST JOHN VIANNEY CATHOLIC PRIMARY



ATTENDANCE SJV

EYFS and KS1		KS2	
Class Name	Weekly Attendance	Class Name	Weekly Attendance
Nursery	93.825%	Year 3	98.52% 
Reception	100% 	Year 4	98.26% 
Year 1	98.67% 	Year 5	99.26% 
Year 2	96.67% 	Year 6	98.96% 



BERKSWELL &
BALSALL COMMON
TENNIS CLUB



TENNIS COACHING CAMP EASTER 2026

For children in school years
Reception to Year 10

Tues 31st March, Wed 1st & Thurs 2nd April

Time: 1:00 - 4:00pm

Cost £20 per day or £50 for full 3 day course

Members and multi-player discounts available

FOR MORE INFORMATION OR TO BOOK A PLACE

Scan the QR code to register online
or WHATSAPP for the link



07811 419823





St John Vianney Nursery

Nursery Admissions 26/27 now open

St John Vianney Nursery offers a nurturing start within a close-knit, one form entry school where every child is truly known and valued.

Guided by a strong Catholic ethos and a caring team, we create an Inclusive community where children feel safe, happy, and inspired to grow.

Why choose our Nursery?



We offer the perfect setting for learning, exploration and fun.

- Creative, engaging curriculum
- Dedicated Forest School
- Generous outdoor learning space
- Nurturing and experienced staff
- Inclusive, faith-guided environment



We welcome children age 3 and above, We offer 15 & 30 hour funded places .

Wraparound care is available from 7.30 am–8.45 am and 2.45—5.30 pm

*Application forms are available from the school office or via our website
www.sjv.hccmac.co.uk*

To arrange a visit please contact the school on 02476464088

St John Vianney School, Mount Nod Way, Coventry CV5 7GX

EVA

EMILIE'S VOCAL ACADEMY

Need a singing teacher to help your child develop confidence and unlock their unique voice?

Introducing EVA, now offering singing lessons for children aged 5-12.

I OFFER:

- Structured and engaging vocal tuition that supports both musical development and personal growth.
- Lessons encourage creativity, pitch, rhythm and musical awareness while building confidence and self-expression in a supportive learning environment.
- There will be opportunities to work towards recognised music exams and accreditations.
- Each lesson will be delivered by a highly qualified singing teacher (*Dip LCM, ALCM*)

BOOK NOW:

✉ Email me — emiliehsings@gmail.com
📩 DM my singing account — [@emilieh_sings](https://www.instagram.com/emilieh_sings)

~ *Emilie's Vocal Academy*
Express Music, Ignite Learning, Inspire Emotion

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, featuring an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intense periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes, not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive.

Meet Our Expert

Minda Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. The guide has been written by Alison Dillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College