



# ST JOHN VIANNEY CATHOLIC PRIMARY



WEEKLY SCHOOL NEWSLETTER – Friday 1<sup>st</sup> May 2026

Dear parents,

“Those who trust in God can do all things.” St Alphonsus Liguori

Jesus tells the disciples to trust in him. No amount of worry will increase their safety or comfort; it's through trusting in Jesus that they will find security and hope. We too are called to trust in Jesus. Through the Holy Spirit, we carry on his work and are empowered to do even greater works.

This does not mean performing a series of great, flashy miracles. Rather, it means being Christ in the world around us, generously sharing the love he brings into our own lives with those we meet.

“Trust the past to God's mercy, the present to God's love and the future to God's care.” St Augustine of Hippo

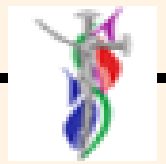
## FUTURE DATES

- 9<sup>th</sup> May – Y3 FHC Mass – 11.30am
- 11<sup>th</sup> – 14<sup>th</sup> May – SATS week
- 21<sup>st</sup> May – Reception Class Assembly – 9am
- 21<sup>st</sup> May – Y6 Confirmation Mass – 6pm
- 22<sup>nd</sup> May – May Procession – 9am
- 22<sup>nd</sup> May – Last day of term
- 5<sup>th</sup> Jun – Y1 & Y2 Twycross Zoo
- 14<sup>th</sup> Jun – Children's Mile
- 19<sup>th</sup> Jun – KS2 Twycross Zoo
- 22<sup>nd</sup> Jun – N and R Twycross Zoo

## OUR MISSION THIS WEEK

**Decide upon a way to honour Mary this May. You could draw a picture of Mary, lay flowers by her statue, or make her a crown. For a more prayerful option, you could choose to say a Hail Mary at the end of each day.**





**We have been working hard on becoming a School of Sanctuary**



"A School of Sanctuary is a school that is committed to being a safe and welcoming place for all, especially those seeking a place of sanctuary".

"We all have a part to play in building a welcoming and inclusive society. Schools are the heart of our communities and are central to building a better, fairer and kinder society – for everyone".

Yesterday, we said farewell to Mrs. Drohan-Mills as she begins her new role as Deputy Head at Sacred Heart School. We wish her every happiness in her new role.

We are forever grateful for all the expertise she has brought to our school. Thank you.



We warmly welcome Mrs. Kelleher back to our school after several years teaching in Dubai. She has worked closely with Mrs. Drohan-Mills and brings a wealth of new experience to our school.

We were fortunate to have a cricket workshop in school this week. Everyone had lots of fun and we were grateful of the sunshine



# Thank You

A huge well done to all the Year 5 children who were amazing on our trip to Alton Castle this week. For many, it was their first time away from home, but they showed great kindness and care towards their friends.

It was a wonderful experience to learn about the history of Alton Castle, explore the lives of saints, strengthen their faith, and enjoy lots of fun through a range of activities.

We are very grateful to parents for their kind words and thoughtful gifts, recognising the commitment of staff who gave up time with their own families to make this trip possible.

Special thanks go to Mrs. Littlewood, Mr. Carroll and Mrs. Gosling, and to Fr Alex for making a surprise visit to see us.

Thank you to Mrs. Connolly, Mr. McGuire, Mrs. Honey and Miss Martin for supporting Year 3 with their inspire workshop. It was lovely to see so many parents supporting their children. The banners are going to look amazing in Church.



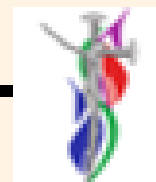
Today we have begun celebrating the success of Coventry City Football Club in securing promotion to the Premier League.

We have dressed in sky blue colours and football shirts, taken part in football matches, penalty shootouts and football-themed quizzes, and enjoyed a visit from the ice cream van. Overall, it has been a fun and joyful day of celebration.

Congratulations to Coventry City Football Club on your promotion!



# ST JOHN VIANNEY CATHOLIC PRIMARY



## Well done to the Stars of the week

Nursery	Sonma & Esme C
Reception	Arlo & Sadie
Year 1	Alice & Callie
Year 2	Éala & Isla
Year 3	Jessica & Sienna
Year 4	Liam & Edie
Year 5	Conor & Fergus
Year 6	Chloe, Alex & Taylor
Sports	Max M (Y2) & Gioele (Y4)



## ATTENDANCE SJV

EYFS and KS1			KS2		
Class Name	Weekly Attendance		Class Name	Weekly Attendance	
Nursery	97.92%		Year 3	98.89%	
Reception	95.56%		Year 4	97.57%	
Year 1	95.56%		Year 5	99.63%	
Year 2	99.63%		Year 6	96.52%	



## WEEKLY DIARY

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

### **Monday 4<sup>th</sup> May 2026**

Bank Holiday

### **Tuesday 5<sup>th</sup> May 2026**

Reception Music – Lunchtime

Recorder Club KS2 – 3.15-4.00 p.m.

Boys Football Training – 3.15-4.15pm

### **Wednesday 6<sup>th</sup> May 2026**

Running Club Key Stage 2 – 8.00 – 8.30 a.m.

Guitar Tuition

Piano/Guitar Assembly – 9.30 a.m.

Dance Year 1 and 2 – 3.15-4.00 p.m.

Girls Football Training – 3.15 -4.15 p.m.

### **Thursday 7<sup>th</sup> May 2026**

Mini-Tennis - Year 5 & 6 - 7.45 to 8.30 a.m.

Piano Tuition

Creative Flair Dance Year 1 - 4 – Lunchtime

Cricket – 3.15-4.15p.m

**ALVIS  
NETBALL  
SECTION**

**ALVIS**

# **FREE NETBALL TASTER DAY**

**AGE GROUP**

**YEAR 5-10\***

**LOCATION**

**KENILWORTH  
SCHOOL  
CV8 2AL**

**DATE & TIME**

**6TH JUNE 2026  
10AM - 12PM**

**JOIN US FOR FUN TRAINING, SKILLS AND DRILLS,  
MINI GAMES AND AN OPPORTUNITY TO TALK TO  
THE COACHES AND OTHER CLUB MEMBERS**



**FOR MORE INFO CONTACT ELISE (JUNIOR  
COACH) ON 07361 215249**

**\*YEAR 8+ SCHOOL NETBALL EXPERIENCE REQUIRED**

# 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, fostering 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 intensive 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

Minds 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. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



**Coventry Rugby Limited**  
The Nick Newbold Stadium  
Butts Parks  
The Butts  
Coventry  
CV1 3GE



16<sup>th</sup> April 2026

### **England Women's U21 VS Ireland U21 Rugby Invitation – 2<sup>nd</sup> May**

We are delighted to invite your pupils to take part in a truly special and memorable matchday experience at the Nick Newbold Stadium on Friday 2<sup>nd</sup> May.

This is a fantastic opportunity for students to get involved in a fun, active pre-match session led by our community coaches, with the exciting possibility of meeting some of our first team players. The day will be packed with energy, inspiration, and plenty of football!

#### **What's included:**

- A pre-match activity session from **12:00pm – 1:00pm**
- Interaction with our experienced community coaching team
- The chance to meet first team players (subject to availability)
- A once-in-a-lifetime opportunity to be the **Guard of Honour** as players walk out onto the pitch

Your pupils will play a key role in the matchday atmosphere as they line up to welcome the teams onto the field ahead of the **England Women's U21s vs Ireland U21s** fixture.

#### **Schedule for the day:**

- Arrival: **11:30am – 11:45am**
- Pre-match activities: **12:00pm – 1:00pm**
- Return for Guard of Honour: **2:45pm**

#### **Ticket prices:**

- Children: **£5**
- Adults: **£10**
- Family ticket (2 adults + 2 children U16): **£25**

This is a brilliant opportunity to inspire young people through sport, giving them a behind-the-scenes matchday experience they won't forget.

If you would like to reserve places or require any further information, please don't hesitate to get in touch – [dponticelli@coventryrugby.co.uk](mailto:dponticelli@coventryrugby.co.uk)

**Please email before Monday 20<sup>th</sup> April if you are wanting tickets**

We would love to see your school represented on the day!

We look forward to welcoming you and your pupils for what promises to be an unforgettable experience.

Kind regards,