



ST JOHN VIANNEY CATHOLIC PRIMARY



WEEKLY SCHOOL NEWSLETTER – Friday 25th September 2026

Dear Parents,

“Let the message of Christ live in you.”

St Paul

Our schools and parishes continue to share Jesus' message today, so that all people can live in a right relationship with God. Through our words and, especially, through our actions, we too can be God's messengers, sharing God's joy and love at home, at school and in our community.

This week, we were fortunate to learn about the plight of refugees from Stories of Hope and Home. Our visitors were very moved by the behaviour and respect shown by our children. The children asked thoughtful and thought-provoking questions, which inspired us to live out our one school rule:

To love one another as I have loved you.

FUTURE DATES

12th Oct – Y2 Library Visit

12th Oct – PTA AGM 4-5pm

13th Oct – Y5 Reading Café – 9am

14th Oct – Y6 St Chads Cathedral Visit

16th Oct – Y1 Library Visit

16th Oct – Y2 Prayer Service – 2pm

17th Oct – Y3 Commitment Mass – 6pm

19th Oct – Parent Consultation Meetings – 3.30 7.30pm

20th Oct – Parents Consultation Meetings 3.30 – 5.30pm

21st Oct – R & Y6 Heights & Weights – 9.15am

22 Oct – Y1 Class Assembly – 9am

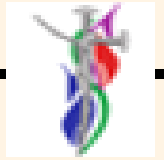
22 Oct – N & R Library Visit in School

23rd Oct – Wolf Run

23rd Oct – Last Day of term

2nd Nov – Return to School





News of the Week

Year 5 visited Holy Family Church and met with Year 5 classes from all the other Catholic schools in Coventry. They learnt about their faith from Onelife, Dan and Emily. Their behaviour was exemplary as they reflected upon Mary and the Rosary.

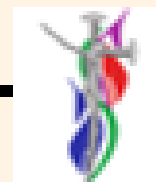
Year 1 led a lovely Inspire workshop on Creation and created bird feeders for the garden. They also learned about St Francis, their class saint, and how Pope Leo has designated this year as the Year of St Francis.

Year 2 taught their parents all about maths and number in their workshop this week. It was lovely to see such a great turnout from parents. Thank you for your support.

The whole school celebrated the Harvest Festival on Friday with our Mass. Well done to Year 4 for leading your first whole school Mass. Let's hope that we can raise at least £200 for our charities through our cake sale.



ST JOHN VIANNEY CATHOLIC PRIMARY



Well done to the Stars of the week

Nursery	Phoebe
Reception	Finn & Sonma
Year 1	Albie & Rafael
Year 2	Jack & Clara
Year 3	Fionn & Noah
Year 4	Finn & Sara
Year 5	Megan & Laura
Year 6	Eva & Jack
Sports	Evelyn Y1 & Amelia-Rose Y6

ATTENDANCE SJV

EYFS and KS1			KS2		
Class Name	Weekly Attendance		Class Name	Weekly Attendance	
Nursery	97.60%		Year 3	97.57%	
Reception	98.15%		Year 4	97.41%	
Year 1	99.63%		Year 5	97.49%	
Year 2	100%		Year 6	97.41%	



WEEKLY DIARY

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

Monday 5th October 2026

Choir – KS2 – Lunchtime

Dance – KS2 – 3.15pm-4.00pm

Netball Training – Yr 5 & 6 – 3.15pm-4.15pm – **NO SESSION**

Tuesday 6th October 2026

Y1 Maths Workshop – 9am

SEND Reviews

Reception Music – Lunchtime

Recorder Club KS2 – 3.15-4.00 pm

Boys Football Training – 3.15 – 4.15 pm – **NO SESSION**

Wednesday 7th October 2026

Running Club Key Stage 2 – 8.00 – 8.30 am

SEND Reviews

Guitar Tuition

Flag Football KS2- Lunchtime

Dance Year 1 and 2 – 3.15-4.00 pm

Girls Football Training – 3.15 -4.15 pm

Thursday 8th October 2026

Mini-Tennis - Year 5 & 6 - 7.45 to 8.30 am

SEND Reviews

Flu Immunisations Rec-Y6

Piano Tuition

Creative Flair Dance Year 1 - 4 – Lunchtime

Cricket – 3.15-4.15pm

Netball Cup – Our Lady (Away)

Friday 9th October 2026

Flag Football KS1 – Lunchtime

Y3 Class Mass – 2pm

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this, filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental controls software can apply to an entire device, it also pays to know what options an individual app and website offers. For example, new app stores offer filtering controls to parents, while Instagram lets you lock an app so other children can't see it. Check the settings in any new app young users want and review your options.

2 COVER ALL DEVICES

Ensuring what parents want also means to ensure, as something younger can use the risk of being online is the device's safety measures. Controls on phones will apply wherever a device is used, but parents can ensure that parents can also control any laptops, tablets and potentially other devices, too. Remember, having a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that a few weeks prior to your setting measures, remove controls for programs, that it's not everything connected to the internet, or you can just be managing with a device and make a decision. Don't forget that computers, laptops, phones and others are powerful tools.

4 CONSIDER TIME CONTROLS

Even when children cannot use a device for a while in school, how they use the device adds additional layers of safety from other users. But here, a single app can be used to help, which is used for education. Kids' development and parental controls offer some help in this. After setting controls at certain hours or creating the number of minutes it can be used per day, it's best to consider these.

5 BLOCK APP SPENDING

Increasingly, new apps can sometimes include in-app purchases that can be made using real money. While many of developers implement this, some companies are not so transparent. Parents can block additional features or controls, which can also add up to hundreds of pounds if a child gets caught by a merchant. You can also block app purchases, which can be a good idea, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from perfect. Some sophisticated parents can use a variety of ways to get through the net, so remember that setting up these measures isn't a substitute for setting up other measures in your family's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use a parental control app, be in mind that these apps can't see everything. For that reason, it's important to keep an open dialogue with children about the many unpleasant aspects of the internet and the web.

8 KEEP THINGS SECURE

While children can report parents to parental controls, it's not enough to ensure there's a backup to the net. This is especially true if they're using a device that's not connected to the internet. They may find a way to get around the controls without you knowing. Luckily, there are a few things you can do to protect your device.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a one-and-done deal. As the way you parent and your kids grow, you'll need to review how to control their digital life. It's not just about any warning signs, but it's about how you can help them, and some of those may be the best for them. For that reason, regularly checking in on how they're doing and how they're using the internet is a good idea. It's not just about the controls, but it's about the kids.

10 KNOW WHEN TO LET UP

The parental controls you have on a computer or a phone, yes, obviously, wouldn't be appropriate for a child's life, and as young people approach adulthood, it's important to know when to let them go. It's not just about the controls, but it's about the kids. It's not just about the controls, but it's about the kids. It's not just about the controls, but it's about the kids.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of Technology and Internet culture website Digital News. He has contributed articles to publications including the New York Times, CNN, the Evening Standard, Wired, TechCrunch, The Guardian, The Telegraph, and The Independent.



#WakeUpWednesday

The National College 4

COVENTRY

SCHOOL NURSING NEWSLETTER

Primary Schools

Welcome

A big welcome to the autumn 2026 term! We hope you had a lovely summer and have settled into the back-to-school routine.

The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page. We can support with the following:

- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional/Mental health
- Managing behaviour
- Hygiene



IT'S TIME TO CATCH IT, BIN IT, KILL IT!

As the weather becomes cooler, we can expect an increase in seasonal illnesses such as colds, flu, and other infections, including Norovirus. With this in mind, we'd like to remind everyone of the importance of practising good hand hygiene and following the "Catch it, Bin it, Kill it" guidance.

Remember to wash your hands thoroughly after blowing your nose, sneezing, or coughing to help prevent the spread of germs and protect those around you.

To refresh your knowledge of effective handwashing techniques, please watch the short video using the link below:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>



Child Friendly Cov

The Child Friendly Cov campaign is committed to creating an environment where the needs of children are prioritized, ensuring that they are valued, safe, healthy, and have access to opportunities. If you are looking for information on safe locations and guidelines for traveling around the city with children, please visit www.childfriendlycov.co.uk



Immunisation

Ensuring your child is up to date with their vaccinations is one of the most effective ways to protect them against a range of serious illnesses. The Immunisation Team will shortly be contacting your child's school with details of their upcoming flu vaccination visit, during which the nasal spray vaccine will be offered.

Your child should have received their pre-school booster before starting Reception. If they have not, please contact your GP.

In the meantime, you can check your child's vaccination status by following the link below:

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

School year	Vaccine	To protect against
3 Year & 4 months	4-in-1 pre school booster	Diphtheria, Polio, Tetanus & Whooping cough
Flu vaccine	Annual vaccine offered to all from reception till they finish school	Protects against flu, which can lead to acute bronchitis and pneumonia. Please note - porcine free (gelatine free) option now available.

OUR NEW WEBSITE IS LIVE!

Our brand new Coventry Family Health and Lifestyle Services website is now live!

We're excited to launch our brand-new website, bringing together information, advice and support for children, young people, and families.

Find the information you need when you need it.

Visit our new website today:

www.coventryfamilyhealthandlifestyleservices.nhs.uk



Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

 01926 495321 Ext 7494

 swg-fr.contactschoolnurses@coventry.nhs.uk

Text via  [ChafHealth](https://www.coventryfamilyhealthandlifestyleservices.nhs.uk) 07507 329 114 (Parent Line)



www.coventryfamilyhealthandlifestyleservices.nhs.uk

 Coventry School Nursing Team

 COVSCHOOLNURSES



Mental Health Support Team In
Schools

Tips For Wellness Change



Dimensions tool



Free online personalised self-care
information & support for adults and
children in Coventry & Warwickshire

Changes are a normal part of our lives and they affect us all in different ways. Some changes may feel small to you, but big to another person, and the opposite for a different change. For example, moving to a new class or school, moving homes, or starting a new club. They can feel exciting, but they can also feel overwhelming and stressful, especially when they are unexpected. Below are some tips to help you cope with changes that may feel hard for you.

Our tips for coping with change:

1 – Keep doing things you enjoy!

When we feel stressed or worried, it can be easy for us to focus on the worries all the time and forget to do the things that make us happy. Make sure to plan in time at the weekends and evenings to do things you enjoy to help you relax and boost your mood!

2 – Think about what you can control

When a change is unexpected or overwhelming, we can feel a bit like we have no control over the situation or how it is making us feel. It can be helpful to think about what you do have control over in this situation. For example, we can't control how the change makes us feel but we can control how we react to the situation and what we do following the change. Such as, staying connected with our friends and family, keeping to our daily routines, and planning ahead where we can.

3 – Look for the positives

While change can feel hard, there's often something good that comes from it, even if it is not immediately obvious. Such as, new opportunities, new people or learning experiences. You might even surprise yourself and enjoy the change!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

COVENTRY

SCHOOL NURSING NEWSLETTER

Primary Schools

Firework, Bonfire & Sparkler Safety

- Adults should always supervise fireworks and bonfire displays. Never leave children or young people unattended around fireworks or bonfires.
- Ensure children always remain at a safe distance from bonfires and firework displays.
- Never carry fireworks in your pockets or set them off in streets or on roads.
- Do not approach or attempt to relight a firework that has already been lit.
- Before leaving, make sure bonfires are completely extinguished and safe.
- Always wear gloves when handling sparklers, as they can become hot enough to cause serious burns.
- Avoid waving sparklers near other people, and once finished, place them in a bucket of water to cool safely.



There is a wealth of information available on staying safe around fireworks, sparklers, and bonfires. Please take a moment to review the helpful resources linked below.

<https://www.rospa.com/home-safety/fireworks-safety>

<https://capt.org.uk/lessons-for-little-ones/>



Road safety

During the winter months, shorter days and reduced daylight can make it more difficult for drivers and other road users to see pedestrians. This is particularly important during busy school and nursery drop-off and pick-up times, when traffic levels are higher and visibility is often poorer.

To help keep your child safe, it is essential that they are clearly visible when walking near roads, especially in low-light conditions.

Wearing bright or fluorescent clothing during the day can significantly improve visibility. This could be as simple as a fluorescent strip on a coat, a high-visibility vest, or a bright patch attached to a school bag. These small measures can make a big difference in helping drivers spot children sooner and reducing the risk of accidents.

[Road Safety For Children | Child Accident Prevention Trust](#)



Fun Indoor Games for Colder Days

When the nights start to draw in, it can be harder to play outside. Why not try some of these fun indoor activities to keep busy, active, and smiling:

- ★ Build a cosy den and create your own secret hideaway.
- 🏃 Design an indoor obstacle course and race against the clock.
- 🔍 Go on a treasure hunt with clues hidden around the house.
- 💃 Have a dance party and show off your favourite moves.
- 🎨 Get creative with drawing, colouring, painting, or crafts.
- 🎤 Put on a talent show and perform for your family.
- 🎳 Play mini bowling using empty plastic bottles and a soft ball.
- 🧩 Challenge yourself with puzzles, board games, or word searches.
- 👨🍳 Become a junior chef and help make a tasty treat.

Indoor days can still be full of adventure, creativity, and family fun! ☀️

Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

☎️ 01926 495321 Ext 7494

✉️ swg-tr.contactschoolnursescoventry@nhs.net

Text via  ChatHealth 07507 329 114 (Parent Line)



www.coventryfamilyhealthandlifestyleservices.nhs.uk



Coventry School
Nursing Team



COVYSCHOOLNURSES

Don't miss out on your child's

FREE

flu vaccine



Coventry and
Warwickshire Partnership
NHS Trust



The School Aged Immunisation Service will
be coming to your school on:



8th October 2026

Look out for an email or text with a consent form.
If you do not receive the consent email or text, please contact
your School Aged Immunisation Service OR follow this link to
complete a consent form for your child:

[Please click to complete a form](#)

Please contact us on:



02476 961 422 or bewise.immunise@covwarkpt.nhs.uk