



# ST. HELEN'S CATHOLIC PRIMARY SCHOOL

## BULLETIN

5th September 2025



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CATHOLIC  
TRUST

### DATES FOR YOUR DIARY

A hard copy of the St Helen's Calendar Dates 2025-2026 should be going home with your child today.

Key dates will go in the next Bulletin.

Well done to all children,  
families, staff and governors for an  
excellent first week back.

A warm welcome to all our new pupils and staff  
that have just started.

### Our Mission Statement

Respect yourself  
Respect everyone in our school community  
Respect everyone in our global community  
But most of all Respect God our Father in Heaven



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[www.st-helens.southend.sch.uk](http://www.st-helens.southend.sch.uk)  
[www.schoolgateway.com](http://www.schoolgateway.com)  
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**HIGH IMPORTANCE: \*\*\*ARRANGEMENTS FOR PE 2025-2026\*\*\***

Dear Families,

Welcome back after what seems like a very speedy 6 weeks holiday! We have been thrilled this week to have all the children back and see how much they've grown over the summer!

From next Thursday 11 September and Friday 12 September, we will begin a new way of delivering the PE curriculum. We have engaged the services of a wide range of external providers so that the children experience an enriching and inspiring spectrum of PE lessons as follows:

<b>Thursday afternoon – September to February Years 3, 4 and 5</b>	<b>Friday afternoon – September to February Years 1, 2 and 6</b>
<ul style="list-style-type: none"><li>• Boxing (6 weeks)</li><li>• Tennis (3 weeks)</li><li>• Outdoor learning (3 weeks)</li><li>• Gym (6 weeks)</li><li>• Throwing, hockey, netball &amp; football</li></ul>	<ul style="list-style-type: none"><li>• Fencing (6 weeks)</li><li>• Football fitness (cardio) (6 weeks)</li><li>• Dance (6 weeks)</li><li>• Netball, football, tag rugby and circuit training</li></ul>

<b>Thursday afternoon – February to July Years 1, 2 and 6</b>	<b>Friday afternoon – February to July Years 3, 4 and 5</b>
<ul style="list-style-type: none"><li>• Boxing (6 weeks)</li><li>• Tennis (3 weeks)</li><li>• Outdoor learning (3 weeks)</li><li>• Gym (6 weeks)</li><li>• Throwing, hockey, netball &amp; football</li></ul>	<ul style="list-style-type: none"><li>• Fencing (6 weeks)</li><li>• Football fitness (cardio) (6 weeks)</li><li>• Dance (6 weeks)</li><li>• Netball, football, tag rugby and circuit training</li></ul>

**Children should come to school in their PE kit on the day they are having their PE carousel.**

Swimming will happen as planned in the second half of the spring term and details around that will be issued nearer the time.

Tennis lessons will take place at Westcliff Tennis Club and the children will walk there and back.

In addition, all classes will be doing the daily mile each day as a means of improving their fitness. We are passionate about promoting the benefits of physical activity to mental health and wellbeing and we are very excited about the opportunities for enrichment and participation that this approach will provide!!!

If you have any questions, please go through your child's class teacher in the first instance.



These reading glasses have been in lost property since the last school year. Please come and claim them from the office before next Friday (12th Sept) when I will be taking them to an Opticians to be recycled.

Thank you

3 sports clubs, which will start next week on Wednesdays, Thursdays and Fridays, can be booked by clicking the link below.

Please note they are run by Mini Champs and you will need to book and pay through them.

The link to the booking page is;

<https://mini-champs.classforkids.io>