



ST. HELEN'S CATHOLIC PRIMARY SCHOOL

BULLETIN

23rd January 2026



ASSIST
CATHOLIC
TRUST

DATES FOR YOUR DIARY

29th January-4 St. Alban Class Assembly-9am Parents/Carers invited

1st February-St. Helen's Choir at Church-9.30 Mass

5th February-Reception, Year 1 and Year 2 classes- 10 am Mass at St Helen's Church-
Parents/Carers invited

6th February-FOSH meeting in the Studio 9am

11th February-Pupil progress conference-**1.15 SCHOOL SHUT FOR ALL PUPILS**
(no after school provision on this day)

12th February- St Thomas Becket's Class Assembly-Parents/Carers invited

Friday 13th February-LAST DAY OF SCHOOL BEFORE HALF TERM

Swimming lessons start after half term-see page 2/3 for details

Dear Families,

Please read your email giving all the details about swimming after the February half term.

Year R, Year 1 and Year 2 are required to consent to lessons on the Schoolgateway please.

It is important that you consent before half term.

Thank you.

St. Andrew 4611

St. Patrick 2781

St. David 2916

St. George 2831

Our Mission Statement

Respect yourself

Respect everyone in our school community

Respect everyone in our local community

Respect everyone in our global community

But most of all,



North Road
Westcliff on Sea
Essex, SS0 7AY
01702 343823



www.st-helens.southend.sch.uk
www.schoolgateway.com
www.facebook.com/sthelenswestcliff/
office@st-helens.southend.sch.uk

Dear Families,

SWIMMING LESSONS FOR ALL PUPILS

Living in a seaside town is a wonderful opportunity to learn to swim and as a school we have for many years enjoyed swimming. Last year, we took the plunge into a fabulous new swimming adventure right here at school. Following on from last years success we have booked the same mobile pool company to provide swimming lessons again this year.

Swimming at school has many benefits:

- All pupils will have the opportunity to swim
- Time lost in travel to and from a swimming pool is minimised
- Safeguarding issues are minimised, eg: loss of child, road traffic accident, changing pupils in a public place
- Smaller groups with more targeted teaching for longer lessons
- More time available to target pupils who can't yet swim 25m
- More challenge for pupils in Year 6 who can swim, eg: personal survival skills

The mobile pool will be erected on the playground in front of our new large log cabin. It will be fully heated and maintained to ensure water quality. The children will get changed in the log cabin outside Year 1 classrooms, boys and girls will be separated by a screen.

The pool will be on site for 5 weeks and we have carefully considered the timetable, which you will find attached.

All children will swim in groups of 10-12 and there will **always** be 2 qualified Level 2 swimming teachers, both lifeguard and NRSTC level safety trained. A member of school staff will supervise the children changing and to and from the pool.

Reception – R St. John Fisher & R St. Margaret Clitherow – 30 minute lesson

Week 1 – one group of 12 will swim every day for a whole week.

Week 2 – the next group of 12 will swim every day for a whole week, and so on.

Swimming weeks commence 23.2.26, 2.3.26, 9.3.26, 16.3.26, 23.3.26

You will be told which group your child is in and their swimming week (they will swim for one of these weeks).

If possible, we would like parents/carers to come and help with changing the little ones. Their swimming slot will be the last one of the day 2.30 – 3.00 – please see timetable.

Year 1 – 1 St. Augustine & 1 St. Ursula – 30 minute lesson

Week 1 – one group of 12 will swim every day for a whole week.

Week 2 – the next group of 12 will swim every day for a whole week, and so on.

Swimming weeks commence 23.2.26, 2.3.26, 9.3.26, 16.3.26, 23.3.26

You will be told which group your child is in and their swimming week (they will swim for one of these weeks).

If possible, we would like parents/carers to come and help with changing the children. Their swimming slot will be the first one of the day 9.00 – 9.30 – please see timetable.

Years 2, 3, 4, 5 & 6 – 40 minute lesson

Each year group will be in 6 groups of 10 children (3 groups in 2 St. Cedd, 3 groups in 2 St. Thomas Becket and so on).

These year groups will swim every day for a week.

Year 4 swim week commencing 23.2.26

Year 2 swim week commencing 2.3.26

Year 5 swim week commencing 9.3.26

Year 3 swim week commencing 16.3.26

Year 6 swim week commencing 23.3.26

Swimming at KS1 is not compulsory but we would strongly encourage all pupils to participate to improve their water confidence and give them a better chance of achieving the 25m by the time they leave St Helen's. We may also be better placed to take part in local galas and swim meets as the children gain confidence. The children thoroughly enjoyed their swimming experience last year!

The school will pay for the cost of the swimming instruction and we are asking families for a voluntary contribution outlined below to cover the cost of the hire of the pool. We understand that there may be financial challenges with this so please speak to us if that is the case. We are also aware that there are some families who may wish to contribute extra that would enable other children to swim who may otherwise miss the opportunity.

Reception and Year 1 – £15 for 5 lessons

Years 2, 3, 4, 5, 6 – £20 for 5 lessons

Contributions can be paid after the half term. More details to follow.

Year R, Year 1 and Year 2 are also required to consent to lessons on the Schoolgateway please. It is important that you consent before half term. Thank you.

The kit is as follows:-

Swimming trunks or a one-piece costume

Towel

Swimming hat

Crocs / flip flops / sliders

Waterproof bag

Optional extras:

Dry robe

All children must wear a swimming hat – which are available from the Schoolwear Centre, Hamlet Court Road and local sports shops.

All earrings must be removed before the swimming lesson.

Swimming is an integral part of our P.E. programme and we strongly encourage all children to take part. Swimming is compulsory for children in Years 3, 4, 5 and 6 who may then only be excused for serious medical reasons. A note is required for any such absence.

We hope you are excited by the opportunity for your child to learn to swim at school!!

If you have any questions or concerns, please contact us.

Thank you for your support.

Yours sincerely

Miss L Keeble

St Helen's Swimming Timetable Spring Term 2026 –

12 children in each group for YR 1 & R, 10 children in each group for YRS 2-6

Year groups R & 1 = 5 x groups of 12

R & Y1 have 30 minute lessons

Year groups 2 - 6 = 6 x groups of 10

Yr 2-6 have 40 minute lessons

Ses- sion	Time	Week 1 – 23/2	Week 2 – 2/3	Week 3 – 9/3	Week 4 – 16/3	Week 5 – 23/3
1	9.00 – 9.30	Y1-Group 1	Y1-Group 2	Y1-Group 3	Y1- Group 4	Y1-Group 5
2	9.30 – 10.10	Y4-1	Y2-1	Y5-1	Y3 -1	Y6 -1
3	10.10 – 10.50	Y4-2	Y2-2	Y5-2	Y3 -2	Y6 -2
Brea k	10.50 – 11.00					
4	11.00 – 11.40	Y4-3	Y2-3	Y5-3	Y3 -3	Y6 -3
5	11.40 – 12.20	Y4-4	Y2-4	Y5-4	Y3 -4	Y6 -4
Lunc h	12.20 – 1.10					
6	1.10 – 1.50	Y4-5	Y2-5	Y5-5	Y3 -5	Y6 -5
7	1.50 – 2.30	Y4-6	Y2-6	Y5-6	Y3 -6	Y6 -6
8	2.30 – 3.00	R – Group 1	R – Group 2	R – Group 3	R – Group 4	R – Group 5
Things to note –		25.2 Yr 5/6 Girls Netball 27.2 Yr 3 St. David's day assembly 27.2 Yr 5 Mass at St. Helen's	3.3 Hot Cross Run 4.3 Tag Rugby KS1 morning	10.3 Mothers day bake off 11.3 Mothers day afternoon tea	17.3 Yr 6 St. Patrick's day assembly	24.3 9.00 Yr 4,5,6 Reconcil- iation 24.3 2.00 Yr R,1,2,3 Sorry Service 25.3 Yr 4 East- er Perfor- mance

**WORLD
BOOK
DAY 2026**

05
MARCH

CELEBRATING THE BOOKS OF JULIA DONALSON



The Hospital Dog Hot Dog 1,3,5,6 **RED**
 The Gruffalo Poisonous Warts 1,7 V **GREEN**
 (Vegetable and Cheese Puff Pastry Crown)
 The Badie's Jacket Potatoes with a choice
 of fillings 7,8,9 **BLUE**
Baguettes ORANGE
 The Highway Rat's Roasted Wedges
 Spinderella's Football Peas
 The Stickman's Carrot Sticks
 The Snail and the Whale's Rock Cakes 1,7 V
 The Ladybird Heard Moo Cookie 1 VG
 The Cook & King Wobbly Bob Jelly VG
 Zog's Yummy Fruit Pots VG

NOURiSH GROW WITH US

Dishes marked with any of the following numbers contain the matching allergen:
 1 Wheat 2 Gluten 3 Crustaceans 4 Soybean 5 Mustard 6 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish
 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

NOURiSH GROW WITH US

CHINESE NEW YEAR

Sweet and Sour Chicken **RED**
 Chinese Steamed Bean & **GREEN**
 Vegetable Dumpling 1,3,16 VG

Lo mein Noodles 1,3 or
 Rice
 Oriental Stir Fried Vegetables

Chinese Butter Cookie 1 VG
 Melo Melo
 Fruit Pots

Jacket potato BLUE
Baguettes ORANGE

26th FEBRUARY

Values Children



R St John Fisher	Jesse Lawrence- Empathy – he always encourages other to join his games and listens to their ideas.
R St Margaret Clitherow	Eiyob Jittu- Courage -for taking part in activities with children he doesn't know very well.
1 St Augustine	Iyan Yazbeck – Courage – Iyan performed brilliantly in our class assembly. He showed great courage and enthusiasm during rehearsals and during both performances. Well done Iyan!
1 St Ursula	Amalia Seif-Resilience - for securing her number bond knowledge after practising at home and in school....well-done Amalia for never giving up. Learning something new is a great attribute to have!
2 St Thomas Becket	Roman Nickeas- Enjoyment - Roman has shown great enthusiasm for our new superhero topic. It has been great to see his independence grow and the hard work he has put into his comic strip, and his superhero and villain designs.
2 St Cedd	Zoe Garcia Samento – Patience - Zoe always approaches any situation (in her work or friendships) with a calm and measured approach. She never loses her patience and has time for everyone.
3 St Bede	Samaria Saha- Resilience - For always trying her hardest. She never gives up, even when she finds things difficult. Well done x
3 St Swithun	Alfie Asuncion-Cariaga- Enjoyment - for working amazingly in a new maths group this week and enjoying doing a great 3D picture in art.
4 St Columba	Amber Lara – Resilience - after finding a times tables game tricky, Amber used her wet play to practise her times tables and even brought in lots of times tables work she had done at home. Her score has already improved, well done for not giving up!
4 St Alban	Aiden Turay-Courage -for making the right choices, facing challenges and asking for help when needed.
5 St Anne Line	Zoya Qasim- Trustworthiness - she can always be trusted to be doing the right thing. She ignores distractions around her and works hard.
5 St Osynth	Lola Abayomi – Courage – having been a recent starter in our class, Lola has really thrown herself into class life and activities. It has been great to see her showing resilience and determination, but it is her courage , meeting new faces, a whole new school and finding her feet so quickly that has stood out. Well done for facing things head on!
6 St Sebbi	Annabelle Cooper-Enjoyment -for outstanding passion & commitment in her learning both at school and at home, and for leading and organising groups at school in her own time. Well done!
6 St Boniface	Evana Sunil-Service - for so admirably helping peers with their learning and working for the greater good. She listens beautifully, is a wonderful teacher and we are so proud of her.
MDA award	Michael Raduica-R St Margaret Clithrow-Resilience -for trying hard to put away his dinner things
SLT Award	Zahra-1 St Augustin-courage