

Our Lady's Catholic Primary School

We ASPIRE that through the love of Jesus everyone
should "have life and have it to the full."



Newsletter

Friday 8th May 2026



Loving God,

Thank You for the many
opportunities we have to learn,
grow, and support one another.
Bless our children as they work
hard each day,
give them confidence,
kindness, and joy.
Help us to care for one another
and to always do our best.
Amen.



Message from Headteacher

As we move further into the Summer Term, I would like to thank you for your continued support. It has been wonderful to see our children embracing so many opportunities both inside and outside the classroom. This week, we keep our Year 6 pupils especially in our thoughts as they complete their SATs. We are incredibly proud of their hard work and resilience, and we know they will do their very best.

As the weather becomes warmer, please continue to support your child by ensuring they bring water bottles, wear the correct uniform, and come ready to learn each day.

Aga Przybylska

Year 6 SATs Week

Next week is SATs Week for our Year 6 pupils - a significant milestone in the school year. We are incredibly proud of the hard work, determination, and resilience they have shown in preparing for these assessments. They are ready to do their best and show just how much they have learned.

We kindly ask Year 6 parents and carers to ensure children arrive at school on time each day, so they can begin the morning feeling calm, settled, and confident.

To help our pupils feel relaxed and prepared, we will be offering a free Breakfast Club from 8:30am, Monday to Thursday. This will give children the opportunity to enjoy breakfast with friends and start each day in a calm and positive way before the tests begin.

Most importantly, we want our Year 6 children to know that we are already incredibly proud of them. SATs are just one moment in their journey, and we believe in every single one of them.

Our Statue of Mary

Our beautiful statue of Mary outside school is now looking even more special, with lovely new flowers and fresh gravel helping to create a peaceful and welcoming space.

A huge thank you to Mr Scullin for all of his hard work in making this area look so beautiful and cared for. It has created a lovely place for quiet reflection and prayer as we honour Mary during this special month.



Healthy Packed Lunches

A gentle reminder to families to please ensure that children are bringing healthy packed lunches and snacks to school.

We encourage lunches that include a balanced selection of food such as sandwiches, fruit, vegetables, yoghurt, and healthy snacks that help children stay focused and energised throughout the day.

Please avoid sending large amounts of sweets, chocolate, fizzy drinks, or energy drinks. As a reminder, we are also a nut-free school, so please do not send any products containing nuts. Thank you for supporting us in promoting healthy choices for all children.

Gardening Club

Our Gardening Club, led by Mrs F, has been busy after school helping to make our outdoor spaces look beautiful.

The children have enjoyed planting, tidying, watering, and caring for different areas around school. They have shown great teamwork, responsibility, and pride in helping our school environment flourish.

Thank you to Mrs Flynn for giving her time after school to run this wonderful club and inspire children to care for God's creation. We look forward to seeing everything continue to grow and bloom!



Year 3 Visit to Poor Clares

Our Year 3 pupils recently enjoyed a very special visit to the Poor Clares Monastery as part of their religious learning.

The children had the opportunity to learn more about the lives of the sisters, their commitment to prayer, and what it means to dedicate your life to faith and service. They asked thoughtful questions and showed great respect throughout the visit.

It was a calm and meaningful experience that helped bring their learning to life and gave them a deeper understanding of prayer, community, and vocation.

Well done, Year 3, for representing our school so beautifully.



Herefordshire History Festival

We were very lucky to have two visitors from the Herefordshire Archive and Records Centre come to speak to us on Thursday 7th May about how they work to preserve Herefordshire's History.

This month is the Herefordshire History Festival. There are nearly 200 events planned between the 9th and 25th May across the county!

If you would like to learn more about the festival and the events, please see [FESTIVAL EVENTS | 2026 HEREFORDSHIRE HISTORIES](#)

Many of the events are free including:

- Vikings at the Priory activity day for all ages exploring Anglo/Viking Herefordshire, at Leominster Priory. Drop-in event for all ages. Thursday 28th May 10am-4pm Free.
- Ross-on-Wyes Museum without wall Treasure Hunt. Saturday 23rd May, 10am - 4pm. Challenge your brain, learn some of the town's history, and maybe win a prize!

Seasonal allergies

In addition to the blooming flowers, lambs, bunnies and copious chocolate; spring also brings with it the start of allergy season. Unfortunately, this season is 12 months long for some people, but March to September are usually the peak. Below is a rough hay fever calendar, with more information available on [Pollen calendar](#) | [Kleenex](#).

Spring (March, April and May)

- Tree pollen, grass pollen and weed pollen are all kicking around in spring and summer - from March through to May. Tree pollen and grass pollen have peaks, so spring allergies and their symptoms could be more severe. Your spring hay fever symptoms might include painful sinuses and a cough.
- Summer (June, July and August)
- Summer allergies bring hay fever symptoms with the peak in grass and weed pollen. Summer allergy symptoms are intense for some of us, so your itchy and watery eyes could be worse, especially when you spend more time outside or near cut grass.
- Autumn (September, October and November)
- Hay fever in autumn drops as pollen season slows down - around the beginning of September in the UK. That said, autumn allergy symptoms can still cause you trouble due to both late-release weed pollen and other causes, such as mould.
- Winter (December, January and February)
- Tree pollen starts its season in January. This means you could mistake hay fever in winter for a cold as your symptoms include a snotty or blocked nose, sore throat, cough and itchy eyes. Winter pollen is released in January in the UK - so hay fever can cause you many of the same symptoms in winter as at any other time of the year.

Pollen is naturally occurring, and all around us, so managing the symptoms while you're at work can be difficult. The NHS gives the following guidance:

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

Further guidance is available on [Hay fever - NHS](#).

If you are finding the symptoms of hay fever difficult to manage, your first action should be to speak to a pharmacist, who may be able to offer guidance and treatment for symptoms.

Attendance

Good attendance is essential for children to make the most of their learning.

Every day in school really does make a difference.

We know that this time of year can bring coughs and colds, but if your child is well enough, please do send them into school. Being in school helps maintain routines, friendships, and confidence.

Thank you for your continued support in helping us achieve our attendance target of 95%.

Reception	85.00%
Year 1	97.60%
Year 2	98.10%
Year 3	98.30%
Year 4	97.70%
Year 5	95.40%
Year 6	95.20%
National	93.80%
Local Authority	95.10%