

11TH APRIL 2025

VAHEGURU JI KA KHALSA VAHEGURU JI KE FATEH



Hukamnama Sahib

A message for us all to reflect upon, given this morning from the Siri Guru Granth Sahib Ji (Sikh Holy Scriptures) from the holiest of Sikh sites Sri Darbar Sahib Amritsar, Panjab, India (Golden Temple).



Celebrating our 10 Year Anniversary

SEVAK SEAV KARAHAE SABH THAEREE

“O LORD. ALL THINE SERVANTS, WHO RELISH THE NAME. PERFORM THY SERVICE. HE, WHO EFFACES HIS SELF-CONCEIT FROM WITHIN HIMSELF, BECOMES PURE BY GURU'S GRACE.”

SRI GURU GRANTH SAHIB JI - ANG 599

ਗੂਜਰੀ ਮਹਲਾ ੫ ॥

Goojaree, Fifth Mehl:

ਆਪਨਾ ਗੁਰੁ ਸੇਵਿ ਸਦ ਹੀ ਰਮਹੁ ਗੁਣ ਗੋਬਿੰਦ ॥

Serve your Guru forever, and chant the Glorious Praises of the Lord of the Universe.

ਸਾਸਿ ਸਾਸਿ ਅਰਾਧਿ ਹਰਿ ਹਰਿ ਲਹਿ ਜਾਇ ਮਨ ਕੀ ਚਿੰਦ ॥੧॥

With each and every breath, worship the Lord, Har, Har, in adoration, and the anxiety of your mind will be dispelled. ||1||

ਮੇਰੇ ਮਨ ਜਾਪਿ ਪ੍ਰਭ ਕਾ ਨਾਉ ॥

O my mind, chant the Name of God.

ਸੂਖ ਸਹਜ ਅਨੰਦ ਪਾਵਹਿ ਮਿਲੀ ਨਿਰਮਲ ਥਾਉ ॥੧॥ ਰਹਾਉ ॥

You shall be blessed with peace, poise and pleasure, and you shall find the immaculate place. ||1||Pause||

ਸਾਧਸੰਗਿ ਉਧਾਰਿ ਇਹੁ ਮਨੁ ਆਨ ਪਹਰ ਆਰਾਧਿ ॥

In the Saadh Sangat, the Company of the Holy, redeem your mind, and adore the Lord, twenty-four hours a day.

ਕਾਮੁ ਕ੍ਰੋਧੁ ਅਹੰਕਾਰੁ ਬਿਨਸੈ ਮਿਟੈ ਸਗਲ ਉਪਾਧਿ ॥੨॥

Sexual desire, anger and egotism will be dispelled, and all troubles shall end. ||2||

ਅਟਲ ਅਛੇਦ ਅਭੇਦ ਸੁਆਮੀ ਸਰਣਿ ਤਾ ਕੀ ਆਉ ॥

The Lord Master is immovable, immortal and inscrutable; seek His Sanctuary.

ਚਰਣ ਕਮਲ ਅਰਾਧਿ ਹਿਰਦੈ ਏਕ ਸਿਉ ਲਿਵ ਲਾਉ ॥੩॥

Worship in adoration the lotus feet of the Lord in your heart, and center your consciousness lovingly on Him alone. ||3||

ਪਾਰਬ੍ਰਹਮਿ ਪ੍ਰਭਿ ਦਇਆ ਧਾਰੀ ਬਖਸਿ ਲੀਨੈ ਆਪਿ ॥

The Supreme Lord God has shown mercy to me, and He Himself has forgiven me.

ਸਰਬ ਸੁਖ ਹਰਿ ਨਾਮੁ ਦੀਆ ਨਾਨਕ ਸੇ ਪ੍ਰਭੁ ਜਾਪਿ ॥੪॥੨॥੨੮॥

The Lord has given me His Name, the treasure of peace; O Nanak, meditate on that God. ||4||2||28||

ANG 501

11TH APRIL 2025

Principal's Message

Mrs. S. Sanghera
Vaheguru Ji Ka Khalsa, Vaheguru Ji Ke Fateh

In celebration of the 10th Anniversary of the opening of our school a number of events have been organised by our Parent Project SEVA 10 group. Together they are hoping to raise funds for books to go in our two new libraries. The libraries will be opening soon in each of our MIRI and PIRI Buildings, for children in both Primary and Secondary to enjoy for generations to come. What a wonderful and enduring gift! Please see the flyer below for some of the upcoming events. A full list of the events was sent out in a letter yesterday. We hope that you will be able to support the Parent Project SEVA 10 group to make it a resounding success for everyone.



Celebrating Our 10th Anniversary
Upcoming Events
Organised by Parent Project SEVA 10

 Seva School Primary & Secondary Special Edition Photograph Thursday 1 st May	 Seva School Summer Fayre Saturday 12 th July	 Seva School Pyjama Day Thursday 22 nd May
Also participating in...		
 Coventry Nagar Keertan Sunday 20 th April	 Sikh Union Coventry Vaisakhi Sports Festival & Mela Sunday 4 th May	

We would like to take this opportunity to wish you all
a Happy Vaisakhi and Easter.



Celebrating our 10 Year Anniversary

PARENT NOTICES

The Virtue of this half-term is:

TOLERANCE

Friday 11th April 2025

Last day of term. Pupils will finish at the normal time.

Easter Revision Sessions for Years 6 & 11

Please see letters sent for details.

Monday 28th April 2025

First day of term. School will start promptly at 08:30am.

Wednesday 30th April 2025

Years 10 & 11 Coventry College Trip.

Monday 5th May 2025

Bank Holiday Monday. School will be closed to pupils and staff.






11TH APRIL 2025

SEVAK OF THE HALF TERM



Celebrating our 10 Year Anniversary

Sevaks of the half term - Tolerance




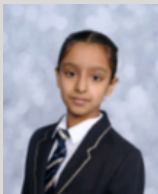

	Samreet	RS Mrs Lall	For always showing school values in everything she does. Showing tolerance towards others in the class and being a kind friend.
	Harnoop	1S Mrs M Kaur & Mrs Thethy	For always having positive relationships with her peers and teachers. She uses lovely manners and makes the right choices every day.
	Jasmaira	2S Mr Rahel	For always displaying the Seva Virtues.
	Fateh	3S Mrs Verdi & Mrs Featherstone	Fateh has shown that he has tolerance, he respects the beliefs of others and always shows respect. It is evident that he cares about everyone around him.
	Divjot	3A Mrs Ghedia	For showing tolerance and respect to each and all.

11TH APRIL 2025

SEVAK OF THE HALF TERM

*Celebrating our 10 Year Anniversary*

Sevaks of the half term - Tolerance







	Gurreet	4S Mrs Armstrong	Showing tolerance to everyone she comes in to contact with.
	Harvir	5S Mrs Bhullar	For always respecting the beliefs and views of others and always showing people that he cares.
	Kosini	5A Mrs Kaur	She is always so kind to everyone she meets and loves to help other children in the playground.
	Hargun	6S Mr Singh	For consistently displaying all of the Seva Virtues.
	Nila	6A Mrs Satsangi & Mrs Hall	Nila displays all of the virtues everyday. She tolerates others, trying to help however she can. She is a great role model to others.

11TH APRIL 2025

SEVAK OF THE HALF TERM

*Celebrating our 10 Year Anniversary*

Sevaks of the half term - Tolerance

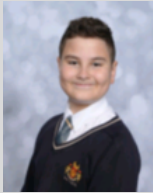





	Keerat	7S Mrs Ndongala & Mrs Thandi	Quiet, patient, kind, respectful, and very tolerant member of 7S.
	Jasleen	7E Mrs Sharma	For showing true tolerance. Her calm and patient nature makes her a wonderful example for all.
	Kimran	7V Mrs Grewal	Shows kindness and compassion to all of her peers and supports them if they need help.
	Akaal	7A Mrs Akhtar	Supports her peers and always patient.
	Nimrat	8S Mr Bourne	For displaying the Seva Virtues.
	Emily	8E Mr Chahal	For treating others with respect and understanding.

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Sevaks of the half term - Tolerance


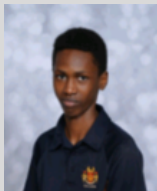


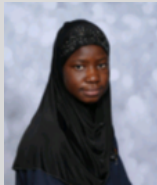

	Goncalo	8V Miss Piron	For being tolerant with his friends. He is always patient, kind and polite to everyone.
	Sharunja	8A Mrs Tomlinson & Mr Anyormi	She is a model student, who always does the right thing. She does not get distracted by others and is always focused on the given task.
	Namneet	9S Mr Hobson	Helps everyone. Always patient.
	Athulya	9E Mrs Bangar	She maintains a positive attitude when considering the perspectives of other students and remains calm and polite in all interactions.
	Giuliana	9V Mr Crosbie	Encouraging and promoting dialogue and understanding between people from different cultural backgrounds.
	Gursheen	10S Mr Manan	She is always patient and tolerant of any situation that comes her way.

11TH APRIL 2025

SEVAK OF THE HALF TERM

*Celebrating our 10 Year Anniversary*

Sevaks of the half term - Tolerance

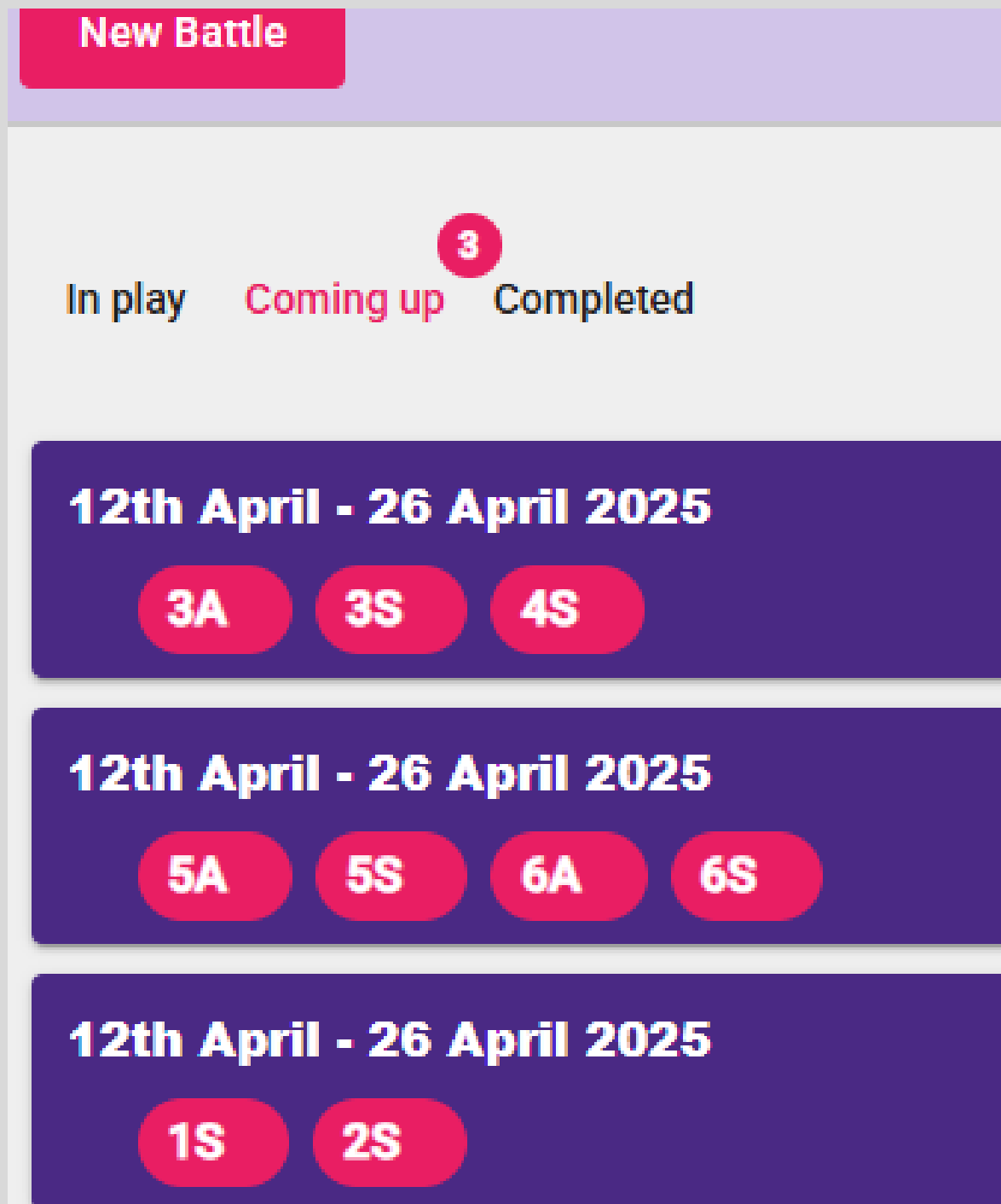
	Angel	10E Ms Gabriel	For consistently displaying the virtue of tolerance this term. She always tackles challenging tasks cheerfully, whilst working well with a wide range of peers.
	Samuel	10V Mrs Daler & Mr Eastwood	For consistently showing the Seva virtues.
	Armaan	10A Mrs Gill	He is always mature and responsible in his approach of being tolerant in any given situation.
	Adunni	11S Mrs Dhadwal	Adunni has shown tolerance by trying to use different methods to problem solving questions in maths.
	Khadija	11E Mrs M Hussain	Has shown tolerance by working hard and finding different approaches to problem solving in maths.
	Mohamed	11V Mr Patria	Mohamed has always accepted his peers for who they are and treats people the same as how he would like to be treated.

11TH APRIL 2025

PRIMARY NEWS



Timetable Rockstar's Competition



11TH APRIL 2025


PRIMARY NEWS



Celebrating our 10 Year Anniversary

In class 5A the children have been learning about the devastating effects of deforestation that are happening in Amazon Rainforest. Pupils wrote a balanced argument discussing arguments for and against deforestation. They wanted to write a formal letter to our local Coventry MP Mrs Mary Creagh to ask her to discuss if the British government can ask the Brazilian government to ban deforestation. Here is a formal letter written by Mankeerat. Mrs P Kaur will be sending this letter to Mrs Creagh's office and we are hoping that we may get a reply. To be continued...

Mrs P Kaur

 **SEVA SCHOOL**

Mankeerat

Seva School
Eden Road
Coventry
CV2 2TB
28.03.25

Dear Mrs Creagh,

I am writing to inform you regarding my grave concerns caused by the impacts of deforestation that is affecting precious Earth. I am a pupil at Seva School. I am in year 5 and we are currently learning all about deforestation in our Topic lessons. I strongly believe that deforestation is unacceptable and atrocious. Over the past few weeks, I have learned that the Amazon provides over 20% of the global supply of oxygen which is why it is called the "lungs of the Earth". I hope you consider my following arguments deeply with thought and consideration.

Have you ever wondered what the world would be without any rainforests? I urge you to immediately take this argument to the Houses of Parliament to be debated. Firstly, due to the lack of trees hospitals are being lost moreover they could become extinct. There is no doubt that over 25% of medicine comes from the Amazon. Furthermore everyday food such as cocoa or bananas come from rainforests. If we continue prices will grow!

Did you know, when trees are cut down carbon dioxide is released which is making holes in the ozone layer? When this occurs it is called global warming. Equally, when trees are burnt they contribute to pollution. Due to the lack of trees the delicate ecosystem is being ruined consequently

minibeasts and plants, which contribute may become extinct. If this fragile ecosystem was destroyed it would affect all living creatures, including plants. If there are no trees to anchor the soil, it will flow into the river.

I would like you to address my concerns furthermore take them to the Houses of Parliament. If this deforestation problem continues Earth may never see its lushes rainforests again. Mapping caused this disaster. Making an change it! Pressure the government to boycott, blackmail, do not give aid to the Brazilian Government or do not trade anything!

Yours Sincerely
Mankeerat

11TH APRIL 2025

PRIMARY NEWS



We have received a response.

Mrs P Kaur is very proud of her class for taking positive action on an issue that they felt passionate about. Remember we can always make a difference and follow in the guidance that Guru Nanak Dev Ji gave us "Sarbat da Bhalla" which reminds us that human beings have the responsibility to look after all of God's creation and our wonderful world.

Mrs P Kaur

Dear Mrs Kaur

Thank you for your email to Mary and for sending her Mankeerat's letter. She was interested to hear that year 5 is learning about the effects of deforestation in the Amazon.

We have forwarded Mankeerat's letter to Baroness Chapman of Darlington, Minister of State (International Development, Latin America and Caribbean) for her to consider. When a response is received it will be emailed to you.

In the meantime, please feel free to contact Mary again if there is anything else she can help you with.

Best wishes

Kate

11TH APRIL 2025

SEONDARY NEWS



This week we presented assembly to year 7 on Vaisakhi. In preparation for this Friday.

Vaisakhi is a world-wide event celebrated by all Sikhs. It is the birth of the Khalsa the Khalsa is a community of baptised Sikhs. The Khalsa gives the Sikhs a unique identity in which they can stand out.

The first Vaisakhi happened in 1699. Guru Ji gathered thousands across the world at Anandpur Sahib. The Sikh's thought they were devoted to their Guru Ji. But then when they asked for a head from the Sikhs their devotion suddenly broke. Everyone was confused and panicked. They were scared. How could they beloved Guru do that to them? Some so frightened they ran away, some so worried told the Guru Ji's mother. However, Guru Ji's mother laughed it off and never doubted the Guru. At last, 1 truly devoted Sikh came up front. His name was Daya Ram.

Four more Sikhs came up. Their names were: Dharam Das, Himmat Rai, Mohkam Chand, Sahib Chand. Guru Ji beheaded their beloved Sikhs with their fear-striking kirpan(sword). It emerged covered in blood dripping to the floor everyone felt fear take hold of them. How could their beloved Guru murder 5 innocent people? Why?

Then Guru Ji began creating Amrit (Holy nectar). The first step to make this is to get an iron bowl and pour water into it. Then they began reciting Panj bani (5 prayers). Jap Ji Sahib, Jaap Sahib, Tav-Parsad Savaiye, Chaupia Sahib and Anand Sahib. Finally, Mata Sahib Kaur Ji/Mata Jito Ji put Pathasi (sugar wafers) into the holy Amrit.

When it was finished Guru Ji put the heads of the 5 loyal Sikhs on their bodies and began pouring Amrit in their mouths. Miraculously they came back to life and roared "Vaheguru Ji Ka Khalsa Vahgeuru Ji Ki Fateh" They were dressed in the beautiful Baana (the uniform of the Khalsa) neatly tied Dastaars were placed upon their heads. They were pronounced as the Panj Payer. And were the first members of the Khalsa. Then their names now became: Bhai Daya Singh Ji, Bhai Dharam Singh Ji, Bhai Himmat Singh Ji, Bhai Sahib Singh Ji. Their names are significant as Daya means compassion, Dharam means righteousness, Mohkam means steadfast, Sahib means master. Without compassion you cannot have righteousness without righteousness you cannot have strength without strength you cannot be steadfast without being steadfast you cannot merge with the master.

Then Guru Ji did something that surprised them all they bent down on one knee and asked the Panj Pyre for the blessing of Amrit. The Panj Pyare said that they gave their heads for Amrit and asked what the Guru Ji would give. Guru Ji's answer was their family showing that they were not attached to anyone.

This is how the Khalsa was created and why it is important to us. We learn lots of values every year at Vaisakhi and we hope you did to.

By Ishver, Akaal and Arashdeep



11TH APRIL 2025

HOUSE POINTS SYSTEM & RESULTS



Our School's Mission Statement

"Oh Lord. All thine servants, who relish the name. Perform thy service. He, who effaces his self-conceit from within himself, becomes pure by Guru's grace."

Sri Guru Granth Sahib Ji - ANG 599

Our house points system is aligned to the 3 key principles of the Sikh faith.
Each of the houses are also assigned a key figure from Sikh faith history.

Weekly House Points Results from 31st March to 4th April

Remember God

Mata Sahib Kaur Ji

3705

Share good will

Bhai Khanaiya Ji

4055

Work hard

Baba Budha Ji

3895

The house with the most points this week is:

Vand Chhakna

CONGRATULATIONS

11TH APRIL 2025

ATTENDANCE MATTERS



Attendance Teddy's Message

Congratulations to Year 6 for the highest attendance this week.

Attendance Matters

Research shows that if your child misses 17 days of school, they are at risk of dropping a whole grade in their GCSEs. Please support your child with their attendance.

Punctuality

All pupils should be in school by 8.30 am. Children arriving into school after this time without a valid reason will serve a lunchtime detention. A text message will be sent to their parents/carers as per the information on the data collection sheet by Mrs Alcock.

Workshops

Parents requesting to take holidays during term time will be required to attend a workshop before any request is considered. The workshop will be held once a week on a Wednesday at 3:30pm - 4:30pm. This workshop is to highlight the importance of attendance and the detrimental impact of taking holidays during term time can have on your child's attainment and progress.

Attendance

If your child is absent from school due to illness, you must inform the school by 08:30am. You must call and leave a message on the absence line (option 1) or email attendance@seva.coventry.sch.uk clearly stating the pupil's name, year/class and a detailed reason for the absence. Reason of 'not well' is not acceptable.



Celebrating our 10 Year Anniversary

CELEBRATING BEST ATTENDANCE FOR ALL YEAR GROUPS

31st March - 4th April

YEAR	%
RS	89.5
1	97.8
2	94.5
3	95.2
4	97.4
5	95.8
6	98.6
7	95.1
8	93.1
9	91.6
10	89.5
11	89.4
Weeks Average for Whole School	93.2

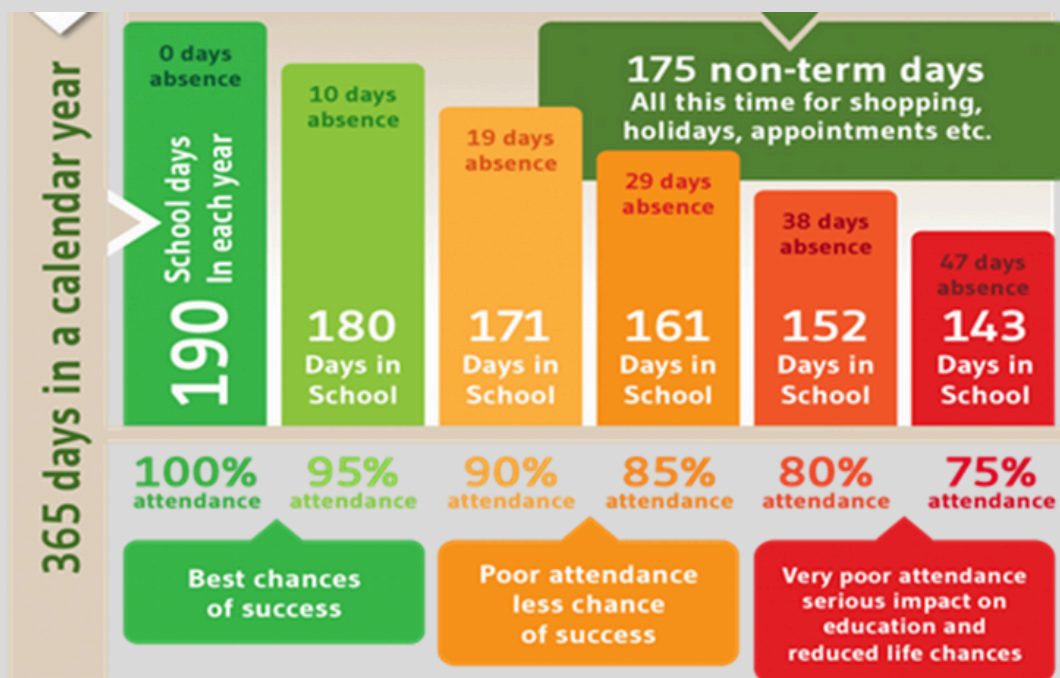
11TH APRIL 2025

ATTENDANCE MATTERS



Celebrating our 10 Year Anniversary

0 DAYS OFF 190 DAYS ATTENDED	100%	★ PERFECTION ★ "EXCELLENT ACHIEVEMENT"
4 SCHOOL DAYS OFF EACH YEAR	98%	IMPRESSIVE
7 SCHOOL DAYS OFF EACH YEAR	96%	NEARLY THERE
9 SCHOOL DAYS OFF EACH YEAR	95%	CAN BE IMPROVED "INCREASE YOUR CHANCES OF BETTER GRADES"
11 SCHOOL DAYS OFF EACH YEAR	94%	NEEDS TO IMPROVE
20 SCHOOL DAYS OFF EACH YEAR	90%	SERIOUS CONCERNS "CLASSED AS A PERSISTENT ABSENTEE" referred to Education Welfare Service
30 SCHOOL DAYS OFF EACH YEAR	85%	RISK OF PROSECUTION "can be damaging to a student's social, emotional and mental wellbeing"
38 SCHOOL DAYS OFF EACH YEAR	80%	



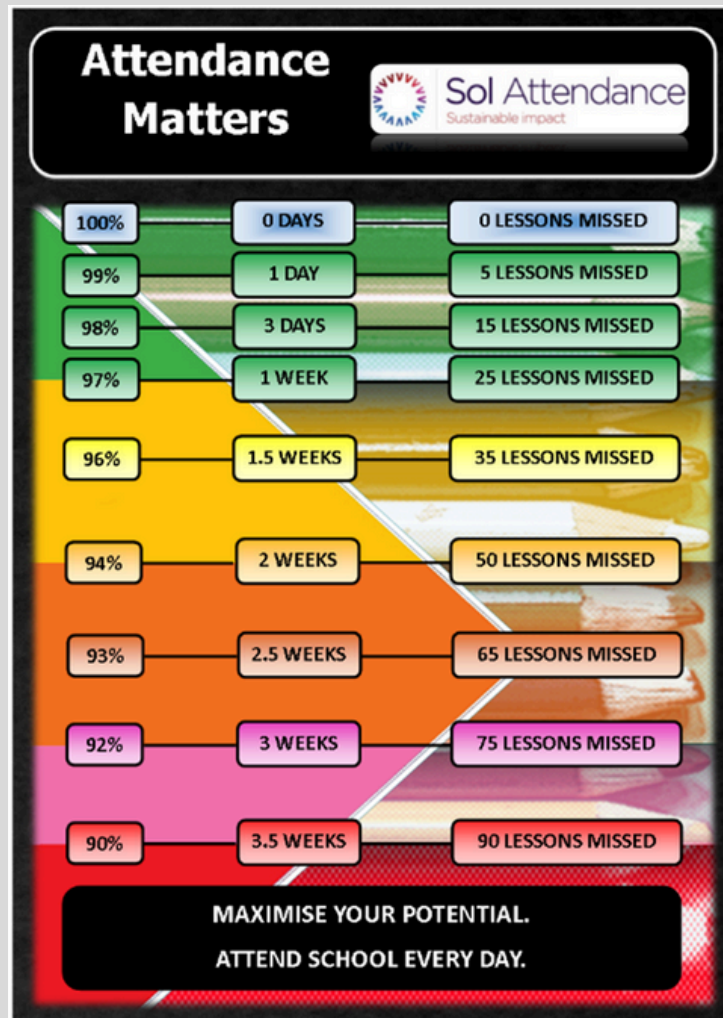
DID YOU KNOW? A two week holiday in term time means that the highest attendance you can achieve is 94.7%

11TH APRIL 2025

ATTENDANCE MATTERS

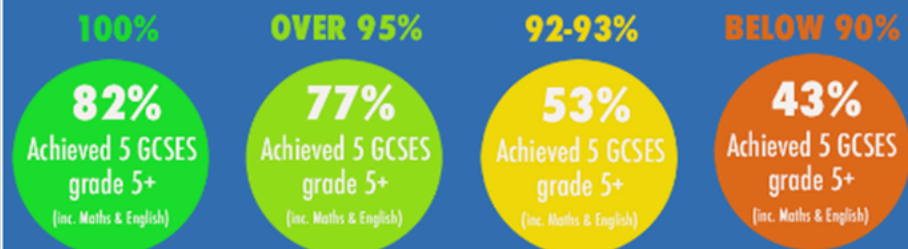


Celebrating our 10 Year Anniversary



HOW DOES YOUR ATTENDANCE IMPACT YOUR FUTURE?

Data released by the UK Department for Education shows that the lower your attendance the less likely you are to achieve in your GCSES.



RESEARCH SHOWS THAT FOR EVERY 17 DAYS YOU MISS ACROSS YOUR SCHOOL CAREER, YOUR GCSE RESULTS GO DOWN BY 1 WHOLE GRADE!



ACHIEVING 5 OR MORE GCSES AT GRADE 5+ HAS SHOWN TO INCREASE YOUR LIFETIME EARNINGS BY **41%**

There are **365** DAYS in a year

175 are not spent in school!

*That gives you plenty of time for holidays, TV, shopping and video games!

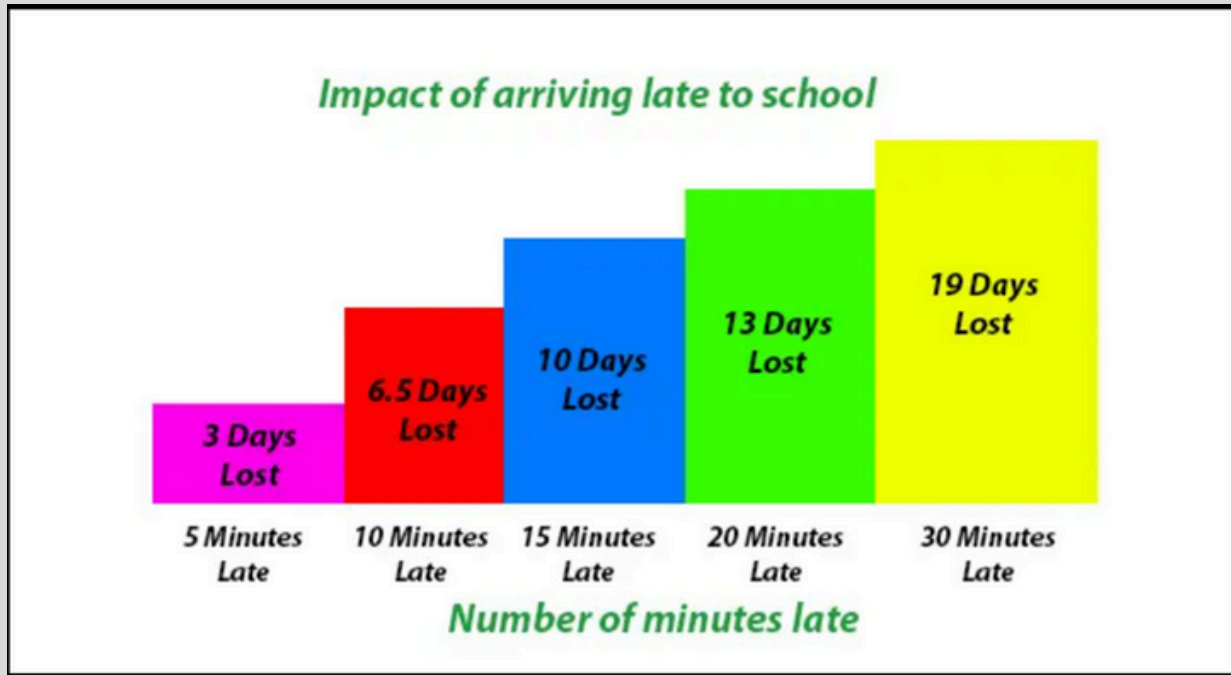


11TH APRIL 2025

PUNCTUALITY MATTERS



Celebrating our 10 Year Anniversary



Being on time means your child:

- Can say hello to their friends in the playground
- Can practice skills that will help to develop their learning and improve their confidence
- Can develop social skills
- Feels happy, relaxed and settled ready to start learning at 8.30 am

Being late means your child:

- Misses important social time with friends before the day begins
- Misses morning tasks that practice the ongoing key skills
- Misses vital school information being delivered, making it harder to communicate with teachers and peers during the school day
- Misses or coming in late to school assemblies
- Will be targeted to improve their punctuality, this will include contacting parents on a regular basis

11TH APRIL 2025

SEND NEWS



Coventry Complex Communication Team will be delivering a series of 6 free workshop sessions aimed at parents and carers of children and young people on the Autism spectrum and with complex communication needs.

Each session will be delivered virtually through Microsoft Teams and presented by a specialist practitioner in the field of Autism and complex communication needs. There will be a series of sessions focusing on a range of topics, which include:

- **Week 1- Thursday 12th June 2025: Understanding your child and their Autism**
- **Week 2 – Thursday 19th June 2025: Supporting your child with self-care and independence**
- **Week 3 – Thursday 26th June 2025: Supporting your child and their sensory processing differences**
- **Week 4 – Thursday 3rd July 2025: Supporting your child and their behaviours**
- **Week 5 – Thursday 10th July 2025: Supporting your child with their learning**
- **Week 6 – Thursday 17th July 2025: Supporting your child with transitions**

The aim of each session will be to:

- To raise an awareness of how Autism/Complex Communication Needs can affect your child
- To develop a shared understanding of some of the challenges that our children face, and the strengths they can bring
- To increase your confidence in understanding and supporting your child
- To build up a bank of ideas and strategies that can be used to support your child

All sessions are 4.30pm-5.45pm. Whilst we appreciate you may not be able to attend every session due to work/family commitments; the expectation is that you must attend week 1 as this provides the foundation for the remaining sessions, and that you are able to commit to at least three of the following sessions. There are weekly advice clinics that accompany each session, where you have an allocated slot to ask specific questions relating to your child.

Please click on the following link to book yourself on:- <https://bookwhen.com/parent-carer-training-sessions>

11TH APRIL 2025

COMMUNITY NEWS



Celebrating our 10 Year Anniversary



EASTER PROVISION

Ladybug Lodge are incredibly excited to host a range of activities over the Easter Break!
All activities must be booked separately, families are welcome to book as many sessions as they wish!

All sessions hosted at: Tiverton School, Ashington Grove Whitley, CV3 4DE

STAY AND PLAY

Sensory Stay and Play for the whole family
Access to Sensory Room, Soft Play, Indoor
Swing, Secure Playground and more

Tuesday 15th April	Tuesday 22nd April
Wednesday 16th April	Wednesday 23rd April
Thursday 17th April	Thursday 24th April



DANCE

Small group and 1:1 sessions hosted by
Alexis from Off Balance Dance.
SEN Children only

Tuesday 15th April
Wednesday 16th April
Thursday 17th April

Advance booking via the website is
essential via QR code link or web
address below

www.ladybuglodge.co.uk/activities/holiday



SWIMMING

Mixed Group Swimming:
Mixed group swimming (max 6 people in the
pool). 1 adult and 1 SEND child only.

Exclusive Hire Swimming:
Private pool session (max 6 people in the pool)

Tuesday 22nd April
Wednesday 23rd April
Thursday 24th April

*Hoist access is available from the changing room to the
pool. Shower beds are available in all changing rooms*

Sessions are suited for children and young people
aged 0 – 19 with a range of needs. Hoist access is
available in all rooms and outside. A changing
places toilet is available.



On Thursday 17th, Tuesday 22nd and Thursday 24th there are
Stay and Play sessions for families who access Coventry HAF
SEND experiences. Please only book these sessions if you are
eligible - Families will be verified with Coventry HAF

PLEASE NOTE: All sessions require an upfront
donation which can be made payable via the website.



Charity Number: 1207790

info@ladybuglodge.co.uk

07301 680835

www.ladybuglodge.co.uk


11TH APRIL 2025


COMMUNITY NEWS




Celebrating our 10 Year Anniversary

Hearing Screening Clinics for Reception Children




 South Warwickshire University
 NHS Foundation Trust





Did you know your child is entitled to a free hearing test whilst they are in reception class? Here are signs that may indicate hearing difficulties:

- Not responding when called
- Speaking very loudly
- Frequently asking for repetitions or responding inappropriately
- Increasing volume on devices
- Appearing to daydream
- Slow to learn or unclear speech
- Frequent frustration or aggression

March	April	May
Thursday 6th March 2025 10:00am - 4:30pm Moat Family Hub, Deedmore Road CV2 1EQ	Monday 14th April 2025 9:30am - 5:00pm Central Library Room, 2 West Orchard Way CV1 1FY	Thursday 15th May 2025 9:15am - 4:30pm Aspire Family Hub, Humber Avenue CV1 2SF
Tuesday 18th March 2025 9:15am - 4:30pm Mosaic Family Hub, Jardine Crescent, Tile Hill CV4 9PL	Tuesday 22nd April 2025 9:15am - 4:30pm Park Edge Family Hub, Roseberry Avenue, Bell Green CV2 1NE	Tuesday 27th May 2025 10:00am - 4:30pm Moat Family Hub, Deedmore Road CV2 1EQ

To book an appointment, contact the School Nursing team using the details below. Please include the following details: child's full name, child's date of birth, school attended by the child, contact email address, telephone number and preferred clinic location and date.

Main contact tel: 01926 495321 Ext 7494

Email: Swg-tr.contactschoolnursescoventry@nhs.net

11TH APRIL 2025

COMMUNITY NEWS



Celebrating our 10 Year Anniversary



SIKH UNION COVENTRY
 REGISTERED CHARITY NO. 1150047
WWW.SIKHUNION.ORG
WWW.SIKHUNION.CO.UK



38th

VAISAKHI

SPORTS FESTIVAL & MELA

SUNDAY 4th MAY 2025

WAR MEMORIAL PARK, KENILWORTH ROAD, COVENTRY, CV3 6PT
 9AM - 5PM

REGISTRATION AT COVENTRY GURDWARAS ON SUNDAY 13th, 20th AND 27th APRIL
 BETWEEN 11AM AND 1PM
 FOOTBALL REGISTRATION CLOSING ON SUNDAY 20th APRIL
 DOWNLOAD REGISTRATION FORMS FROM WWW.SIKHUNION.ORG

 @SIKHUNIONCOVENTRYNEWS
 @SIKHUNIONCOV

FAMILY FUN EVENTS ON THE DAY

FOOTBALL, VOLLEYBALL, TRACK EVENTS,
 ROUNDERS, TUG OF WAR,
 HOCKEY & RUGBY EXHIBITION MATCHES,
 KABADDI, GATKHA DEMO,
 FOOD STALLS, FUNFAIR,
 ARTS & CRAFTS & MORE



**LANGAR PROVIDED ALL DAY
 FROM SIKH GURDWARAS**

STALL BOOKING
 BHOVINDER SINGH
 MOBILE: 07903 890955
 EMAIL: bhovinder@yahoo.co.uk






FOR FURTHER INFORMATION

PALVINDER SINGH: 07885 218232 BALI SINGH: 07970 507899 BALJIT SINGH: 07711 137058

SUPPORTED BY SIKH GURDWARAS AND OTHER ORGANISATIONS IN COVENTRY

11TH APRIL 2025

COMMUNITY NEWS



Celebrating our 10 Year Anniversary

Mental Health in Schools Team
Tips For Wellness

Nutrition

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health**!

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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.

11TH APRIL 2025

DIETRY INFORMATION

We are a nut, meat, fish egg and gelatine free school.

Please note that items containing these ingredients are not to be brought on school site under any circumstances.

Thank you for your support.

ਅਸੀਂ ਸਾਰੇ ਕਿਸਮ ਦੇ ਨਟਸ, ਮੀਟ, ਮੱਛੀ, ਆਂਡੇ ਅਤੇ ਜਿਲੇਟਿਨ ਮੁਕਤ ਸਕੂਲ ਹਾਂ।

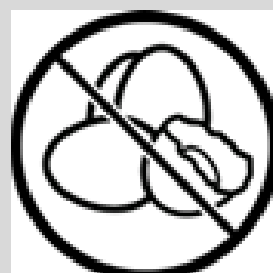
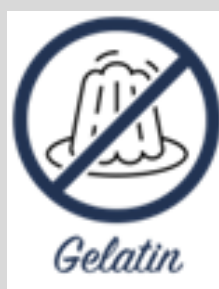
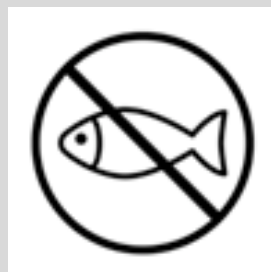
ਕਿਰਪਾ ਕਰਕੇ ਨੋਟ ਕਰੋ ਕਿ ਇਹਨਾਂ ਸਮੱਗਰੀਆਂ ਵਾਲੀਆਂ ਚੀਜ਼ਾਂ ਨੂੰ ਕਿਸੇ ਵੀ ਹਾਲਤ ਵਿੱਚ ਸਾਈਟ 'ਤੇ ਨਹੀਂ ਲਿਆਂਦਾ ਜਾਣਾ ਚਾਹੀਦਾ।

ਤੁਹਾਡੇ ਸਮਰਥਨ ਲਈ ਤੁਹਾਡਾ ਧੰਨਵਾਦ।

Noi sintem o scoala in care carnea, pestele, ouale si gelatina nu au voie sa fie aduse sau consumate in scoala .

Orice produs de mincare care contine aceste ingrediente nu este permis sa fie adus in scoala sub nici o forma.

Multumim pentru ajutor.



11TH APRIL 2025

ADMISSIONS



Section 48 FAITH INSPECTION

ਸੈਕਸ਼ਨ 48 ਵਿਸ਼ਵਾਸ ਨਿਰੀਖਣ

OUTSTANDING

ਸ਼ਾਨਦਾਰ

PRIMARY ADMISSIONS

ਪ੍ਰਾਇਮਰੀ ਦਾਖਲੇ

Email:

primaryadmissions@coventry.gov.uk

To secure a place in primary for September 2025 apply by
December 2024

SECONDARY ADMISSIONS

ਸੈਕੰਡਰੀ ਦਾਖਲੇ

EMAIL:

secondaryadmissions@coventry.gov.uk

To secure a place in secondary for September 2025 apply by
September 2024