



# St Joseph's Catholic Primary School

## Weekly Newsletter

3rd October 2025



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### Black History Month

During the month of October, we celebrate Black History Month. The children will focus their studies on particular people from black African/ Caribbean backgrounds who have made an impact on our society. On Friday 7<sup>th</sup> November we will celebrate our fantastic work as a whole school.



### Sunday 5th October 2025

Gospel: Luke 17:5-10



*Faith the size of a mustard seed can achieve great things*

The apostles said to Jesus, "Increase our faith!" The Lord replied, "If you had faith the size of a mustard seed, you could say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you."

"Who among you would say to your slave who has just come in from plowing or tending sheep in the field, 'Come here at once and take your place at the table'? Would you not rather say to him, 'Prepare supper for me, put on your apron and serve me while I eat and drink; later you may eat and drink'? Do you thank the slave for doing what was commanded? So you also, when you have done all that you were ordered to do, say, 'We are worthless slaves; we have done only what we ought to have done!'"

### Parent Governor Election

A reminder to all parents that nominations for the Parent Governor election will close on Monday 6th October at 3.30pm. If you're interested in playing a role in shaping our school, please ensure your nomination form is submitted before the deadline.

### Poetry evening

On Thursday, some of the Middle Phase and Upper Phase children got to perform poetry in our Poetry Evening. Some children recited their own poems, some recited in small groups. In any case, they all did fantastically well and both events were a super celebration of oracy. Thank you to Mr. Brooks for organising the events and to his team for helping on the night.



**Love Learn Believe**

### Parish Mass

On Tuesday, Year 3 and 4 went to Parish Mass. Not only did they celebrate Parish Mass but they also got to see the special relic of St Columba, St Andrew and St Margaret. The relic is on a national tour looked after by the Knights of St Columba.



### Live Simply Award

We're excited to let you know that as part of our Live Simply Award, the Lower Phase will be taking part in Love in a Box charity initiative. This wonderful project gives families the chance to create a gift box that will bring joy to a child in need this Christmas. Information leaflets with full details will be sent home this Friday, so please keep an eye out for them. Please note that the collection date for boxes is Tuesday 4th November. Unfortunately, we are unable to accept boxes after this date, so please ensure they are brought in on time. Thank you to Ms Martin for organising this.



### Eddie's Army

There was a brilliant turnout for 'Eddie's Army' of runners at the Ealing Half Marathon last Sunday. 26 gallant runners (many of whom were St Joseph's parents), raised an incredible £12,150 for Duchenne UK (and still climbing). A brilliant day was had by all, and there were lots of Eddie's Army supporters and class mates lining the streets of Hanwell - Eddie crossed the finish line and received his very own medal. Thank you to all who took part and raised money for the charity.



### Ealing Half Marathon event for children

Aminadab took part in the Ealing Half Marathon event for children. This took place on Saturday 27th September. He covered his race distance in 7.54 minutes. He loved running so much that he said he would try his best for the school in Ealing Schools' Competition.





### Cross Country Competition

Yesterday afternoon, some of our children took part in the Ealing Schools' Cross Country Race at Berkeley Playing Fields, Greenford, and ran 1.5km brilliantly – we are now eagerly awaiting their official positions. A big well done to Calum, Kayden, Sophie, Beatrix, Aminadab, Leon, Blake, Annabella, Alicia and Bibiana for representing our school with such effort and determination! Thank you to Miss Smith for organising our group and to Ms Males for accompanying the children.



### PTA Coffee Morning

This morning our wonderful PTA held a coffee morning for our new Nursery parents. It was a good chance for parents to meet, mingle and get a chance to get to know each other. The coffee morning went well and parents were engaged and interested in what the PTA do. Less crowded than last week for the Reception parents, but still a success especially with a wonderful donation of bread and pastries from Gail's Bakery.



### Harvest Donations

Food donations to the foodbank have become insufficient to meet demand. The foodbank desperately needs our help. If you are able to donate items such as tinned vegetables, tinned chickpeas, tinned fruit, tinned chunky soups, peanut butter/jams/marmalades, instant coffee, savoury biscuits and snacks, then please can you send them into school with your child and each class will amass the provisions. We will then hand over to the Foodbank. Every little helps!



### Ealing Mental Health Support Team

Over the Autumn term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing. Please see the posters at the back of this newsletter.

## Clubs

Thank you to everyone who applied for a place in our Autumn Term after-school clubs. Allocations have now been finalised, and letters have been sent out regarding the provision for your child this term. Payments will be able to be made via School Money over the next week.

As always, we'll do our best to ensure that children who missed out are offered a place in clubs in the Spring or Summer Term — thank you for your patience and understanding.

Looking ahead, we're really pleased to share that we're looking to work with **Kirin Sports**, a specialist sports provider, to broaden and enrich our club offer from the Spring Term onwards for **children in Year 1 to 6**. To help shape the programme they'll be bringing to our school, Kirin Sports will be running a **taster session on Saturday 18th October** here on site.

The session will run for **1.5 hours** and includes exciting activities such as **Brazilian Jiu Jitsu, Gymnastics and Athletics**. The cost is **£6 per child**, and bookings can be made via the link below:



<https://bookthatin.com/link/StJosephsClubs>

*Please note that you'll need to create an account with the booking system to register. Any questions, booking issues, or queries should be directed to the company themselves using the contact details found at the bottom of their website: <https://kirinsport.co.uk/>*

Your child's participation will help inform the types of clubs Kirin Sports may use in future terms, so we'd love for as many children as possible to get involved. Your support really does make a difference as we continue to grow and strengthen our enrichment offer for all children in our school community.

## WHERE ARE THE ACTIVITIES HELD

All activities will be held at St Joseph's Primary School  
York Avenue, London W7 3HU

# OPEN DAY

## 18<sup>TH</sup> OCTOBER 2025

We are delighted to invite you to our Open Day on Saturday 18th October. Admission is just £6.00, and you can choose from one of three time slots:

10am - 11:30am • 11:45am - 1:15pm • 1:30pm - 3pm

To book for the open day please use the link below or visit our website: [www.kirinsport.co.uk](http://www.kirinsport.co.uk)

<https://bookthatin.com/link/StJosephsClubs>

 07717-757-649

 [kirin.sport@gmail.com](mailto:kirin.sport@gmail.com)



**kirin**  
Keep It Right In Sport

## Celebrations

Religious Education Work of the Week awards are given to children who have shown that bit of extra effort in their RE lessons that week.

Class	Name	Reason
1EB	Randeesh	For sharing good ideas about how we experience God's love through His Creation.
1AP	Anthony	For his brilliant contributions to class discussions during RE lessons. Well done!
2AF	Lily	For her wonderful Litany in response to Psalm 8.
2SR	Ruby	For showing incredible creativity and imagination in bringing a psalm to life through dance.
2AS	Joyce	For writing a thoughtful Litany about God's creation
3DB	Eyob	For his excellent understanding of God's vision for every family.
3GS	All of 3GS	For their amazing role plays depicting how Christians live as people of God.
3AR	Max	For his understanding of the meaning of The Lord's Prayer for us all today.
4JB	Muhammad	For his fantastically creative family tree!
4AS	Marie	For excellently explaining the meanings pf many of Solomon's proverbs using her own words.
4S	Jacob	For a fantastic understanding of 'proverbs' and being able to explain the meaning of Solomon's proverbs in his own words!
5AL	Diliana	For fully appreciating and writing about how Maximilian Kolbe used his God given qualities to serve others.
5MM	Natan	For his fabulous work around the life of Maximilian Kolbe.
5CR	Leon	For a thoughtful hope for the future linking to our Jubilee Year of Hope!
6LI	Alan	For identifying themes of love, hope and forgiveness in scripture.
6MS	Nataniel	For leading prayers with maturity in our Year 6 PGL assembly.
6WL	Shaina	For leading us all in prayer, and giving her all, in our PGL assembly of gratitude and celebration.

Good Disciple awards are given to children who have shown exceptional love and kindness to fellow pupils and are helping to build God's kingdom here and now. Well done to the children listed below:

Phase	Name	Reason
Lower	Ziyu 1AP	For always being kind and helpful to everyone.
Middle	Nathaniel 3GS	For caring and supporting other children in his class
Upper	Richie 6MS	For being enthusiastic and helpful at all times at PGL.

## Celebrations

Headteacher awards are presented each week to children who the staff think have put that little bit of extra into their work. Well done to the children listed below:

Class	Name	Reason
1EB	Karol	For super writing about Teddy's Story using lots of adjectives.
1AP	Elsie	For her wonderful work using 'more than', 'less than' and 'equal to' in Maths.
2AF	Michael	For his brilliant work sounding letters and recognising CVC words.
2SR	Isla-Rose	For displaying a fantastic understanding of fact families in Maths.
2AS	Jack	For showing excellent attitude towards his learning.
3DB	Hope	For setting a fantastic example to her classmates during Mass and when travelling back from Church.
3GS	All of 3GS	For the children who took part in the Poetry Evening using expression, hand gestures, pace, volume and intonation when reciting their poems.
3AR	Annabelle	For her excellent contributions in our History lesson about how Hanwell has changed.
4JB	Ansel	For his excellent map of a Roman town!
4AS	Olivia, Joshua, Harry, Tymon	For writing a superb poem about crocodiles to share at the Upper Phase Poetry Evening!
4S	Marcelina	For facing her fears of water during our swimming lesson! Well done.
5AL	Sebastian	For writing a brilliant balanced argument in English.
5MM	Samuel	For a terrific balanced argument around a theme in 'Kensuke's Kingdom'.
5CR	Joshua	For an incredible poem created and read at our Poetry Evening. Well done!
6LI	Diego	For a thoughtful, engaging recount of our PGL experience.
6MS	Mina-Rose	For her super descriptive recount of PGL. Well done!
6WL	Chloe	For her bravery and determination to overcome obstacles at PGL and during assembly.



September  
2025

# Ealing Mental Health Support Team

Your Termly Newsletter

## Is your child feeling....

Demotivated? Anxious? Stressed?  
Worried? Sad? Irritable? Low?  
Panic? Tired or lacking energy?



## We can help you and your child

Ealing Mental Health Support Team (MHST)  
supports the wellbeing of children and young.

In Primary schools, we offer 1:1  
support to parent's whose children  
feel:

- Worried and present with  
behaviours that challenge



## You said, we did!

You told us it would be helpful to  
have online workshops to help you  
support more mental health  
difficulties. This term we're  
introducing a new workshop: **An  
introduction to obsessive  
compulsive disorder (OCD).**

You may notice:

- Your child organising things based on  
counting or symmetry
- Your child often checks the same  
thing over and over
- Your child has to clean or do things a  
certain way

[Click here to find out more about OCD.](#)



In Secondary Schools, we offer 1:1  
support to young people who  
sometimes feel:

- Anxious or low in mood

If you have any questions about the above, please  
speak with your schools Mental Health Link Worker.

## Dates to remember:

**Self-care September**

**World Mental Health Day:** 10<sup>th</sup> October

**Men's Mental Health Awareness:** November

**Anti-bullying Week:** 11 - 15<sup>th</sup> November



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**ELP**  
Ealing Learning Partnership

## Back to school:

Going back to school can be a difficult time. Maybe your child is worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

### Helpful Tips:

- Get organised - use planners, diaries and apps to keep track of things
- Set goals - make sure they're small and manageable
- Look after them and yourself: take time to do the things you enjoy!

## Top Tip!

Did you know that when you feel anxious, scared, or overwhelmed, your body starts to act like it's getting ready to fight or run away—even if there's no real danger?

But here's something amazing: breathing slowly and deeply is like a secret superpower! Next time your child is feeling anxious, try to help them breathe in through their nose, and out through their mouth whilst tracing your hand.



### 5 Finger Breathing



## Upcoming Workshops

### September 2025

- Supporting positive behaviour: 18<sup>th</sup> 10:30am - 11:30am
- Introduction to Autism in adolescents: 26<sup>th</sup> 12:00pm - 1:30pm

### October 2025

- Supporting anxiety in adolescents (Part 1): 1<sup>st</sup> 12:00 - 1:30pm
- Introduction to OCD: 03<sup>rd</sup> 11:00am - 12:30pm
- Understanding behaviour for children with additional needs: 10<sup>th</sup> 12:00pm - 1:30pm
- Supporting appropriate use in technology (children): 16<sup>th</sup> 12:00pm - 1:30pm
- Social Media & self-esteem: 22<sup>nd</sup> 10:15am - 11:30am

### November 2025

- Supporting anxiety in adolescents (Part 2): 12<sup>th</sup> 12:00 - 1:30pm
- Introduction to autism: 18<sup>th</sup> 12:00pm - 1:30pm
- Supporting friendship in children: 25<sup>th</sup> November 12:00pm - 1:00pm

### December 2025

- Teen low mood & Sleep: 1<sup>st</sup> 12:00pm - 1:00pm
- Adolescent exam stress: 8<sup>th</sup> 12:00pm - 1:00pm

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.

<https://forms.gle/498J1SG2WXZ4q71h9>



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Ealing Mental Health Support Team

# WORKSHOPS FOR PARENTS/CARERS

## AUTUMN TERM 2025



Over the Autumn term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.



<https://forms.gle/498J1SG2WXZ4q71h9>



If you have any questions, please do email us on: [Ealing.mhst@nhs.net](mailto:Ealing.mhst@nhs.net)

### PRE AND POST-ATTENDANCE GUIDE

#### Step 1

Use our QR code to sign up for a workshop(s) of your choice

#### Step 2

You will be emailed a Microsoft Teams link several days before the workshop

#### Step 3

You'll receive another email reminder on the morning of the workshop

#### Step 4

All workshops start promptly on the time advertised. Please note we cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

#### Step 5

To ensure you receive resources from the workshop you have attended, please complete the feedback form provided at the end of the session



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### SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents/carers of primary-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour.

**Date: 18th September 2025**  
**Time: 10:30am - 11:30am**

### AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents/carers of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

**Date: 26th September 2025**  
**Time: 12pm - 1:30pm**

### SUPPORTING ANXIETY IN ADOLESCENTS PART 1

This workshop is aimed at parents/carers of young people attending **Secondary school** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence. Part 1 will focus on what anxiety is and how it's maintained.

**Date: 1st October 2025**  
**Time: 12pm - 1:30pm**

### INTRODUCTION TO OCD

This workshop is aimed at parents/carers of **Primary** and **Secondary** school-aged children who would like to learn more about the signs and symptoms of Obsessive Compulsive Disorder (OCD) and ways of supporting young people to fight back against compulsive behaviours.

**Date: 3rd October 2025**  
**Time: 11am - 12:30pm**

### UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents/carers of children attending **Primary** and **Secondary**. The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in children.

**Date: 10th October 2025**  
**Time: 12pm - 1:30pm**

### SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN

This workshop supports parents/carers of **primary**-aged children. It introduces parents to strategies in managing and promoting healthy technology use in their child/young person.

**Date: 16th October 2025**  
**Time: 12pm - 1pm**

### SOCIAL MEDIA AND SELF-ESTEEM IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents/carers of **Primary** and **Secondary** school-aged children. It will explore the top tips for using social media, signs of positive and negative self-esteem, tips to support healthy self-esteem, and the relationship between social media and self-esteem.

**Date: 22nd October 2025**  
**Time: 10:15am - 11:30am**

### SUPPORTING ANXIETY IN ADOLESCENTS PART 2

This workshop is aimed at parents/carers of young people attending **Secondary school** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence. Part 2 will focus on strategies to manage anxiety in teens.

**Date: 12th November 2025**  
**Time: 12pm - 1:30pm**

### AN INTRODUCTION TO AUTISM

This workshop is aimed at parents/carers of children attending **Primary** and **Secondary**, who would like to know more about Autism and how to support children where Autism may be suspected or diagnosed.

**Date: 18th November 2025**  
**Time: 12pm - 1:30pm**

### SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

**Date: 25th November 2025**  
**Time: 12pm - 1pm**

### TEEN LOW MOOD AND SLEEP

This workshop is aimed at parents/carers of **secondary**-aged children, who would like to know more about what may cause low mood and gain knowledge of strategies that can help to improve low mood and sleep.

**Date: 1st December 2025**  
**Time: 12pm - 1pm**

### ADOLESCENT EXAM STRESS

This workshop supports parents/carers of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

**Date: 8th December 2025**  
**Time: 12pm - 1pm**



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# World Smile Day

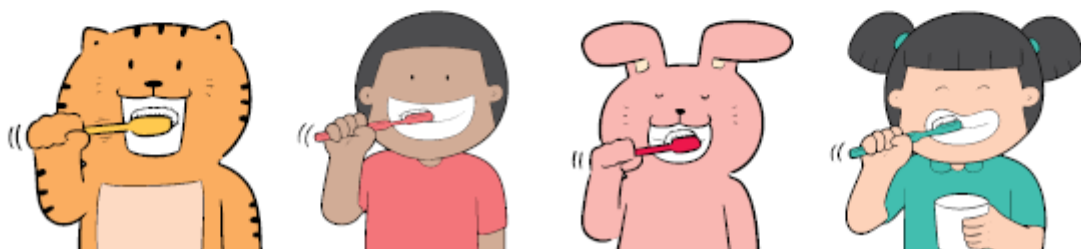
3 October 2025

✨ It takes 17 muscles to smile, 43 to frown – choose the easier workout! Spread kindness and spread smiles this World Smile Day.

## Remember:

🪥 Brush twice a day, for two minutes!

👉 Spit, don't rinse – keep that smile shining!



# ST JOSEPH'S TODDLER GROUP

## AUTUMN TERM DATES

9TH SEPTEMBER

23RD SEPTEMBER

7TH OCTOBER

21ST OCTOBER

WE'RE  
BACK!

9.30am – 11.15am

Gates open 9.30–9.40

No entry after this time  
due to gate access

The Community Classroom @  
St Joseph's Catholic Primary  
School, York Avenue,  
Hanwell, W7 3HU