



St Joseph's Catholic Primary School

Weekly Newsletter

4th September 2026



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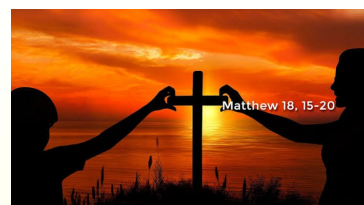
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Welcome back!

Welcome back Years 1 to 6. Nursery and Reception children will be joining in due course. I hope your child is well rested and ready for the year ahead full of **LOVING, LEARNING** and **BELIEVING**. I would like to extend a big thank you to Mr. Brophy, Mr O'Rourke and the premises team who worked tirelessly to make the school look beautiful whilst everyone was holidaying. There were deep cleans, floor polishing and general maintenance across the school. I thank them all for their efforts in ensuring that it all got done in time! The school looks wonderful, thank you again!



Gospel: Matthew 18:15-20



"For where there are two or three gathered together in my name, there am I in the midst of them."

Governors

Welcome back and a very warm welcome to children and staff at St. Joseph's. We hope you all had a restful summer break and are ready for the new school year. We are looking forward to working with our school community and wish you another successful year.

Anita and Hilary, Co-Chairs of Governors

World Duchenne Awareness Day

We will be marking World Duchenne Awareness Day on Monday 7th September. The day will be a non-uniform day but I ask that children come to school wearing something red and to bring in a £1.00 donation, which will be given to Duchenne UK.



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Contact Details

If you have moved house or changed your phone number over the summer, please don't forget to update your Arbor App. If you need any help with downloading the App, feel free to pop into the office. It is imperative that we have contact numbers for emergency purposes.



Mass and Liturgy for the start of the school year

This morning, Years 3 to 6 attended Mass to celebrate the beginning of the school year. We were thankful that the rain held off. In the absence of Father Cristiano, Fr. John welcomed us to the Church and the children listened to him very well. He reminded us to use the gifts that God has given us to serve and to help others. He also asked us to bring people out of the darkness with our love. As 'salt of the earth', we can bring a better flavour to life. The readers did very well and the singing of the hymns was lovely. Thank you to Mrs. Ingham for organising. Children in Years 1 and Year 2 stayed in school to celebrate their liturgy and that was also lovely. Thank you to Mr. Brooks for organising the liturgy and making it extra special for the children and staff.



Meet the Teacher

On Wednesday 9th September, we have our 'Meet the Teacher' sessions. It is an opportunity for you to meet your child's new teacher and to hear about their expectations for the children and the coming year. The timetable is as follows:

- 3.30pm Yr 1 in Lower Phase Hall
- 4.00pm Yr 2 in Year 2 classrooms
- 4.30pm Yr 3 in Year 3 classrooms
- 5.00pm Yr 4 in Upper Phase Hall
- 5.30pm Year 5 in Year 5 classrooms
- 6.00pm Year 6 in Upper Phase Hall followed by PGL meeting



School Uniform

During these past two school days, there has been a uniform 'amnesty' as I understand that parents may have had difficulties securing the correct uniform. From Monday, we will be sending uniform slips home to ask for the required uniform to be worn.

These are the combinations of uniform allowed until autumn half term:

Girls may wear: yellow gingham summer dress; grey pinafore with a white shirt and tie; grey skirt/trousers with a white shirt and tie; grey skirt/trousers with a St. Joseph's yellow polo shirt; St. Joseph's cardigan. Shoes must be black with toes and heels fully enclosed.

Boys may wear: grey trousers with a white shirt and tie; grey shorts with a white shirt and tie; grey shorts/trousers with a St. Joseph's yellow polo shirt; St. Joseph's jumper.

Girls may wear grey tights; grey, white or brown socks. Boys may wear grey socks. All shoes must be black with toes and heels fully enclosed.

Hair clips/bands/ties need to be yellow, brown or black.

PE kit: Yellow T-Shirt, black shorts, plimsolls/trainers, grey tracksuit (with St. Joseph's logo or unbranded) and optional waterproof tracksuit.

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Secondary School Visits

Parents of children in Year 6 will be making arrangements to visit secondary schools soon. I attach a schedule to the back of the newsletter about dates and times of open days/evenings for our Catholic Secondary Schools and other Ealing Schools. On Tuesday 15th September 2026 at 7.10pm there is an important meeting for parents in Year 6 that explains the application process. Parents of children in Year 5 would do well to note the open day/evening times that are taking place in the fourth/fifth week of September as their child will be away next year on the PGL school trip. It would be useful to attend the open days/evenings this year to get a view of prospective schools. I will give permission for your child to be out of school for the duration of the open morning/afternoon that you wish to attend. You will still need to let us know about the absence.

Upcoming Roald Dahl Day - Friday 11th September 2026

Next Friday 11th September, we will be celebrating Roald Dahl Day and we're inviting children and staff to wear a costume related to a Roald Dahl character that day. In classes, we will be carrying out activities related to the books we are reading in class:

Year 1 – The Enormous Crocodile

Year 2 – The Giraffe And The Pelly And Me

Year 3 – Fantastic Mr Fox

Year 4 – Matilda

Year 5 – The Twits

Year 6 – The Witches

See below for some costume ideas but please try to use what you already have at home; there is no need to buy a costume from Amazon (or similar) – also, the character does not need to be from the book your child is reading in class – just from one of the many Roald Dahl books. Many thanks for your support with the day.



My Little Chef

Bookings are open for autumn term for years 2 to 6. Please click on link:

<https://pbbl.uk/4eT9zvZ>

Please also see attached flyer at the back.

Catholic High School Open Morning/Evening dates 2026

For all venues, check the web link for most up to date information.

Ealing High Schools

The Cardinal Wiseman Catholic School -

<https://www.wiseman.ealing.sch.uk/page/?title=Year+7+Admissions+From+Primary+School+2027%2D28&pid=192>

Open Evening: Wednesday 16th September 2026, 5pm to 8pm.
Headteacher talks 6pm and 7pm

Out of Borough High Schools

Douay Martyr's - <https://www.douaymartyrs.co.uk/59/admissions-1>

Open Evening: Thursday 17th September 2026 from 5:00 – 8:00pm
Headteacher talks at 5:15pm, 6:00pm and 7:00pm

Open Mornings: Tuesday 22nd and 29th September 2026 from 8:45 – 10:45am

Gumley House - <https://www.gumleyhouse.com/Open-Events/>

Open Morning: Monday 28th September 2026. Tours from 9am, Headteacher talk from 10.20am
Thursday 1st October 2026. Tours from 9am, Headteacher talk from 10.20am

Open Evening: Monday 28th September 2026. Headteacher talks 6.15pm and 7.30pm. Final tour begins 7pm

Gunnersbury School -

<https://www.gunnersbury.com/page/?title=Open+Days+for+Year+7+Admissions&pid=244>

Booking link will be available soon, check website for details.

Open evenings: Wednesday 23rd September 2026 5pm-7.30pm with Headteacher talks at 6.00pm and 6.45pm

Open afternoons: Wednesday 23rd September 2026 1.30-3pm with Headteacher address at 2.30pm
Monday 28th September 2026 1.30-3pm with Headteacher talk at 2.30pm

Open morning: Wednesday 30th September 2026 10.30-11.30am

Sacred Heart High School -

<https://www.sacredhearhigh.org.uk/page/?title=Open+Days+%2D+Secondary+Transfer+2026&pid=327>

Open morning: Thursday 10th September 2026 9:30am - 11am

Open morning: Thursday 17th September 2026 9:30am - 11am

Open evening: Thursday 10th September 2026 4pm – 6pm

Open evening: Thursday 17th September 2026 4pm - 6pm

St Mark's - <https://www.st-marks.hounslow.sch.uk/page/?title=Admissions&pid=7>

Open Mornings: Thursday 24th September 2026, 9 - 10.30am
 Tuesday 29th September 2026, 9 - 10.30am
Open Evenings: Thursday 24th September 2026 5pm - 8pm

The Cardinal Vaughan Memorial School - <https://www.cvms.co.uk/Admissions/>

Open Evenings: Thursday 17th September 2026
 Tuesday 22nd September 2026

The Headteacher will speak at 4.30pm and again at 6.00pm. Following each speech, parents will be taken on a tour of the school.

The Oratory – <https://www.london-oratory.org/admissions/open-evenings>

Advance booking is required.

Wednesday 9th September 2026 5.30pm and 6.30pm
Tuesday 15th September 2026, 5.30pm and 6.30pm
Thursday 17th September 2026, 5.30pm and 6.30pm

High school open days

High school open days September and October 2026

Ada Lovelace CofE High School

Wednesday 30 September 5pm to 8pm.
Headteacher talk at 5:15pm, 6:15pm and 7:15pm.

Alec Reed Academy

Tuesday 22 September 5:30pm to 7:30pm.
Headteacher talk at 5:45pm and 7pm.
Thursday 24, Tuesday 29 September and
Thursday 1 October 9am to 10am.

Ark Acton Academy

Wednesday 16 September 5pm to 7:30pm
Headteacher talk at 5:30pm and 6:30pm
Open morning every Thursday 9:30am
to 10:15am.

Ark Soane Academy

Thursday 24 September 5pm to 7pm.
Headteacher talk at 5pm, 5:45pm and 6:30pm.
Tuesday 22 to Friday 25 September
9am to 9:45am.

Brentside High School

Tuesday 15 September 5:30pm to 8pm.
Headteacher talk at 5:45pm and 6:45pm.

Dormers Wells High School

Wednesday 23 September 5pm to 7:30pm.
Headteacher talk at 5:30pm and 6:30pm.
Breakfast club: No | Afterschool club: No

Drayton Manor High School

Thursday 24 September 5pm to 8pm.
Headteacher talk at 5:15pm and 6:30pm.

Ealing Fields CofE High School

Thursday 1 October 5pm to 8pm. Headteacher
talk at 5pm, 6pm and 7pm.

Elthorne Park High School

Wednesday 16 September 5:15pm to 8:30pm.
Headteacher talk at 5:30pm, 6:15pm, 7pm and
7:45pm.

Featherstone High School

Thursday 24 September 5pm to 7:30pm.
Headteacher talk at 5:15pm and 6:30pm.

Greenford High School

Thursday 24 September 4:45pm to 6:45pm.
Headteacher talk at 4:45pm, 5:45pm and
6:45pm.

Islip Manor High School

Tuesday 29 September 5:30pm to 7:30pm.
Headteacher talk at 6pm and 7pm.
Monday 5 to Friday 16 October 2026 book in
advance.

The Cardinal Wiseman Catholic School

Wednesday 16 September 5pm to 8pm.
Headteacher talk at 6pm and 7pm.

The Ellen Wilkinson School for Girls

Wednesday 16 September 6pm to 8:30pm.
Headteacher talk at 6:15pm, 6:45pm and
7:30pm.
Tuesday 8, Wednesday 18, Thursday 24
September and Thursday 1 October 10am to
11am.

Twyford CofE High School

Thursday 24 September 5pm to 8pm.
Headteacher talk at 5:30pm, 6:30pm and
7:30pm.

Villiers High School

Thursday 1 October 5pm to 7pm.
Headteacher talk at 5:15pm and 6:15pm.
Tuesday 6, Wednesday 7 and Thursday 8
October 9am to 10:30am.

William Perkin CofE High School

Thursday 1 October 5pm to 8pm.
Headteacher talk at 5:15pm, 6:15pm and
7:15pm.

Please check the school website to confirm the date, time and booking information.

Log CaBin ChaRiTy

family FUN DAY

45TH ANNIVERSARY

SATURDAY, SEPTEMBER 6

12:00PM - 6:00PM

259 NORTHFIELD AVE, LONDON W5 4UA

**Exciting Games & Activities
Food & Refreshments
Live Entertainment
Crafts & Workshops**





**BOOK A
TRIAL CLASS
FOR JUST
£5!**

COOKING CLUB

**Autumn Term 2026
8th Sept - 15th Dec**

**Tuesdays & Fridays
3:20 – 4:20pm
(yrs 2 - 6)**

Culinary Creativity in just one hour!

- Exploring food in a fun & safe way
- Sweet and savoury dishes
- A recipe for fun and skill-building



Klarna

Developing Life Skills:

- | | |
|---------------------------------------|--|
| ☐ Nutrition | ☐ Literacy |
| ☐ Creativity | ☐ Numeracy |
| ☐ Independence | ☐ Confidence |
| ☐ Teamwork | ☐ Problem Solving |



Book online!

SCAN ME

Our website

www.mylittlechefathome.co.uk

We're back!

Emergency Response Roadshow

**Saturday 12th September 2026
12noon - 4pm**

What to expect

-  Climb inside real emergency vehicles
-  Ask questions and get expert advice
-  Watch live rescue demonstrations
-  Learn simple ways to keep your family safe
-  Meet emergency service teams

Free admission

Scan the QR code below to secure your place (recommended) or drop in on the day



Translation available via link

The Green Quarter

Parkside Yards, 1 Seva Drive, UB1 1GH



EASE
www.empowering-action.org.uk

To request a place: call 020 8575 6139 or email:
administrator@empowering-action.org.uk

DANCING *for* Wellbeing

All Ages Welcome!

Hanwell Community Centre,
W7 1PD

10am to 11am

ON THE FOLLOWING WEDNESDAYS:
9th, 16th, 23rd, 30th September 2026

LET'S DANCE!
MOVE, SMILE,
FEEL GOOD!

EASE (Empowering Action & Social Esteem) Ltd
Hanwell Community Centre, Westcott Crescent, W7 1PD
Telephone: 0208 575 6139
Charity No. 1098965

THE REFRESH PROJECT

CONNECT, MOVE, THRIVE!

JOIN US FOR THE FIRST EVER

MaHaba Fest



A fun-filled day for the community!

**5 SATURDAY
SEPTEMBER**

What's On

- ★ Westside Radio Live Stage
- ★ Children's & Family Activities
- ★ Wellbeing & Support Lounge
- ★ Food & Refreshments
- ★ Community Marketplace

12.30-5.30

Mahaba Café
Singapore Road
West Ealing, London W13 0EP

WANT TO GET INVOLVED?

Contact Chriselle:
chrisellehmahabacafe@gmail.com

INTERESTED IN PERFORMING?

Scan the QR Code and contact Gus to
showcase your talent!





BEST Club AUTUMN 2026 @St Joseph's Y1 – Y6

New Term, New Teacher – Creating a Calm, Assertive and Empathetic Mindset



Tuesday mornings: 7.45am – 8.45am
Tuesday 15th September – Tuesday 8th December

Wednesday afternoons: 3.15pm – 4.15pm
Wednesday 16th September – Wednesday 9th December

Our twelve week **BEST club** programme helps children develop the confidence to communicate assertively, understand other's feelings and build positive relationships. Through fun sport, art and drama activities, children will learn valuable social skills that support resilience, empathy, teamwork and a successful start to the new school year.

To book a place please visit

Tuesday morning:

<https://best4learning.co.uk/stjosephstuesam-2/>

Wednesday afternoon:

<https://best4learning.co.uk/stjosephswedpm-2/>

For more information please email best4learningvicky@gmail.com

or call 07718 588454 www.best4learning.co.uk



Ealing Mental Health Support Team

September 2026

Your Termly Newsletter

Is your child feeling....

Demotivated?
Anxious? Stressed?
Worried? Sad?
Irritable? Low?
Panicked?
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



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.

You said, we did!

- You asked for longer workshops to allow time for a Q&A at the end
- We have extended our workshops this term to last 1hr 15 or 1hr 30 to ensure we have time for a Q&A
- You made a suggestion for a workshop that focuses on supporting male adolescent mental health
- We are in the process of putting these together and are excited to offer new workshops to you in the Spring Term!

Dates to remember

World Suicide Prevention Day	Thursday 10 th September
World Mental Health Day	Saturday 10 th October
OCD Awareness Week	Monday 12 th -18 th October
Anti-Bullying Week	Friday 13 th -17 th November



Promoting hope & wellbeing together





Back to School

Returning to school after the summer break can bring a mixture of emotions for children and young people.

As they adapt to new routines, friendships, and expectations, parents and carers may notice changes in mood, confidence, or behaviour.

To help families support this transition, we are pleased to be offering a Back to School Workshop early in the term for primary-aged children, alongside a variety of workshops throughout the year designed to support young people and their families at different stages of development.

Children are more likely to feel ready to learn when they understand routines and expectations, while also feeling safe and connected. Here are some top tips to help lay these foundations for the term ahead:

- 1. Continue engaging in meaningful and enjoyable activities** both within and outside of school. These experiences can foster connection, a sense of belonging and mastery.
- 2. Establish consistent routines.** Predictable routines can help create clear expectations, reduce feelings of overwhelm and make it easier to adjust to increasing academic demands.
- 3. Prioritise a calming evening wind-down and regular sleep routine.** Did you know that adolescents typically need around 8-10 hours of sleep each night to support their rapidly developing brains?
- 4. Make time to connect with family, friends and other important people.** Positive relationships provide emotional support and help children and young people feel secure as they navigate the new school year.

Upcoming Online Workshops

Workshop	Date and Time
Back to School for Primary Children	Friday 18th September 12:00 -13:15
Supporting Your Young Person with Emetophobia	Tuesday 6 th October 12:00-13:15
Supporting Anxiety in Adolescents	Friday 16 th October 12:00-13:30
Supporting Positive Behaviour	Tuesday 20 th October 12:00-13:30
Autism and Children	Monday 9 th November 12:00-13:30
Understanding SEND	Wednesday 11 th November 12:00-13:30
Understanding & Supporting Toileting Difficulties in Children	Wednesday 18 th November 10:30-12:00
Social Media and Self-Esteem in Young People	Wednesday 25 th November 12:00-13:30
Autism and Adolescents	Wednesday 16 th December 12:00- 13:30



Scan the QR Code to sign up to a workshop!



Promoting hope & wellbeing together

