



St Joseph's Catholic Primary School

Weekly Newsletter

7th February 2025



In this issue...

- Our Holy Door
- Mental Health Week
- Pilgrimage
- Big Boots
- Littering and Dog Mess
- Speech and Language workshops
- Local SEND Walk
- Trailfinders Rugby
- Parent Evening Update
- Online Workshops
- Celebrations

Our Holy Door

Our Holy Door is one of the essential elements of our Jubilee Year. The special door is based on the one found at St. Peter's Basilica in Rome. Walking through our Holy Door is a powerful symbol of personal transformation. Children and adults can walk through the Holy Door and re-dedicate themselves to a new life so we can replant, repair and renew and see Jesus in others as Pilgrims of Hope. A special thank you to Mrs. Dziedzic-Korzen who designed and crafted the masterpiece!



Mental Health Week

This week we have been celebrating Children's Mental Health Week. This year the theme is 'Know Yourself, Grow Yourself'. As part of the week, Lower Phase were lucky to have Emma Hoddy come in to do some activities with them. The Middle and Upper Phase children completed activities or will continue next week.



Sunday 2nd February 2025

Gospel: Luke 5:1-11



Awed by the miraculous catch of fish, Peter is called to follow Christ

Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat.

When he had finished speaking, he said to Simon, "Put out into the deep water and let down your nets for a catch." Simon answered, "Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets." When they had done this, they caught so many fish that their nets were beginning to break. So they signalled their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink.

But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Go away from me, Lord, for I am a sinful man!" For he and all who were with him were amazed at the catch of fish that they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, "Do not be afraid; from now on you will be catching people." When they had brought their boats to shore, they left everything and followed him.

Pilgrimage

On Tuesday, our Year 5 Pupil Chaplains took our Jubilee Celebration Book on its first leg of the Pilgrimage to St. Anselm's Catholic Primary School in Southall. The book will visit all of our Catholic schools in our Deanery and each school will add to the book with the activities that they have or will be undertaking during this Jubilee Year. Our pupil chaplains were greeted by the headteacher and her pupil chaplains. Our team explained what they had put in our book and then they officially handed over the book. Afterwards, they all enjoyed juice and biscuits. Thank you to Melania, Evelyn, Alan, Adon and Elijah for taking part and to Miss Barry for helping to accompany the trip.



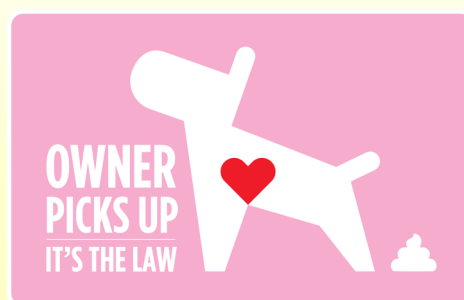
Big Boots

I appreciate that the weather has been inclement recently but some children are coming to school wearing huge boots. Please have your child come to school wearing big boots if you wish them to, but they will need to change into school shoes. Big boots have big treads which bring in mud from outside.



Littering and Dog Mess

During the week I was sent an email by a local resident claiming that our children were littering in Balfour Avenue and that parents walking their dogs were leaving poo bags at the base of trees. I replied that I doubted very much it was any of our community but the resident was adamant that she had seen it with her own eyes. I still have my doubts, but just in case you allow your child to litter, please don't and if a dog walker, please deposit any bags in a bin. Feel free to use the school bins by the gate if necessary.



Speech and Language Therapy Workshops for Parents - Spring term 2025

These workshops can be accessed by any parents – their child does not need to be known to speech and language therapy. This term we have online workshops via Zoom on the following:

- The Pronunciation of Speech Sounds: Monday 10 February 1-2pm
- Supporting your Child with Friendships Tuesday 25 February 12-1pm
- Supporting children who are speaking at home but not at school: Thursday 6 March 10.30-11.30am
- An Introduction to Social Stories Thursday 13 March, 10.30am-12pm
- Secondary School: Supporting Friendships and School Learning Monday 17 March 12-1pm.

Parents can book a place by emailing wlm-tr.sltuniversalservice@nhs.net (link sends e-mail) with your name, the workshop title and the name of your child's school.

Local SEND Walk

Please see the flyer at the back for a local SEND walk in Bunny Park/Brent Valley. A chance for parents to meet up and share tips and ideas. Register by using the bar code.

Trailfinders Rugby

Register for a rugby camp for girls (ages 11 – 18) during half term. See the flyer at the back. I appreciate it may not be quite the right age bracket for our girls yet but you may have an older sister at home who would be interested. See the flyer at the back.



Parent Evenings Update

Please update your calendars as we have brought forward the Parent Evenings in March. The new dates are Tuesday 4th March (4.30pm – 7pm) and Thursday 13th March (3.30pm – 6pm). Please try to stick to the times and dates as teachers are discouraged from making appointments outside these times due to the government's work / life balance agenda.

Free Online Workshops or help

Please look at the back of the newsletter for workshops and help on all manner of topics including:

Supporting Friendship in children	12th February
Understanding behaviour for children	13th February
Managing exam stress	22nd February
Understanding Mental Health in boys	14th March
Introduction to Autism in adolescents	19th March
Supporting positive behaviour in children	28th March

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
Nur	Aleksander	For learning the Lord's Prayer.
RB	Elsie	For showing good understanding of the 'Glory Be'.
RL	Daisy	For being respectful and concentrating during prayer times.
1AP	Armin	For always singing beautifully during Hymn Practice. Well done!
1EB	Kuba	For great learning of the topic words for our new topic 'Meals'.
1SR	Isabella	For her detailed response on how we can love and serve after Mass.
2CF	Louie	For his re-enactment of the Zacchaeus story.
2AF	Emma	For being a fantastic prayer monitor all week.
2JB	Marco	For being a role model of behaviour at all times.
3AR	Tamiyah and Ben C	For creating an informative prayer profile explaining the importance of prayer.
3DB	Thevin	For showing a great understanding of the importance of psalms for Jesus and his followers.
3SM	Antonio	For showing a great understanding of why we pray and how our prayers help us and others.
4AS	Joshua	For thoughtfully making links between his own life and actions and St. Paul's letter to the Romans.
4GS	D'Law	For good understanding on how we all join together to form a community. Well done!
4S	Arthur	For a fantastic understanding of the symbols used at a funeral mass.
5AL	Hassan	For creating an excellent fact file on another denomination of the Christian Church.
5AS	Jack	For creating a great fact file about Christian denominations.
5CR	Adon, Juan and Olivier	For a brilliant fact file about the Quaker denomination.
6LI	Olivia	For a clearly presented vocabulary page for our 'Unity' topic.
6MS	Jakub	For designing a super title page for our RE topic 'Unity'.
6WL	Atila	For designing and explaining a fantastic emblem representing 'Unity'.

Celebrations continued..

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
Nur	Seleen	For settling in well to Nursery.
RB	Matab	For being a kind and patient friend.
RL	Tara	For reading with more confidence. Well done!
1AP	Jack	For his wonderful use of adjectives in his sentences.
1EB	Michael	For listening and following instructions really well in PE lessons.
1SR	Harvinder	For his fantastic Non-Fiction report on penguins.
2CF	Marcin	For being helpful to his peers.
2AF	All of 2AF	For their wonderful assembly
2JB	Amelia	For her detailed research on dolphins wonderfully presented in her English book.
3AR	Marcelina	For planning and publishing a well structured adventure story.
3DB	Olivia	For excellent work on adding and subtracting different lengths.
3SM	Mia	For an amazing adventure story, including powerful verbs and adverbs.
4AS	Antoni	For carefully using multiple techniques to create an excellent mixed media dragon picture!
4GS	Scarlett	For improved spelling, using the class resources available to her. Well done!
4S	Franek	For excellent teamwork skills whilst throwing and catching in PE!
5AL	Joey	For always volunteering to read and answer questions in class, in all lessons.
5AS	Zofia	For giving an excellent presentation about Mayans.
5CR	Kseniia	For pushing herself more and more in her Maths lesson!
6LI	Yeva	For always showing focus and maturity in lessons.
6MS	Eddie	For challenging himself to use ambitious vocabulary in his balanced argument. Good job!
6WL	James	For an outstanding letter giving advice to Year Twos in the style of St. Paul.

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	Karol RL	For always displaying wonderful manners.
Middle	Marian 3SM	For being caring to all people in our community and inquisitive for how to support them.
Upper	Leon 4GS	For being such a helpful pupil, who gets along with everyone and has such a positive attitude to school life

ST JOSEPH'S TODDLER GROUP

SPRING TERM DATES

7TH JANUARY

21ST JANUARY

4TH FEBRUARY

4TH MARCH

18TH MARCH

1ST APRIL

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

Ealing Mental Health Support Team

WORKSHOPS FOR PARENT/CARERS

SPRING TERM 2024

West London
NHS Trust



Over the spring 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/jmUT9kJNRPNdBUAh6>

If you have any questions, please do email us on: 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



Promoting hope & wellbeing together



Disclaimer St Joseph's Catholic Primary School is happy to use the newsletter to support activities, events and publications. However, we have not vetted these services and are not specifically recommending them.

SUPPORTING ANXIETY IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents of children attending **Primary** and **Secondary** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence.

Date: January 16th 2024

Time: 11am - 12:15pm

TEEN LOW MOOD

This workshop is aimed at parents 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.

Date: January 25th 2024

Time: 1pm - 2:15pm

AN INTRODUCTION TO AUTISM

This workshop is aimed at parents 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: January 26th 2024

Time: 1:30pm - 3:00pm

SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents 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: February 12th 2024

Time: 11am - 12:30pm

UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents 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: February 13th 2024

Time: 11:30am - 1pm

MANAGING EXAM STRESS

This workshop supports parents 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: February 22nd 2024

Time: 1pm - 2:15pm

UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the causes of declining mental health in adolescent boys and equips parents with strategies to promote positive mental health.

Date: March 14th 2024

Time: 11am - 12:30pm

AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents 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: March 19th 2024

Time: 10:30am - 12pm

SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents of **primary**-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour. It'll also consider the impact of screen time and how to promote boundaries with this.

Date: March 28th 2024

Time: 11am-12:30pm



Promoting hope & wellbeing **together**



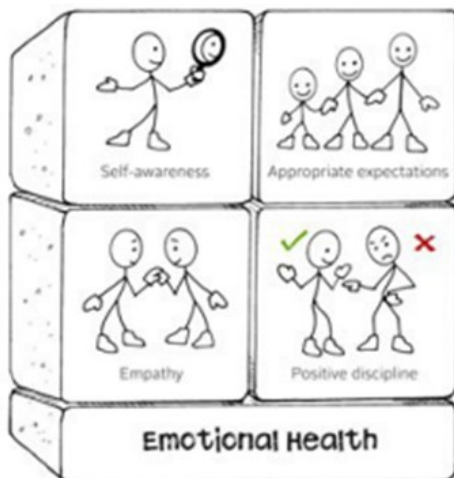
Keeping the Child in Mind: Adults Working Together – Four-part Programme

We all love our children and want them to grow up in the best possible environment, having fun, learning, growing and leading successful lives.

There are things that come easy to us as a parent or carer, but often there are issues, events and circumstances that we find incredibly challenging and difficult to navigate and deal with for the best result.

In this four-part programme for parents / carers with children aged from 0-12 years. We will explore how to promote calm at home, how to communicate better with our children and each other and how to make the best of connections with other parents and our community.

You will need to attend all four sessions to gain the most benefit from this programme.



Week 1: Self Awareness

The role of parents/carers for children and young people; managing difficult feelings; nurturing ourselves.

Week 2: Appropriate Expectations

Appropriate expectations; networks of support; communicating clearly.

Week 3: Boundaries and Positive Discipline

Parenting styles; time to calm down; problem solving and negotiating.

Week 4: Empathy

Choosing how to respond; empathy in practice; empathy for adults and children.

General information

- For parents / carers with children aged from 0-12 years
- Partners are welcome or you can come alone or with a friend or other family member.
- Each session is two hours
- There will be around 12 participants in the group and two Family Links workshop leaders.

Venue

Ealing Council, Perceval House, 14-16 Uxbridge Road, Ealing W5 2HL

Transport:

Buses: E9, E7, E10, 207, SL8

Train: Central Line or Elizabeth Line, Ealing Broadway Station (10 minute walk)

Dates / times

Session 1: Thursday 6th February, 7-9pm

Session 2: Thursday 13th February, 7-9pm

Session 3: Thursday 20th February, 7-9pm

Session 4: Thursday 27th February, 7-9pm

How to book

You can book a space for yourself by contacting ECIRS direct on 020 8825 8000 (choose option1) and the team will make the referral on your behalf.

You can also ask a professional/ practitioner you are in contact with to make the referral for you.

To find out more email earlystartparenting@ealing.gov.uk



January 2025

Ealing Mental Health Support Team



Your termly newsletter!

Who are we?

We are the Ealing Mental Health Support Team (MHST). Our Wellbeing Practitioners support the wellbeing of children and young people in education settings (Primary and Secondary) across the Ealing borough.

Is your child :

Demotivated? Anxious? Stressed? Worried? Sad? Irritable? Low? Experiencing Panic? Tired or lack of energy?



Who can we support?

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

anxious

- specific phobias
- excessive worrying
- separation anxiety
- avoiding places/situations

or have behaviours that challenge

- emotional/physical outbursts
- difficulties with siblings/relationships
- difficulties following routines/instructions

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

anxious

- stress about school/exams
- worries about social situations
- specific fears or phobias

low mood

- feeling sad or tearful
- not wanting to do activities they usually enjoy
- low motivation or sleep difficulties.

We also support children and young people with learning disabilities and/or autism, their families and school staff.

Dates to remember:

Children's Mental Health Week - 3rd-9th Feb
 Eating Disorders Awareness Week 2025 - Monday 24 February to Sunday 2 March 2025.
 Time to Talk Day 2025 - Thursday 6th February.

You asked, so we did! We Heard You, Parents!

You told us you wanted practical support to help your child sleep better and manage healthy tech use at home—and we've got you covered!
 We're excited to introduce our two new workshops topics, **'Supporting appropriate technology use'** and **'Sleep and low mood'**. Don't miss out—sign up today.



Promoting hope & wellbeing together



Disclaimer St Joseph's Catholic Primary School is happy to use the newsletter to support activities, events and publications. However, we have not vetted these services and are not specifically recommending them.

Exams Don't Have to Be Stressful—Here's How to Help

Exams can feel overwhelming for kids and parents alike. While we all want our children to succeed, focusing on support over pressure makes a huge difference. Let's turn exam season into an opportunity to build resilience and confidence.

Top Tips

- Listen up! **Make** space for their concerns without judgment.
- Balance is key. Encourage breaks, exercise, and time with friends.
- Spot stress signs. Pay attention to changes in mood or behaviour.
- Walk in their shoes. Try to see things from their perspective.
- Team up with school. Don't hesitate to seek guidance or resources

Remember, your encouragement can be their superpower! For more insights, check out [Parent kind's guide to Exam Stress and Failure](#).

Low Mood and Depression: Small Steps, Big Changes

Sometimes, our kids feel stuck in a cycle of sadness or lack of motivation—and that's okay. The first step toward feeling better? Action. Even small changes can have a big impact on their mental well-being.

Ways to Support Your Child:

- Help them rediscover hobbies and activities they enjoy.
- Talk about their values and dreams for the future.
- Encourage turning their values into meaningful, everyday actions.
- Support them in doing more of what brings them joy and purpose.

Together, we can help our kids move from 'stuck' to unstoppable! Approach the Link worker at your child's school for more information.

What you have to say about us:

'The work MHST is doing is brilliant, it's such an amazing opportunity for parents to learn more about their children'. **School Governor.**

'I have learned how to deal with situations in a calm way and manage difficult behaviour'. **Parent accessing a MHST online workshop.**

Upcoming Workshops

[Sign up here!](#)

January

Child Anxiety
Sleep and Low Mood.
An Introduction to Autism

February

Supporting Friendship In Children
Understanding Behaviours in SEND
MH In Adolescent Boys

March

Exams Stress
Supporting appropriate technology use
ASC Adolescence

Let's Empower Our Kids: Children's Mental Health Week 2025



1 in 5 children faces mental health challenges—but together, we can make a difference! This year's theme, 'Know Yourself, Grow Yourself,' is all about helping kids and teens build self-awareness to grow into their best selves.

How You Can Help Your Child Thrive:

- Start a journaling habit to encourage self-expression.
- Create a safe, judgment-free zone for open conversations.
- Use visuals like charts or mood trackers to explore feelings.
- Practice mindfulness as a family to reduce stress.
- Keep communication open and supportive.

Let's help our children grow stronger, together! Explore resources like the [CMHW Schools Pack \(cmhw-schools-pack-digital.pdf\)](#) to get started.



EALING TRAILFINDERS COMMUNITY DEPARTMENT PRESENTS



HALF TERM CAMP



**Register now for
our Girls Rugby
Half-Term Camp**

**Wednesday, Feb 19th
10 am - 3 pm
£30**

**w: ealingtrailfinders.org.uk/camps
e: community@etprm.com**

**Sessions led by Trailfinders
Womens Pro Players**

Disclaimer St Joseph's Catholic Primary School is happy to use the newsletter to support activities, events and publications. However, we have not vetted these services and are not specifically recommending them.

DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS OR SEND?

**Join us for a gentle walk around beautiful Brent River / Bunny
Park with other parents and carers!**

A chance to catch up with other parents as well as Contact team members to
share joy or frustrations and maybe even get a few tips

**Meet other parents | Enjoy gentle exercise
Get support | Share tips and ideas**

Wednesday 19 March at 10.30 am

Meet at the Church Road entrance to the park next to St Mary's Church

To join us please **register your interest**

contact *For families
with disabled children*



FEB HALF-TERM CAMP

PRO SOCCER COACHING

20

00



VENUE

SWAKELEYS SCHOOL, CLIFTON GARDENS,
UXBRIDGE, UB10 0EJ

DATES

MONDAY 17TH – FRIDAY 21ST FEB 2025

TIME

9AM-3PM

AGE

4-13 YEARS

PRICES

£100 FOR THE WEEK
£60 ADDITIONAL SIBLINGS
£25 PER DAY

EACH CHILD
RECEIVES A
TROPHY!



BOOK NOW

WHATSAPP/CALL/TEXT: 07947638205

WWW.PROSOCCERCOACHING.ORG



PROSOCCERCOACHINGORG