



St Joseph's Catholic Primary School

Weekly Newsletter

7th November 2025



In this issue...

- Remembrance Sunday
- A Big Thank You
- Black History Month Celebration
- Uniform
- Live Simply Award
- Anti Bullying Week
- ECO Team Sustainability Meeting
- Love in a Box—Thank you
- ISS
- Toddler Group
- Celebrations
- Hanwell Carnival

Remembrance Sunday

In school we have Books of Remembrance where the children are able to write a prayer in memory of someone who has died. This Sunday is Remembrance Sunday where we remember all the fallen who have served their country. In Ealing there will be services at Ealing War Memorial at Ealing Green, War Memorial in Greenford and at the Southall War Memorial. Everyone is invited to observe a two minute silence at 11am.



Sunday 9th November 2025

Gospel: John 2:13-22



Jesus sees his own Body as a Temple which will be destroyed, but then raised up from the dead

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!"

His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

A Big Thank You

I am so proud of our parent body. Please read the email I received from the Foodbank below:

Dear Julian,

We wanted to say a big thank you for your harvest donation. St Joseph's donated 118kg of food! With your help we can continue to provide emergency food parcels for people in crisis in Ealing. In October we have already provided food for 1686 adults and 921 children. Your food donation helps make this possible. When people visit our foodbank they can access specialist debt, benefits and housing advice. Our signposting team is also present to help direct people to the right help from them.



Thank you so much for your help in making this all possible.

Kind regards
The Ealing Foodbank Team

Black History Month Celebration

Today, we celebrated our Black History Month work. Nursery focused on Garret Morgan, Reception on Floella Benjamin, Year 1 Rosa Parks, Year 2 Mary Seacole, Year 3 Katherine Johnson, Year 4 Martin Luther King Junior, Year 5 Didier Drogba and Year 6 Dr. Maggie Aderin-Pocock. All these inspiring people have made a difference to our world. We celebrated our work in assembly and walked around the school to learn about the other special people who have been studied. Most of the children came in wearing colours representing Resilience (black), Love (red), Optimism/Justice/Fairness (yellow) and Nature (green). Thank you to everyone for making it an extra special day. Please look at the pictures of our celebratory day below:



Love Learn Believe

Black History Month Celebration continued...



Love Learn Believe

Black History Month Celebration continued...



Love Learn Believe

Black History Month Celebration continued...



Uniform

We are now in the second half of the autumn term where winter uniform is required. Please ensure that your child is no longer wearing summer dresses or wearing our yellow summer polo shirt. Also a gentle reminder that black shoes are required for school, not trainers or boots. When the weather is bad enough for boots, then we ask that children wear their boots to school and then change into school shoes.



Live Simply Award

LiveSimply tips:

Mr. Rakowski's tip is to:

re-use and recycle things that you no longer use or need. Don't throw them away in landfill.



Love Learn Believe

Anti-Bullying Week 2025

Odd sock day on Monday 10th November 2025!

Next week is Anti-Bullying Week 2025, with the theme "Power for Good". The week is coordinated by the Anti-Bullying Alliance and will include Odd Socks Day on the first day, Monday 10th November. The aim of the week is encouraging children to speak out and support each other to create a kinder world.



ECO Team Sustainability Meeting:

On Thursday, our ECO Team leaders proudly represented our school at the Our Lady of the Visitation Sustainability Meeting. The event brought together ECO Team leaders from our Deanery to share ideas, celebrate environmental successes and plan future initiatives to make our community greener and more sustainable.

During the meeting, our ECO leaders engaged in inspiring discussions about sustainability at home and at school, and ways to promote eco-friendly habits within our school. The team returned full of enthusiasm and new ideas to help St. Joseph's continue its journey toward a more sustainable future. Stay tuned to hear more about their upcoming projects—and how you can get involved in making a difference!



Love Learn Believe

Love in a Box - Thank you

This term, the Lower Phase took part in a wonderful charity initiative called “**Love in a Box.**” Pupils, families, and staff came together to fill shoeboxes with thoughtful gifts, toiletries, stationery, and small treats for children and families in need. Each box was carefully packed with kindness and love, showing the true spirit of giving.

We would like to say a **huge thank you** to everyone who donated items or helped prepare the boxes. Your generosity has made a real difference and will bring smiles to many faces this Christmas.

Taking part in *Love in a Box* is not only a chance to help others, but it also supports our journey toward earning the **Live Simply Award**. By living simply, sharing generously, and caring for others, we are taking important steps to make our world a kinder, fairer place.

Thank you once again for your continued support and compassion — together, we are living simply and loving generously.



ISS

On Tuesday 11th November, ISS will be providing a taster session for parents in the junior hall. It is a super opportunity to sample what your child eats at school in the new October menu. **Please let the school office know that you would like to attend by Monday afternoon via email to ask@stjcp.education.** It begins at 2.30pm and will end before collection time.

Toddler Group

New second half of our autumn term dates for the Toddler Group meetings is out. Upcoming sessions will be 11th and 25th November and 9th December 2025. Please see flyer at the back for more information.



Hanwell Carnival

This year, organisers are unfortunately unable to hold the carnival due to rising costs. The carnival is entirely run by volunteers from the local community. They are doing everything they can to bring it back in June 2026, and urgently need support. They are running a series of fundraising events, first one being a Silent Disco. Details at the back.

Join Us at Our Silent Disco Fundraiser

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.

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
Nursery	Charlotte	For talking about Festivals of Light.
RB	Ziggy	For showing his fantastic adventures with his family and friends! Well done!
RL	Eve	For always being kind and caring when talking to God.
1EB	Fabiola	For making a beautiful bookmark for the Bible.
1AP	Alicja	For showing a great understanding of why the Bible is an important book to Catholics.
2AF	Kuba	For his fantastic knowledge of the symbols used during a Baptism.
2SR	Sravan	For displaying an in-depth understanding of the importance and symbolism of Holy Water in Baptism.
2AS	Jojo	For being inquisitive and broadening his understanding of Baptism.
3DB	Hermione	For playing her flute so beautifully during team collective worship.
3GS	Wyatt	For showing good understanding in the opening of the Rite of Baptism lesson. Well done!
3AR	Anna	For sequencing and explaining each part of the opening Rite of Baptism.
4JB	Tamiyah-Lee	For a lovely prayer for a candidate of Confirmation.
4AS	Atlas	For writing an excellent letter pretending to be Andrew, when Jesus called him to be a disciple.
4S	Kaia	For her detailed letter explaining the response of the disciples when Jesus 'called' them.
5AL	Chipso	For understanding the marriage liturgy and explaining what happens at each part.
5MM	Darina	For producing a beautiful poster around the Sacraments of Marriage.
5CR	Myles	For showing the ways his mum shows her love and care as well as a thoughtful prayer.
6LI	Larissa	For a keen contribution to our 'Vocation and Commitment' vocabulary lesson.
6MS	Julia	For a beautiful title page for our topic 'Vocation and Commitment'.
6WL	Teaganmarie	For a beautiful RE cover page for 'Vocation and Commitment'

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
Nursery	Romeo	For sharing toys with others.
RB	Eliana	For her kindness shown to her teachers and friends. Well done!
RL	Grace	For settling in extremely well to our Ladybird's family. You are a superstar!
1EB	Noah	For some super adding work and number sentences too!
1AP	Danny	For his excellent addition work. Well done!
2AF	Emilie	For her super hard work and participation in our addition and subtraction lessons!
2SR	Szymon	For working hard to understand how to add 2 digit numbers.
2AS	Ihor	For showing excellent addition and subtraction knowledge.
3DB	Ali	For writing a fantastic list poem.
3GS	Lily	For drawing counters on a hundred, tens and ones chart, so she could understand adding numbers when exchanging. Well
3AR	Ophelia	For writing an original and interesting list poem! Well done!
4JB	All of 4JB	For a superb class assembly!
4AS	Marie	For showing a dedicated attitude towards her independent reading.
4S	Chloe	For being incredibly helpful and supportive to all those around her.
5AL	Sophia	For writing a powerful persuasive text about saving the orangutans.
5MM	Thalia	For more enthusiasm in her learning and showing more positivity throughout her day!
5CR	Dafidi	For showing great enthusiasm in all of his lessons.
6LI	Samuel	For a positive effort working with long multiplication.
6MS	Alan	For a well prepared and fascinating presentation about his Great Grandfather.
6WL	Gega	For a fabulous attitude and working hard in Maths.

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	Abigail Nur.	For always helping others.
Middle	Katelyn 3AR	For always considering the feelings of others and helping them when they feel sad.
Upper	Tymon 4AS	For regularly showing patience and care by helping his classmates, particularly through collecting resources for



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: 10th October

Men's Mental Health Awareness: November

Anti-bullying Week: 11 - 15th November



Promoting hope & wellbeing together



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: 18th 10:30am - 11:30am
- Introduction to Autism in adolescents: 26th 12:00pm - 1:30pm

October 2025

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

November 2025

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

December 2025

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



Promoting hope & wellbeing together

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

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



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


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.

FREE online parenting workshop



HELPING CHILDREN COPE WITH SEPARATION & DIVORCE

Delivered by Chris Kolade
Ealing Parenting Service

Tuesday 11th
November 2025
10am-12pm
via MS Teams

When a family breaks up, it is hard for everyone, but this is a reality many children face. They need to be supported to understand that their parents need to move on from being a couple to being partners in parenting

How parents handle this process and deal with any conflict has a significant impact on how their children cope with their separation

Children need the love and support of both parents as they adjust to change

In this workshop, we will look at practical steps parents can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up.

email parentingserviceadmin@ealing.gov.uk to register or for more info



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



**EALING
PARENTING
SERVICE**

FREE

online parenting workshop

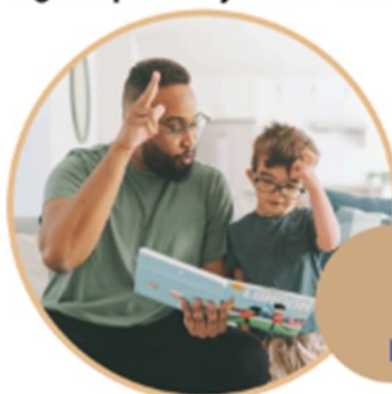


Tuesday 4th
November 2025
10am-12pm

SENDIASS & EALING'S LOCAL OFFER

An opportunity to learn about Ealing SENDIASS (SEND information & advice support service) and the support they can offer to families living in Ealing

SENDIASS provide impartial advice to families living with a child or young person aged up to 25 years with SEND



Delivered by Ealing
SENDIASS & Family
Information Service

There will also be a discussion on how to navigate the Ealing Local Offer page, which offers information on how to access support and provisions available for children and young people with SEND

We will also offer a space to have your questions answered in a confidential setting

email parentingserviceadmin@ealing.gov.uk to register or for more info



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



**EALING
PARENTING
SERVICE**

HANWELL

CARNIVAL

PRESENTS



SILENT DISCO FUNDRAISER

STARTS AT

7PM

UNTIL 10PM
(DOORS OPEN AT 6PM)

SATURDAY

8TH

NOVEMBER

TICKETS

£20

PER PERSON

**AT: THE WILLIAM HOBAYNE CENTRE,
ST DUNSTAN'S ROAD, HANWELL, W7 2HB**

Dress in Carnival Colours (optional)

WITH A FULLY LICENSED BAR ON THE NIGHT

FOR TICKETS, VISIT OUR WEBSITE: WWW.HANWELLCARNIVAL.CO.UK
OR SCAN THE QR CODE



A SPECIAL THANKS TO
OUR SPONSORS FOR
THIS EVENT -
THE FOX PUB & INN



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.

Baby on the way, or just arrived?

**If you're feeling isolated at home,
it's time to start...**



NURTURING WELLBEING

Nurturing your own wellbeing, that is. Having a baby is wonderful, but it can also be isolating and exhausting. Between the joy and the sleepless nights, it's easy to forget about your own needs. But when you take care of yourself, you're better able to care for your little one!



That's why we're offering free nature and wellbeing sessions at The Dig in Hanwell from mid October. These weekly sessions are designed to help new parents like you feel refreshed and recharged.

You'll get to:

- Learn self-care techniques like mindfulness to manage stress
- Enjoy peaceful activities in nature that calm your mind and body
- Connect with other new parents who understand what you're going through

Our year-round sessions start from mid October on Thursday afternoons. We'll be outdoors when the weather permits, moving indoors for winter. Pre-crawling babies are welcome!

Just sign up via the QR code below or get in touch for a chat first 😊



To find out more, contact:
info@mindfood.org.uk

☎ 07720 092954



MindFood CIO is a
registered charity: 1185639

www.mindfood.org.uk

OCTOBER HALF TERM CAMP

★ ★ ★ ★ ★
PRO SOCCER COACHING



VENUE

**SWAKELEYS SCHOOL, CLIFTON GARDENS,
UXBRIDGE, UB10 0EJ**

DATES

MONDAY 27TH OCTOBER – FRIDAY 31ST OCTOBER 2025

TIME

9AM-3PM

AGE

4-13 YEARS

PRICES

£100 FOR THE WEEK

£60 ADDITIONAL SIBLINGS

£25 FOR DAY RATES



**EACH CHILD
RECIEVES A
TROPHY!**

BOOK NOW

WHATSAPP/CALL/TEXT: 07947638205

WWW.PROSOCCERCOACHING.ORG



PROSOCCERCOACHINGORG

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.