



St Joseph's Catholic Primary School

Weekly Newsletter

9th January 2026



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Happy New Year!

Welcome back for the spring term. I would like to wish all our families a very happy New Year! I hope you and your child/ren are well rested and re-energised to begin a very busy new term. On behalf of all the staff, I would also like to thank you for your warm wishes and most generous gifts leading up to Christmas.

Epiphany

Although the Feast of the Epiphany took place on Tuesday, we celebrated it today. All the children from Year 1 upwards wore their crowns resplendently along the high street and in Church. Father Julio reminded us that God became human and entered our lives. He knows us inside out; he knows when we are happy and when we are sad. It is up to us to connect with him. I would like to thank Father Julio for celebrating the Mass and I also want to thank Mrs Ingham for preparing the Mass and the music. The children sang beautifully!



Sunday 11th January 2026

Gospel: Mark 6:45-52



Jesus walks on the water and calms the gale

Straight away, Jesus made his disciples get into the boat and go on ahead to the other side, to Bethsaida, while he dismissed the crowd. After saying farewell to them, he went up on the mountain to pray. When evening came, the boat was out on the sea, and Jesus was alone on the land. When he saw that they were straining at the oars against an adverse wind, he came towards them early in the morning, walking on the sea. He intended to pass them by. But when they saw him walking on the sea, they thought it was a ghost and cried out; for they all saw him and were terrified. But immediately he spoke to them and said, "Take heart, it is I; do not be afraid." Then he got into the boat with them and the wind ceased. And they were utterly astounded, for they did not understand about the loaves, but their hearts were hardened.

Snow!

Snow fell on Tuesday morning. The children were very excited as some had never seen snow before. The wintery scene from Year 3 classrooms was magnificent. Some children were also very artistic with their 'snow angels'. Sadly, the snow did not last too long.



Early Morning Drop-Off Club and Pupil Premium Funding

If your child is eligible for benefits-related free school meals and attends EMD, the cost of EMD will now be covered from Spring term 2026, using the pupil premium funding we receive

EMD charges will still appear on your SchoolMoney account however, please do not make any payments, as the outstanding balance will be cleared at the end of each term. Please ignore any automated reminder texts you may receive, and note that any payments made cannot be reimbursed.

Parent Workshop—Supporting children's emotional wellbeing

A Parents' Workshop will be held at the school on Thursday 5th February at 9am - Supporting children's emotional wellbeing and helping them to achieve their full potential. Let Miss Sasenarine know if you will be attending please.

LiveSimply tips:



Mr. Miller's tip is to: 'Celebrate little things'. A shared meal, a walk in the park or a kind word. These moments cost nothing but mean everything. Living simply isn't just about giving things up, it's also about noticing what's already good.

Ealing Trailfinders

On Saturday 20th December, many of our children were the Guard of Honour as their parents watched the Ealing Trailfinders rugby game against Cambridge. This was a good opportunity to watch rugby at the tier just below Premier-ship rugby. Ealing won comfortably 67-17 in the pre-Christmas game. All of the children who attended enjoyed the experience. The picture below shows our Guard of Honour.



St Joseph's Toddler Group

Please see the flyer at the back for the spring term dates.



Cooking Club

Please see flyer at the back for Early Bird offer for next term.



Flyers at the back

Please see the posters at the back of this newsletter. Some good signposting to events happening in our area:

Foodbank
BEST Club leaflet
St Joseph's Toddler Group
Cooking Club

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	Vincent	For learning the words to our prayers.
RB	All in RB	For making Epiphany a happy celebration and decorating fine crowns!
RL	Aurora	For an excellent retell of the story of the Epiphany. Super well done!
1EB	Darcie	For her excellent retelling of the Epiphany story.
1AP	Sienna	For her wonderful retelling of the Epiphany story.
2AF	Claire	For her thoughtful ideas on how we can be a peacemaker.
2SR	Szymon	For making great contributions during our CST lesson.
2AS	Krishna	For sharing some wonderful stories about when he was a peacemaker.
3DB	Ali	For a fantastic fact file on Malala Yousafzai for our CST lesson.
3GS	Isaac	For producing a good research fact file on Malala Yousafzai. Well done!
3AR	Francisco	For sharing his understanding of what solidarity means and why
4JB	Eleanor	For her excellent understanding of how Fairtrade can be linked to Solidarity and Peace.
4AS	Gabriel	For showing his understanding of solidarity through his explanation of Fairtrade premiums.
4S	Connor	For sharing fantastic ideas during planning a diary entry retelling
5AL	Sebastian	For describing a wonderful gift for Jesus as we discussed the Epiphany.
5MM	Scarlett	For a great poster on the Corrymeela Community!
5CR	Elissa	For a god understanding of the Corrymeela Community in
6LI	Antonia	For thoughtful contributions in our CST lesson about Solidarity and Peace.
6MS	Ava	For thoughtful responses to images which show Solidarity in action.
6WL	Xuanshi	For a thoughtful piece of work about out CST topic, Solidarity and Peace.

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	Jayden	For interacting with others.
RB	Hpone	For returning to school with a positive attitude! Well done!
RL	Luna	For applying her phonics knowledge to write CVC words on
1EB	Aditiyan	For super efforts and progress with his reading.
1AP	Chelsea	For using fronted adverbials correctly in her writing. Well
2AF	Sara	For trying her best to recognise the different types of money.
2SR	Camilla	For her great effort with all independent work in English this
2AS	Leyna	For showing excellent understanding of pounds and pence.
3DB	Ronan	For excellent understanding of related calculations in Maths.
3GS	Iga	For always being respectful and following all school rules.
3AR	Louie	For a great effort when multiplying a 2-digit number by a 1 dig-
4JB	Elly	For her excellent understanding of how switches work.
4AS	Parvathy	For challenging herself to answer difficult problem-solving
4S	Daisy	For fantastic use of homophones during our word of the day!
5AL	Lily	For creating a wonderful informative poster about the Corry-meela Community in our CST lesson.
5MM	Jemima	For fantastic focus and attitude to her learning in all her les-
5CR	Marcus	For settling in well to his new St Joseph's community.
6LI	Juan	For working with interest and focus in all subjects.
6MS	Leandro	For excellent focus in maths for working out fractions of
6WL	Krystian	For participating enthusiastically in our PE 'STOMP' session.

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	Achim RL	For always having a kind and caring attitude.
Middle	Gabriele 2SR	For always lending a helping hand without being asked and for his dedication to keeping the classroom clean and a positive learning environment. Your efforts do not go unnoticed.
Upper	Amen 5AL	For always helping to take the register by standing at the





NOVEMBER

- Tinned Vegetarian Main Meals
- Long Life Milk
- Tinned Chunky Soups
- Tinned Custard/Rice Pudding
- Tinned Chickpeas & Vegetables
- Tinned Fruit
- Peanut Butter/Jam/Honey
- Instant Coffee

You can also purchase our most urgently needed items on GiveToday for delivery straight to us.



Or donate via PayPal. Donations fund food purchases, debt and benefits advice for clients and more.





Introducing Our BEST Club Spring 2026

**Learning to Find and Channel our
Resilience
to Strengthen our Independence in Every-
Day Life.**



**Tuesday 13th January – Tuesday 17th March
7.45am – 8.45am**

This term we will be exploring mental resources for resilient well-being to overcome every-day situations. We discuss useful ideas about the brain, challenges, games, art and strategies for building strengths to create resilience.

Through Games, Art & Drama

To book a place please visit <https://best4learning.co.uk/stjosephsy1-y6/>

For more information please email best4learningvicky@gmail.com
or call 07718 588454



COOKING CLUB

Spring Term 2026
9th Jan - 24th Mar

Tuesdays & Fridays
3:20 – 4:20pm

Culinary Creativity in just one hour!

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



Developing Life Skills:

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Nutrition | <input type="checkbox"/> Literacy |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Numeracy |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Confidence |
| <input type="checkbox"/> Teamwork | <input type="checkbox"/> Problem Solving |



Klarna



Book online!



SCAN ME

Our website

www.mylittlechefathome.co.uk





Ealing Mental Health Support Team

Your Termly Newsletter

January 2026

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



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!

Thank you for sharing your voices with us. Parents have told us Emotionally Based School Avoidance (EBSNA) is an area of need in Ealing. this is an ongoing challenge across the UK.

In response, we have started a project to understand how we can further support this need. We hope to strengthen links with mental health services, and introduced more regular wellbeing check-ins for pupils. as well as offer staff training to increase understanding of EBSNA.

[Click here to find out more about how you can support your child](#)

Dates to remember:

February 9th-15th: Children's mental health week

Random Acts of Kindness Day: 17th February


Stress awareness month: April





Promoting hope & wellbeing together





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!

Upcoming Workshops

- Why Is My Child So Anxious & How Can I Support Them? **Thursday 22nd January 12:30 - 13:30**
- What Is My Child's Behaviour Really Telling Me? **Tuesday 27th January 12:00 - 13:00**
- What Does Autism Mean for My Child and Our Family? **Friday 30th January 12:30 - 13:30**
- How Can I Support My Child With OCD? **February 5th 10:00 - 11:30**
- How Can I Help My Child Cope With Exam Stress? **February 13th 12:00 - 13:00**
- Is My Child Low in mood or Depressed & What Can I Do to Help? **Wednesday 4th March 12:00 - 13:00**
- How Can I Help My Anxious Child Make Friends? **Monday 16th March 12:00 - 13:00**
- How Do I Meet My Child's Additional Needs at Home and School? **Monday 13th April 12:00 - 13:00**
- How Do I Look After Myself While Parenting? **Wednesday 22nd April 12:00 - 13:30**

Children's Mental Health Week


The theme of Mental health awareness week this year is: **'this is my place'** which is all about belonging and feeling supported.

Create a fun "Belonging Passport" with your child using folded paper or a small notebook. Add pages like:


- My Safe Place
- People Who Help Me
- What I'm Good At

Let your child decorate with colour, stickers or photos. Talk together as you fill it in and celebrate each answer. This simple activity builds confidence, helps children share feelings, and strengthens their sense of belonging at home and at school.


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



[MHST Workshop Sign up](#)



Your paragraph text
Promoting hope & wellbeing together



MONDAY

The Refresh Project - Psychological Coaching Service
Monday – Thursday
9:00 am - 3:00 pm
Booking Required

Baby Massage
5 Weeks
12th January – 9th February
11:30am – 1:00pm
Booking Required

Over 60's Low Impact Aerobics
4 Weeks
12th January – 2nd February
2:00pm - 3:30pm
Booking Required

Youth Club
Weekly Music Production & Recording Sessions
Age 11+
6:30pm - 8:30pm

Temporarily at **NORTH HANWELL BAPTIST CHURCH, W7 3RJ** until further notice

English for Speakers of other Languages (ESOL) Course
Registration required - call us on 020 8575 6139

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TUESDAY

Information and Support
Tuesday - Thursday
9:30am – 4:00pm
Booking Required

Social Club
1pm - 3pm (Room G7)
No advance booking required, just come along!
Tea & coffee is provided

Sensory and Creative Play
9:30am - 11:00am

Running from
6th January 2026

Youth Club Age 11+
6:30pm - 8:30pm
High Lane Community Centre
W7 3RJ

Premises currently closed – please keep in touch for pop-up events

WEDNESDAY

Information and Support
Tuesday - Thursday
9:30am – 4:00pm
Booking Required

Healthy Living
4 Weeks
21st January – 11th February
9:30am – 11:00am
Booking Required

OVER 60's Singalong Drop in
1:30 pm - 3:00 pm
No advance booking required, just come along!
Tea & coffee is provided

Temporarily at **Hanwell Community Centre, W7 1PD** until further notice

Bumps to Babies
9:30 - 11:00 am
Hanwell Community Centre
Non-Walkers only (Room G6)

Running from
7th January 2026

THURSDAY

Information and Support
Tuesday - Thursday
9:30am – 4:00pm
Booking Required

The Refresh Project - Psychological Coaching Service
Monday – Thursday
9:00 am - 3:00 pm
Booking Required

English for Speakers of other Languages (ESOL) Course
9:30am – 1:00pm

Running from
8th January 2026

EASE After School Club
Age 6-11 years
North Hanwell Baptist Church
3.40pm – 5.30pm

Youth Club Age 11+
6:30pm - 8:30pm
North Hanwell Baptist Church
W7 1BW

FRIDAY

Over 60's Bereavement, Loss and Belonging
6 Weeks
23rd January – 6th March
10:00am – 12:00pm
Booking Required

Stay and Play AM For Parent/Carers
9:30am - 11:30am
Under 5's & expectant parents
North Hanwell Baptist Church, W7 1BW
Running from
9th January 2026

Stay & Play PM
12:30pm - 2:00pm
Under 5's & expectant parents
A safe environment for toddlers to explore & socialise.
North Hanwell Baptist Church
W7 1BW
Running from
9th January 2026

THE REFRESH PROJECT

Do you need to talk to someone?
Free 1:1 Psychological Coaching Service
For more information, call us on
020 8575 6139 or 07903 228 993
Or email:
therefreshproject@empowering-action.org.uk

EASE EASE Children's Centre Outreach administrator@empowering-action.org.uk
EASE Youth Jo 07903 526325 youthmanager@empowering-action.org.uk

KEY CONTACTS

Most services are weekly, term-time only and at Hanwell Community Centre, unless specified
To book your place for any service, please call on 020 8575 6139
Hanwell Community Centre, Westcott Crescent, Hanwell, W7 1PD
www.empowering-action.org.uk Facebook: E.A.S.E.(Empowering Action & Social Esteem) Ltd





FREE FOOD
Just bring bags!

FELIX FRESH

The Felix Project, in partnership with A2Dominion, will be distributing free fresh fruit and vegetables.

WHEN	WHERE
Friday 9 January 1pm - 3pm	Green Man Lane Community Centre, Chardon House, Singapore Road, W13 0EP W3W ///acted.owner.issues

BRING YOUR BAGS, BOXES, TROLLEYS AND STRONG ARMS, AND TAKE HOME WITH YOU A VARIETY OF DELICIOUS, FRESH FOOD!





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.




School Uniform Free Shop & Swap

**West Ealing Library
Saturday, 10 January
10 am - 12 noon**



**Both branded and unbranded school uniform will be
available. Up to 4 items per child.**

 **West Ealing Library**
Melbourne Avenue
W13 9BT

For more info scan here or visit
actforealing.org/ealing-school-uniform-swap



FREE online parenting workshop

PARENTING TOGETHER WORKSHOP SERIES

BUILDING HEALTHIER RELATIONSHIPS

Delivered by

Chris Kolade

Ealing Parenting Service

This two-part workshop explores what helps relationships grow and what can cause them to break down over time. It offers a supportive space to reflect on adult relationships, co-parenting, and the impact of parental conflict on children.

What the Workshop will cover:

- What strengthens relationships, and what undermines them
- Healthy boundaries and respectful communication
- Understanding parental conflict and its impact on children
- Co-parenting relationships and reducing tension
- Creating calmer, emotionally safe environments for children

Part 1:

*Tuesday, 13th
January 2026*

*10am-12pm
via MS Teams*

This workshop is for
parents/carers who want to
improve family relationships,
whether in a relationship,
separated or co-parenting

Part 2:

*Tuesday, 27th
January 2026*

*10am-12pm
via MS Teams*

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



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



**EALING
PARENTING
SERVICE**

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FREE

online parenting workshop



**FATHERS
GROUP**

Work / Time Balance: Fatherhood in a Demanding World

Delivered by:
Derek Willis
Ealing Parenting
Service

Tuesday, 20th
January 2026
10am-12pm
via MS
Teams

Fatherhood is rewarding, but it can also bring significant stress and pressure. This workshop offers practical tools and strategies to recognise, manage and reduce stress, while maintaining your wellbeing.

Learn how to balance responsibilities, build resilience, and stay connected with what matters most – your family and yourself.

Empower your journey as a father with confidence and calm.



Please note: this is a targeted workshop for **men only**.

email parentingserviceadmin@ealing.gov.uk to register your place



**SUPPORTIVE
ACTION FOR
FAMILIES IN
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EALING PARENTING SERVICE

FREE PARENTING WORKSHOPS SPRING TERM 2026

Tues 13th
JAN

Building Healthier Relationships - Part 1

*Delivered by Chris Kolade - Ealing Parenting Service
via MS Teams 10am-12pm*

Tues 20th
JAN

Work / Time Balance: Fatherhood in a Demanding World

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm *men only session*

Tues 27th
JAN

Building Healthier Relationships - Part 2

*Delivered by Chris Kolade - Ealing Parenting Service
via MS Teams 10am-12pm*

Tues 10th
FEB

Domestic Abuse, Parenting & You

*Delivered by Patricia Chapman - SAFE West
via MS Teams 10am-12pm*

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



EALING PARENTING SERVICE

FREE PARENTING WORKSHOPS SPRING TERM 2026

Tues 24th
FEB

**Intergenerational Healing:
Parenting Differently, Breaking Cycles & Taboos**
Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm **men only session*

Tues 3rd
MAR

An Introduction to Internet Safety
Delivered by Hayley Jones - SAFE Team
via MS Teams 10am-12pm
**for parents/carers of under 13s*

Tues 24th
MAR

**Addressing the Challenges:
Fathers in Caring Roles for Children with SEN**
Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm **men only session*

Tues 21st
APR

**Different Strokes:
Navigating Fatherhood Across Cultures**
Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm **men only session*

Tues 28th
APR

Understanding Your Teenager
Delivered by Sabrina Meakins - SAFE Counselling
via MS Teams 10:30am-12:30pm
**for parents/carers of over 11s*

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

