



St Joseph's Catholic Primary School

Weekly Newsletter

10th October 2025

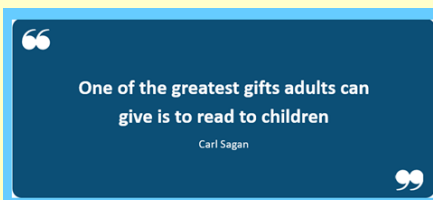
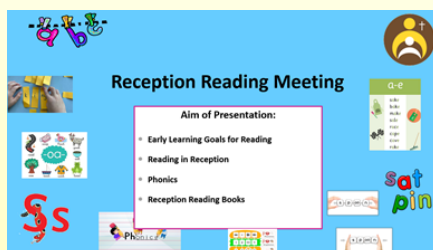


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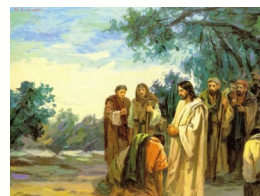
Reception Reading Meeting

Thank you to the parents who attended the Reception Reading meetings on Wednesday. Early reading is vital in laying the foundations for the future in terms of your child's learning. Without being able to read, they will not be able to write. It has to be a joint effort – home and school – so that the children benefit the most. The slide show will be available on the Reception class pages. Thank you to Ms. O'Donnell, Miss Murphy and Mr Brooks for giving up their time to present the important information.



Sunday 12th October 2025

Gospel: Luke 17:11-19



Of the ten lepers cured, only one returned to express thanks

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. As he entered a village, ten lepers approached him. Keeping their distance, they called out, saying, "Jesus, Master, have mercy on us!" When he saw them, he said to them, "Go and show yourselves to the priests." And as they went, they were made clean. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan. Then Jesus asked, "Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?" Then he said to him, "Get up and go on your way; your faith has made you well."

Congratulations to Jenna Engmann!

We're pleased to welcome Jenna Engmann to the Governing Body as our newly elected Parent Governor! Jenna is a parent of children in Reception and Year 2. We look forward to working with her to help support and strengthen the continued success of our school.

Met Engage

Our local community police officer visited the school to share information about a new initiative called Met Engage, which allows residents to connect and communicate more easily with their local police team. Please see the flyer at the back of the newsletter for more details.



Upcoming Parent Evenings

Please make sure you have booked a slot with the teachers for the upcoming Parent Evenings taking place on Thursday 16th October and Tuesday 21st October. Please be mindful that our teachers are discouraged from making appointments outside these times due to the government's work / life balance agenda.

WARNING

We have been made aware that Puffin Books has issued a safeguarding alert for books by the author Andy Cope. The books in the Spy Dogs, Spy Cats and Spy Pups series include links to an additional content website. This has now been taken over by a third party which has posted inappropriate content on it. The books themselves are fine; it is just the additional content website which requires caution.

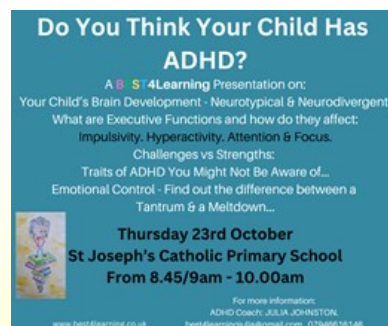


Do you think your child has ADHD?

See the flyer at the back. Do you have a child WHO CAN'T SEEM TO FOCUS, start or finish tasks, or manage their time? Do you have a child WHO CAN'T SEEM TO SIT STILL, constantly interrupts and acts without thinking? Do you have a child WHO'S EMOTIONS EXPLODE OVER SIMPLE THINGS, and can become totally overwhelmed? For children (and adults) with ADHD, these skills can be tough to build. They may struggle with everything from - remembering instructions you've just given to get ready for bed, to getting started on homework or coming off a screen to have dinner...

ADHD is not a learning problem it's a production problem - they know what to say and do but they can't always do it in the moment, and this can be challenging for both child and parent / carer. Understanding the differences between the development of a Neurotypical brain and a Neurodivergent brain, and the challenges with Executive Functions, is key in supporting your child and helping to manage those big behaviours.

Thank you to Miss Sasenarine for organising this session.



Tag Rugby

On Thursday, children from Year 5 and 6 travelled to Ealing Trailfinders to take part in a tag rugby tournament. They showed fantastic team spirit and great determination when matches got tough. After 9 exciting matches the team walked away with a well-earned 3rd place medal. Well done to Chipo, Jane, Beatrix, Teagan-Marie, Sam, Kaiden, Noah, Calum, Gega and Elijah. Thank you to Mr Sheehan and Ms Males for taking the children.



PTA Cake Sale and Disco

Please refer to the flyers for details about the upcoming Cake Sale on Thursday 16th October, and the Disco on Friday 17th October. We encourage all families to support these events!



Deanery Staff Mass

On Monday, all the schools in the Deanery came together to celebrate the beginning of the school year at Our Lady of the Visitation Church in Greenford. Thank you to the staff of Our Lady of the Visitation Catholic Primary school who organised the Mass.

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
1EB	Macia	For thinking carefully about the Our Father prayer.
1AP	Olivia	For showing a good understanding of the Our Father prayer.
2AF	Abilaash	For his understanding of how Jews celebrate Shabbat!
2SR	Rylee	For her thoughtful interpretation of how God calls us to live, expressed through illustration and writing.
2AS	Leyna	For creating wonderful art about God's creation and writing about how we should look after it.
3DB	Asena	For writing a detailed description about the outside of a Synagogue.
3GS	Ignacy	For drawing a fabulous stained-glass window which depicted the main symbols of Judaism and explaining it's purpose. Well done!
3AR	Ola	For exemplary behaviour and reverence during our class prayers.
4JB	Mikaela	For her mindful Bat Mitzvah card design.
4AS	Lily	For wonderful knowledge of Judaism and how they celebrate a Bat Mitzvah.
4S	Julia	For fantastic effort learning to write in Hebrew using a quill and ink during our Judaism topic.
5AL	Veronika	For recreating her own version of the Jewish Shema prayer respectfully.
5MM	Alicia	For fantastic summary of the exodus story and making a beautiful Seder Plate.
5CR	Kayden, Shane, Jakub, Lilly	For creating your own Seder Plate to understand the Passover story.
6LI	Juan	For linking the Parable of the Prodigal Son to artworks discussed in class.
6MS	Zofia	For leading the class Rosary with maturity. Well done!
6WL	Reiko	For creating an appropriate and thoughtful 'Be-attitude' for our lesson on the Beatitudes.

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
1EB	Imogen	For excellent retelling of 'Peace at Last'.
1AP	Zachary	For his brilliant retelling of 'Peace at Last'.
2AF	Emily	For her brilliant use of adjectives in English!
2SR	Nylah	For her steady growth in working independently and with growing confidence.
2AS	Ameya	For writing an excellent diary about the Great Fire.
3DB	Daniel	For excellent independent work on adding and subtracting numbers.
3GS	William	For writing a setting description with lots of expanded noun phrases.
3AR	Antoni	For writing a great setting description which included exciting adjectives and verbs.
4JB	Ali	For having an outstanding week and approaching all learning with enthusiasm and a smile!
4AS	Henry	For wonderful work in Maths this week.
4S	Mia	For always following the Golden Rules and being a perfect role model to others!
5AL	Chipso	For showing great enthusiasm as we begin learning about Black History.
5MM	Leon	For terrific work and understanding in maths.
5CR	All of 5CR	For an incredible assembly on World Mental Health Day. You were GOLDEN!
6LI	Alicja	For excellent focus and engagement in all subjects.
6MS	Joshua	For his excellent tennis skills in PE.
6WL	Alfie	For writing an excellent response with references from the text to the prologue of 'Street Child'.

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	Abesalat 1EB	For always setting a good example to others.
Middle	Ellie 2SR	For showing kindness by warmly welcoming a new child and helping them feel included.
Upper	Daisy 4S	For always being kind and considerate towards her peers.



Calling all bakers Cake sale

Thursday 16th October at 3:15pm

In the Infant and Junior playgrounds

Please bake and donate homemade
cakes, buns, brownies, biscuits & more

- 🍂 Please include a list of ingredients
- 🍂 NO NUTS or FRESH CREAM
- 🍂 Bring your own tupperware containers so you can take home some delicious cakes!
- 🍂 Volunteers needed to help run the cake stalls, click the link below to sign up.
- 🍂 Don't forget to label your plastic storage boxes with your child's name and class





**ST JOSEPH'S
PTA**



Disco

**FRIDAY 17TH OCTOBER 2025
FOR YEARS 1 - 6**

IN THE JUNIOR HALL



TIMES BY YEAR GROUP

YEARS 1 & 2 → 4:30 – 5:30 PM

YEARS 3 & 4 → 6:00 – 7:00 PM

YEARS 5 & 6 → 7:30 – 8:30 PM

TICKETS - £2.50 EACH

◆ **TICKETS – AVAILABLE ONLINE – CLICK THE LINK OR SCAN THE QR CODE!**

🔍 **SMALL TOYS & SNACKS WILL BE AVAILABLE TO BUY DURING THE DISCO.**

🚗 **PARENTS MUST DROP OFF AND COLLECT THEIR CHILDREN.**

🕒 **PLEASE ENSURE CHILDREN ARE PICKED UP ON TIME.**

SCAN HERE



[CLICK HERE TO PURCHASE TICKETS](#)



METROPOLITAN
POLICE

MORE
TRUST

LESS
CRIME

HIGH
STANDARDS

MET ENGAGE

Community crime-fighting

SIGN UP NOW to tell us what
matters most to **YOU**

metengage.co.uk



MET ENGAGE

Community crime-fighting

We're transforming the Met to become
a service that truly delivers for you.

Through our new platform Met Engage you
can get to know your local officers, help
shape how we police your local area and have
direct access to key information and advice.

This isn't just a platform for us to tell
you what we're doing in your area,
it's an opportunity for you to tell us what's
concerning you most so we can take action
on the things that truly matter to you.

Our service will be tailored to your community.

**Sign up today to tell us about the
issues affecting you most, receive
tailored crime prevention advice and
updates on our activity in your area.**



metengage.co.uk



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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



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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: 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>



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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

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 <p>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.</p> <p>Date: 18th September 2025 Time: 10:30am - 11:30am</p>	AN INTRODUCTION TO AUTISM IN ADOLESCENTS <p>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.</p> <p>Date: 26th September 2025 Time: 12pm - 1:30pm</p>	SUPPORTING ANXIETY IN ADOLESCENTS PART 1 <p>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.</p> <p>Date: 1st October 2025 Time: 12pm - 1:30pm</p>
INTRODUCTION TO OCD <p>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.</p> <p>Date: 3rd October 2025 Time: 11am - 12:30pm</p>	UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS <p>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.</p> <p>Date: 10th October 2025 Time: 12pm - 1:30pm</p>	SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN <p>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.</p> <p>Date: 16th October 2025 Time: 12pm - 1pm</p>
SOCIAL MEDIA AND SELF-ESTEEM IN CHILDREN AND YOUNG PEOPLE <p>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.</p> <p>Date: 22nd October 2025 Time: 10:15am - 11:30am</p>	SUPPORTING ANXIETY IN ADOLESCENTS PART 2 <p>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.</p> <p>Date: 12th November 2025 Time: 12pm - 1:30pm</p>	AN INTRODUCTION TO AUTISM <p>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.</p> <p>Date: 18th November 2025 Time: 12pm - 1:30pm</p>
SUPPORTING FRIENDSHIP IN CHILDREN <p>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.</p> <p>Date: 25th November 2025 Time: 12pm - 1pm</p>	TEEN LOW MOOD AND SLEEP <p>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.</p> <p>Date: 1st December 2025 Time: 12pm - 1pm</p>	ADOLESCENT EXAM STRESS <p>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.</p> <p>Date: 8th December 2025 Time: 12pm - 1pm</p>


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Do You Think Your Child Has ADHD?

A **BEST4Learning** Presentation on:

Your Child's Brain Development - Neurotypical & Neurodivergent

What are Executive Functions and how do they affect:

Impulsivity. Hyperactivity. Attention & Focus.

Challenges vs Strengths:

Traits of ADHD You Might Not Be Aware of...

Emotional Control - Find out the difference between a
Tantrum & a Meltdown...



Thursday 23rd October
St Joseph's Catholic Primary School
From 8.45/9am - 10.00am

For more information:

ADHD Coach: JULIA JOHNSTON.

www.best4learning.co.uk

best4learningjulia@gmail.com 07946616146

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