



# St Joseph's Catholic Primary School

## Weekly Newsletter

12th September 2025



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## DUCHENNE AWARENESS DAY

7 sept



### World Duchenne Awareness Day

On Monday, the school was awash with red in the playgrounds and in the classrooms. The children wore red to mark World Duchenne Awareness Day.

Thank you to all the children who brought in a £1 on the day. If you know that your child did not bring in £1, then please give it in as soon as possible so we can deposit the cash and send off a cheque to the charity. The charity supports families who need to make adjustments to their lives after a diagnosis. Eddie, one of our pupils, has Duchenne Muscular Dystrophy and he needs our support.



Sunday 7th September

Gospel: John 3:13-17



*The Son of Man must be lifted up as a saving sign, for God so loved the world that he gave his only Son*

No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." Indeed, God did not send the Son into the world to condemn the world, but so that the world might be saved through him.

### Secondary School Visits

If your child is in Year 6, please look at the dates for High School visits at the back of this newsletter. If your child is in Year 5, it may be useful to visit High Schools this year around the 4<sup>th</sup> week of September as next year your child will be away on their school journey. I authorise the absences (please let the office know), I wouldn't want your child to miss out.

## Canonisation of Carlo Acutis

Last weekend, the headteachers from our Deanery of schools found themselves in a most privileged position. We travelled to Rome to attend the Canonisation of Carlo Acutis as our proposed Catholic Academy Trust was being named after Carlo. Cardinal Vincent contacted the Vatican and 9 tickets were reserved for us. Little did we imagine that the tickets would be so special, 8<sup>th</sup> row from the front! Following the Mass, we were invited to the residence of the UK ambassador to the Holy See to meet with the Secretary of State for Education who was representing the UK Government at the Mass.



## Live Simply Award

The Live Simply Award recognises schools that pledge to live simply, sustainably and in solidarity with the world's poorest communities. At St Joseph's, we will try to live simply and show our commitment to the cause by supporting foodbanks and homeless shelters, taking action to speak out against global injustice and introducing Fairtrade initiatives at school to name a few. Thank you to Ms Martin for taking the lead on this and delivering assemblies to enlighten the children.



## Phones and Smart Watches

Gentle reminder that mobile phones and smart watches that allow communication are not allowed in school. If your child is in years 5 or 6 and they walk home from school by themselves, they may have a phone or smart watch but they must be switched off during school time and kept in their lockers.



## Roald Dahl Day

**Lower Phase** - The children and adults really enjoyed dressing up as a character from a Roald Dahl book – there were so many very creative and thoughtful costumes this year. Year 1 read *The Enormous Crocodile* and had fun making their own crocodiles to bring home. The children also enjoyed a Roald Dahl assembly where they had a quiz and were able to name 10 Roald Dahl books. Thanks to staff and parents for supporting the day so early in the school year.



**Middle Phase** - The children have spent today doing lots of Roald Dahl themed activities and enjoyed lots of conversations about their costumes. After reading *Fantastic Mr Fox*, Year 3 have had fun using their drawing and sketching skills in Art to create a portrait of Mr Fox. Year 2 have read *The Giraffe and the Pelly and Me* and have focused on their descriptive writing, creating character descriptions for their favourite Roald Dahl characters. Year 2 and Year 3 took part in a quiz about their Roald Dahl book.

### Upper Phase

In the Upper Phase, the children celebrated Roald Dahl day by dressing up in their favourite book character, attending an assembly delivered by Mr. Brooks and taking part in a quiz. Year 6 read *The Witches*, Year 5 read *The Twits* and Year 4 read *Matilda*. We then carried out exciting activities based on these three books. We all had lots of fun.

Thank you to Mr Brooks for organising the day and to all the staff for leading their class celebrations of Roald Dahl Day.



## Prospective Governors

As Education Sunday comes around, many of you may be reflecting on your own time at school, or perhaps the reasons why you chose a Catholic School for your own Children. The Church has always recognised the importance of Catholic Schools in the passing on of faith and the part they play in our communities- our churches and schools work together.

All of our schools and academies reflect the communities they come from and need the support of those communities. We are very grateful to all those volunteers who do this through their roles as School Governors and we are asking you on this Education Sunday to please consider if you could also help provide this support by becoming a school governor yourself. It does require time, but no other formal qualifications-all other training is provided. Any one over the age of 18 is able to apply and every board is made better by a variety of experience. More information about what you can expect as a governor can be found on the CES website or on the diocesan website Foundation Governors – Diocese of Westminster Education Service.

If you are interested, please speak to your local school, or contact us at the Diocese on [governors@rcdow.org.uk](mailto:governors@rcdow.org.uk).

Please see the flyer at the back of the newsletter.

## Contact Details

If you have moved house or changed your phone number over the summer, please don't forget to come to the office and complete a change of details form. It is imperative we have contact numbers for emergency purposes.



## School Uniform

From next week we will be using an automated system to send out uniform notes to parents. This will allow us to track how many letters we have to send out to parents. Please ensure your child wears the correct uniform.



## My Little Chef Cooking Club

Please click on the link or scan the QR code on the flyer at the back of the newsletter to get more information. There are still places available.



## Relaxation and Meditation Session

Emma Hoddy, who has worked with children in each of our Phases, is running a family session at the weekend. She has asked me to make parents aware; see the flyer at the back of the newsletter.

Come join Emma Hoddy of Kids Yoga Flo for some fun, engaging and relaxing family yoga this Sunday 14th September at Parkside Yards in Southall. It's the fabulous new development in Southall's Green Quarter ~ you can drive and park or get the "Lizzy Line" and walk through the lovely safe development. £20 for an adult and 2 children aged 4-11 years.

Booking is essential via [www.kidsyogaflo.com](http://www.kidsyogaflo.com)



## Ealing Park Ride

The Ealing Park Ride is back on Saturday 27 September 2025 at 11am. Families are encouraged to take part in the free rides, which are also part of Ealing Climate Week. Starting from Churchfields Recreation Ground or Pitshanger Park, the rides, totalling 7 miles, travel through the borough's green belt. Families with children aged 6 and over, plus cyclists of all abilities are welcome to join. Please see <https://bit.ly/EalingParkRide2> for more information.



## 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	Zoe	For her excellent contributions to class discussions.
1AP	Chelsea	For her fantastic participation and understanding when discussing the Creation Story. Well done!
2AF	Serena	For the wonderful reading she did in our Liturgy, well done!
2SR	Isabella	For being a fantastic prayer leader this week; thank you for setting a great example.
2AS	Ameya	For sharing a great example of a new beginning in her life.
3DB	Nina	For excellent understanding of the advice St Paul offers us in his letters.
3GS	Leo	For singing beautifully at the Welcome Mass.
3AR	William	For great understanding of God's vision for all families.
4JB	Sebastian	For his excellent ideas about how we can care for creation.
4AS	Yanet	For creating a superb piece of work on our school Mission Statement.
4S	Marcelina	For beautiful presentation in her new RE book.
5AL	Sophia	For creating a beautiful page about our School Mission.
5MM	Annabella	For writing a fantastic letter in RE around sustainability.
5CR	Harrison	For a nicely considered letter to his favourite band discussing ways they can be more sustainable.
6LI	Avishan	For super verbal contributions linking scripture with God's love for us.
6MS	Mina-Rose	For her excellent understanding of what the scriptures tell us about God's unconditional love.
6WL	Cody	For excellent contribution in RE when looking at scripture teaching about God's love.

## Celebrations

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	Hannah	For making an impressive start to Year 1. Keep it up.
1AP	Winie	For her wonderful effort and settling into Year 1 brilliantly.
2AF	Viyana	For all her hard work and for settling into St Joseph's so well!
2SR	Eduvie	For displaying a great understanding of flexibly partitioning numbers to 100.
2AS	Krishna	For writing excellent sentences with adjectives.
3DB	Fiachra	For having such a positive start in Year 3 and engaging in his learning.
3GS	Nathaniel	For being such a caring and kind member of 3DS.
3AR	Anna	For a great attitude towards all of her learning so far! Well done!
4JB	Ethan	For settling seamlessly into Year 4!
4AS	Elias	For showing excitement in the progression of his reading and taking pleasure in exploring new books!
4S	Emmett	For excellent participation during Science this week! Keep it up!
5AL	Amen	For settling into Year 5 and working hard already.
5MM	Angeline	For showing kindness and helping those around her.
5CR	Thomas	For writing a brilliant letter to the RSPCA about the Twits' poor treatment of the monkeys!
6LI	Quejeune	For clarifying tasks and asking for support when needed.
6MS	Alan	For excellent focus and hard work in every subject. Well done!
6WL	Euan	For displaying excellent scientific knowledge and vocabulary when discussing Science.

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	Tilly 1EB	For being a good friend to all of her classmates.
Middle	Caimin in 2AS	For making our new student feel welcome at St Josephs
Upper	Eleanor and Mikaela 4JB	For offering to give up their break times to keep our classroom tidy.

## Catholic High School Open Morning/Evening dates 2025

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+2026%2D27&pid=186>

Open Evening: Wednesday 17<sup>th</sup> September 2025, 5.30pm 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 18<sup>th</sup> September 2025 from 5:00 – 8:00pm  
Headteacher talks at 5:15pm, 6:00pm and 7:00pm  
Open Mornings: Tuesday 23<sup>rd</sup> September 2025 from 8:45 – 10:45am

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

Open Morning: Tuesday 23<sup>rd</sup> September 2025 (9am-11am). Headteacher talk from 10:20am.  
Thursday 25<sup>th</sup> September 2025 (9am-11am). Headteacher talk from 10:20am.  
Open Evening: Tuesday 23<sup>rd</sup> September 2025 (5pm-8pm).

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

Click here to book your place at one of the Open Events: <https://forms.gle/TWmvKjqA36CXf5uQ8>

Open evenings: Wednesday 24<sup>th</sup> September 2025 5pm-7.30pm with Headteacher talks at 6.00pm and 6.45pm  
Open afternoons: Wednesday 24<sup>th</sup> September 2025 1.30-3pm with Headteacher address at 2.30pm  
Monday 29<sup>th</sup> September 2025 1.30-3pm with Headteacher talk at 2.30pm  
Open morning: Wednesday 1<sup>st</sup> October 2025 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 11<sup>th</sup> September 2025 [9:30am - 11am](#)  
Open morning: Thursday 18<sup>th</sup> September 2025 9:30am - 11am  
Open evening: Thursday 11<sup>th</sup> September 2025 4pm – 6pm  
Open evening: Thursday 18<sup>th</sup> September 2025 4pm - 6pm

## Catholic High School Open Morning/Evening dates 2025

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

**St Mark's –** <https://www.st-marks.hounslow.sch.uk/page/?title=Open+Events&pid=1217>

Open Mornings: Thursday 25<sup>th</sup> September 2025 9 - 10.30am  
Wednesday 1<sup>st</sup> October 2025 9 - 10.30am  
Open Evenings: Thursday 25<sup>th</sup> September 2025 5pm - 8pm

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

Open Evenings: Thursday 11<sup>th</sup> September 2025  
Wednesday 17<sup>th</sup> September 2025

The Headmaster will address parents and pupils at 4.30pm and again at 6.00pm. Following each speech, parents will be taken on a tour of the school. We therefore recommend you arrive in good time for either 4.30pm or 6.00pm.

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

Advance booking is required.

Wednesday 10<sup>th</sup> September 2025 5.30pm and 6.30pm  
Tuesday 16<sup>th</sup> September 2025, 5.30pm and 6.30pm  
Thursday 18<sup>th</sup> September 2025, 5.30pm and 6.30pm

# High school open days

## High school open days September and October 2025

### Ada Lovelace CE High School

Wednesday 24 September 5pm to 8pm  
Headteacher talks at 5.15, 6.15 and 7.15pm

### Alec Reed Academy

Tuesday 23 September 5.30pm to 7.30pm  
Headteacher talks at 5.45 and 7pm  
Thursday 25, Tuesday 30 September and Thursday 2 October 9am to 10am

### Ark Acton Academy

Wednesday 17 September 5.30pm to 8.30pm  
Headteacher talk at 6.30pm

### Ark Soane Academy

Thursday 25 September 5pm to 7pm  
Headteacher talks at 5, 5.45 and 6.45pm  
Monday 22 to Friday 26 September 9.30am to 11am

### Brentside High School

Tuesday 16 September 5.30pm to 8.30pm  
Headteacher talks at 5.45 and 6.45pm

### Dormers Wells High School

Thursday 2 October 5pm to 7.30pm  
Headteacher talks at 5.30 and 6.30pm

### Drayton Manor High School

Thursday 25 September 5pm to 8pm  
Headteacher talks at 5.15 and 6.30pm

### Ealing Fields High School

Thursday 2 October 5pm to 8pm  
Headteacher talks at 5, 6 and 7pm

### Elthorne Park High School

Wednesday 10 September 5.15pm to 8.30pm  
Headteacher talks at 5.30, 6.15, 7.00 and 7.45pm

### Featherstone High School

Thursday 25 September 5pm to 8pm  
Headteacher talks at 5.15, 6.15 and 7.15pm

### Greenford High School

Thursday 18 September 5pm to 7pm  
Headteacher talks at 5, 6 and 7pm

### Islip Manor High School

Wednesday 1 October 5.30pm to 7.30pm  
Headteacher talks at 6 and 7 pm  
Monday 13 to Friday 17 October and Monday 20 to Friday 24 October

### The Cardinal Wiseman Catholic School

Wednesday 17 September 5.30pm to 8pm  
Headteacher talks at 6pm and 7pm

### The Ellen Wilkinson School for Girls

Thursday 18 September 6pm to 8.30pm  
Headteacher talks at 6.15, 6.45 and 7.30pm  
Thursday 11, Wednesday 17, Thursday 25 September and Thursday 2 October 10am to 11am

### Twyford CE High School

Thursday 18 September 5pm to 8pm  
Headteacher talks at 5.30, 6.30 and 7.30pm

### Villiers High School

Thursday 18 September 3pm to 7.30pm  
Headteacher talk at 5pm  
Tuesday 23, Wednesday 24 and Thursday 25 September 9.45am to 10.30am

### William Perkin CE High School

Thursday 25 September 5pm to 8pm  
Headteacher talks at 5, 6 and 7pm

Please check the schools' website to confirm the date, time and booking information. There is no onsite parking at the schools.

Dear parent/carer

We are pleased to share with you that our school will be working towards becoming a LiveSimply school and achieving the LiveSimply Award.

The LiveSimply Award, coordinated by CAFOD, the Catholic agency for overseas development, is presented to schools who demonstrate they are **living simply, living sustainably, and living in solidarity** with the world's poorest communities.

During our LiveSimply journey, we will be taking faith inspired actions that support our school & local communities and our global sisters and brothers too.

We look forward to telling you more about our actions and inviting you to also take part with us. We really appreciate your support.

If you would like to know more about LiveSimply for schools, please visit [cafod.org.uk/LiveSimplySchools](https://cafod.org.uk/LiveSimplySchools)

*CAFOD is the Catholic Agency for Overseas Development, working together with people living in poverty in some of the most hard-to-reach places in the world.*



The Catholic Agency for Overseas Development  
CAFOD, is the official agency of the Catholic Church  
in England and Wales, and part of Caritas International.  
Charity no: 16384- Caritas (UK) 02080366

# OUR SCHOOLS NEED MORE CATHOLIC GOVERNORS AND DIRECTORS.



## CAN YOU HELP?

1

**It's not for someone like me**

It's for everyone and we need more diversity on all our boards— in race, age, experience and gender.

2

**I've got no experience of Education**

We need a breadth of people from outside of Education

3

**I'm too old/young**

Anyone over 18 can become a governor and there is no upper age limit

4

**I wouldn't know what to do**

The Diocese and LAs provide induction training and ongoing support

5

**I'd get nothing from it**

78% governors say they feel their work "makes a difference"

89% would recommend the role to others

Please contact [governors@rcdow.org.uk](mailto:governors@rcdow.org.uk)  
or check out some of our vacancies at  
[Interested in working in our Schools –  
Diocese of Westminster Education  
Service \(rcdow.org.uk\)](#)



# Ealing Park Ride – 27 September 2025 at 11am

Families and cyclists of all abilities welcome

Start from either: Churchfields Recreation Ground or Pitshanger Park

Ride between the parks – total 7 miles

<https://bit.ly/EalingParkRide2>



**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.

# FAMILY FUN DAY

Join us for a fun event for children and young people with Additional needs and their families. The day is proudly run in partnership by Ealing Mencap, Contact, EPCF, Anchor Foundation, and YVHSC.

- ✓ Free food
- ✓ Children's entertainment
- ✓ Fun Activities provided



**FREE ENTRY**

Scan to book!



Saturday 13th September



Two sessions  
12pm-2pm & 2pm-4pm



Enterprise Lodge, Stockdove Way  
Greenford  
UB6 8TJ



**OR CLICK HERE TO  
FILL OUT THE FORM**



For families  
with disabled children

**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.

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**



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# Ealing Mental Health Support Team

## Your Termly Newsletter

September 2025

### 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:** 10<sup>th</sup> October

**Men's Mental Health Awareness:** November

**Anti-bullying Week:** 11 - 15<sup>th</sup> November





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!

## 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: 18<sup>th</sup> 10:30am - 11:30am
- Introduction to Autism in adolescents: 26<sup>th</sup> 12:00pm - 1:30pm

### October 2025

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

### November 2025

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

### December 2025

- Teen low mood & Sleep: 1<sup>st</sup> 12:00pm - 1:00pm
- Adolescent exam stress: 8<sup>th</sup> 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/498J1SG2V/XZ4q71h9>



Promoting hope & wellbeing together

*The Circle*



## Family Drop In - The Circle

Looking for a safe space to discuss support for you and your family?



**Back to School  
Drop In!**

**Thurs 11<sup>th</sup> Sept**

**Pop by any time  
[9:30-12:30]**



**46 South Ealing Road, W5 4QA**

### What we offer

- Mental health support for you & your child
- Children cared for by professionals: sensory room, toys & games
- Free tea, coffee & snacks
- Help accessing other support services

### Find out More



**07736043328**

**[outreach@hfehmind.org.uk](mailto:outreach@hfehmind.org.uk)**



**mind** Hammersmith, Fulham, Ealing and Hounslow




## FREE PARENT WEBINAR: THE FLU VACCINE IN CHILDREN & YOUNG PEOPLE


Join us for a presentation discussing the flu vaccine in children and young people.

Topics covered:


- ✓ Why does my child need the vaccine
- 💡 Side-effects and safety
- 👤 Nasal vs injection (pork gelatine content)
- 📊 Flu data from previous years
- 🗣️ Q&A session





 **Wednesday 17th September**


 **8:00 - 9:00pm**




 **Microsoft Teams - scan here**


 **login: 363 003 291 454**


 **password: jc3J83z5**


 **Thursday 18th September**

 **6:00 - 7:00pm**



 **Microsoft Teams - scan here**

 **login: 310 543 675 209 5**

 **password: gT7P9ci3**



**contact** For families  
with disabled children

# HEALTHY SCHOOL READINESS DROP IN

Contact Ealing would love to invite you to come along to our friendly, informal drop-in session to get advice, ask questions, and connect with local services that support children in their early years.

It's a drop-in, but we recommend booking a space so we can keep an eye on numbers.



## Meet local services including:

- Specialist SEND Support from Contact Ealing Team
- EY Universal SLT Team
- NWL ICB Immunisation Team
- Asthma Service
- Whittington Oral Health Team
- Ealing Music Therapy
- Family Information Service (FIS)



**Thursday 18th Sept**



**9:30 AM – 11:30 AM**



**Hanwell Community Centre**

### Topics include:

Preparing for nursery or school

Speech, language, and communication

Health, wellbeing, and development

Toileting, sleep, and routines

Immunisations

Emotional wellbeing and support for families

### What to expect:

- ✓ Informal chats with local professionals
- ✓ Information tables with leaflets and resources
- ✓ Refreshments and health goodies provided
- ✓ Friendly, inclusive environment for all families

Please use this booking  to register your interest in attending  
<https://forms.office.com/e/78Xa2xcMQB>



## EALING PARENTING SERVICE

### FREE PARENTING WORKSHOPS AUTUMN TERM 2025

Tues 16<sup>th</sup>  
**SEPT**

#### **Introduction to SEN Support**

*Delivered by Contact  
via MS Teams 10am-12pm*

Tues 23<sup>rd</sup>  
**SEPT**

#### **Understanding Domestic Abuse & Toxic Relationships**

*Delivered by Patricia Chapman - SAFE  
via MS Teams 10am-12pm \*women only session*

Tues 23<sup>rd</sup>  
**SEPT**

#### **Redefining Fatherhood - Identity, Expectation & Purpose**

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

Tues 30<sup>th</sup>  
**SEPT**

#### **Introduction to Antenatal Care**

*Delivered by Early Start Team  
via MS Teams 10am-12pm \*for expectant parents*

Tues 30<sup>th</sup>  
**SEPT**

#### **Managing Conflict**

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

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info



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## EALING PARENTING SERVICE

Tues 21<sup>st</sup>  
**OCT**

### Managing Conflict - Exploring Strategies for Managing Stress, Anger & Anxiety

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

Tues 21<sup>st</sup>  
**OCT**

### Understanding Your Teenager

Delivered by Sabrina Meakins  
via MS Teams 10:30am-12:30pm  
\*parents/carers of 12-18 year olds

Tues 4<sup>th</sup>  
**NOV**

### SENDIASS & Local Offer

Delivered by SENDIASS & FIS  
via MS Teams 10am-12pm

Tues 18<sup>th</sup>  
**NOV**

### Parent Relationships & How They Can Impact on Parenting

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

Tues 25<sup>th</sup>  
**NOV**

### Father - Child Bond: Building Connection Through Presence

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

Tues 2<sup>nd</sup>  
**DEC**

### Introduction to Internet Safety

Delivered by Hayley Jones  
via MS Teams 10am-12pm  
\*parents/carers of children under 13

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info



**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.

## EALING PARENTING SERVICE

### FREE PARENTING WORKSHOPS AUTUMN/WINTER TERM 2025-26

Tues 16<sup>th</sup>  
**DEC**

#### **Co-Parenting & Communication: Navigating Adult Relationships**

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

Tues 20<sup>th</sup>  
**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 24<sup>th</sup>  
**FEB**

#### **Intergenerational Healing: Parenting Differently, Breaking Cycles & Taboos**

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

Tues 24<sup>th</sup>  
**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 21<sup>st</sup>  
**APR**

#### **Different Strokes: Navigating Fatherhood Across Cultures**

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

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info





**New!**  
**Spread the cost  
with Klarna!**

*Pay for the term  
in 3 interest-free  
installments*

# COOKING CLUB

**Autumn Term 2025**  
**w/c 9th Sep - 16th Dec**

**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

**Klarna**



## 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 |



**Book online!**



**SCAN ME**

**Our website**

[www.mylittlechefathome.co.uk](http://www.mylittlechefathome.co.uk)



# Family Yoga Class

**Sunday 14<sup>TH</sup> September**

**10:30 - 11:30 am**

**Family ticket £20**

**1 adult and up to 2  
children aged 4-11 years**

**WWW.KIDSYOGAFLO.COM**



**Open Southall, 1 Seva  
Drive, Parkside Yards,  
Southall UB1 1GH**

**Emma Hoddy  
kidsyogaflo@gmail.com**

**SCAN QR CODE TO BOOK**





## HAYES & HANWELL FOOTBALL COACHING COURSE

**WHERE: BARNHILL HIGH SCHOOL, YEADING LANE, HAYES, UB4 9LE**

**WHEN: EVERY MONDAY (EXCLUDING SCHOOL HOLIDAYS)**

**STARTING: MONDAY 13<sup>TH</sup> OCTOBER 2025**

Group 1 : School Years Reception & Year 1 .....6.00pm-7.00pm (Pitch 1)  
Group 2 : School Years 2 and 3.....6.00pm-7.00pm (Pitch 2)  
Group 3 : School Years 4 and 5.....7.00pm-8.00pm (Pitch 1)  
Group 4 : School Years 6 and 7.....7.00pm-8.00pm (Pitch 2)

**NEW LOCATION**

**WHERE: BRENTSIDE HIGH SCHOOL, GREENFORD AVENUE, LONDON, W7 1JJ**

**WHEN: EVERY WEDNESDAY**

**STARTING: WEDNESDAY 10<sup>TH</sup> SEPTEMBER 2025**

Group 1 : School Years Reception & Year 1 .....6.00pm-7.00pm (Pitch 1)  
Group 2 : School Years 2 and 3.....6.00pm-7.00pm (Pitch 2)  
Group 3 : School Years 4 and 5.....7.00pm-8.00pm (Pitch 1)  
Group 4 : School Years 6 and 7.....7.00pm-8.00pm (Pitch 2)

Dear Parents,

I am pleased to inform you that, due to the huge success of our football courses over the last **25 years**, we are following up the football coaching programme for the season starting in SEPTEMBER & OCTOBER 2025. The course will run for 12 weeks and the programme is for boys and girls aged between 4 and 12.

### About our Course

- The unique practice techniques are specifically designed to work with children of all abilities, ranging from the absolute beginner to the more advanced player.
  - The course is run by **F.A qualified coaches**, who are **DBS** checked, and hold an advanced premier skills qualification, they are currently working with children, enabling them to learn **ESSENTIAL FOOTBALL TECHNIQUES**, building **CONFIDENCE**, improving **FITNESS** and providing the most important ingredient **FUN!**
  - Children will be supervised at all times, although parents are welcome to stay and watch.
  - Each child will be provided with a football for individual practice.
  - It is an **INDOOR** course held in Sports Halls, therefore trainers must be worn.
  - On the final week of the course we hold a presentation, whereby **EACH CHILD WILL RECEIVE AN ENGRAVED TROPHY.**
  - **Ex England World Cup star and Sky Sports pundit Paul Merson** quotes, "I have presented trophies to the children on these courses and it's great to see the smiles on their faces and sense of achievement!"
  - Children also have a chance to win many other special individual awards and trophies for various skills, including 'American shoot out' and 'Penalty shoot out' competitions.
  - Parents and friends are most welcome to attend the presentation.
  - The cost of the course is £9 per week; payment is made every 4 weeks with the first payment of £36 due on week 1.
- Please Note:** Places are limited, therefore bookings will be taken on a first come, first served basis.

[www.prosoccercoaching.org](http://www.prosoccercoaching.org)

### **TO RESERVE PLACES PLEASE WHATSAPP:**

**HAYES OR HANWELL + CHILD'S NAME + AGE + GROUP NO.**

**(1, 2, 3 or 4)**

**and receive confirmation by text to:**

**07947 638 205 or 07880 798 762**