



St Joseph's Catholic Primary School

Weekly Newsletter

Friday 14th May 2021



In this issue...

- Mental Health Awareness Week
- Films, Television Programmes and Gaming
- Oral Hygiene Talks
- Contacting the School office
- Year Six to Boreatton Park
- Walk to School Week
- Bishops' Letter to Schools
- Bees
- Road Safety
- Laudato Si
- In The Event
- Celebrations



Mental Health Awareness Week



This week was Mental Health Awareness week. With such an unsettling year for some, we recognise the need to give the children opportunities to talk about their wellbeing and how to stay healthy both physically and mentally. The children in the Lower Phase gathered together for a live virtual assembly all about Kindness and the importance of building each other up and showing support to one another. In the Middle Phase, Year 2 focused on BBC offerings of Feeling Better and Super Movers. Year 3 have been learning all about Positive Thinking and the benefits of having a Growth Mindset. In the Upper Phase, Year 4 watched a video on being active and had a discussion on how important this is for our Mental Health. Year 5 focused on the importance of 'time'. Taking time out of our busy lives to focus on ourselves and engaging in some mindfulness activities. Year 6, through discussion, focused on reducing stress and anxiety in the future - Boreatton Park and Secondary School transfer.



Sunday 16th May 2021

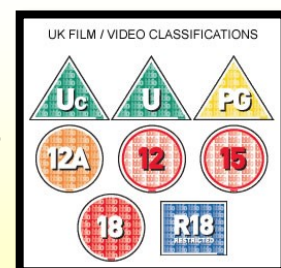
The Ascension of The Lord

Gospel : Mark 16:15-20

So then the Lord Jesus, after he had spoken to them, was taken up into heaven and sat down at the right hand of God. And they went out and proclaimed the good news everywhere, while the Lord worked with them and confirmed the message by the signs that accompanied it.

Films, television programmes and gaming

I am getting a little worried about some of the films, television programmes and games that I hear some of our children have had access to at home during lockdown. The British Board of Film Censors classify films, television programmes and games according to set guidelines and then give them a classification according to the suitability for age groups. I attach the link below for you to read if you are unclear. None of our children at St. Joseph's should be watching films/ programme or playing games that are rated 12 onwards. There are ratings for a reason! <https://www.bbfc.co.uk/about-classification>



Contacting the school office

If you have a general office related enquiry please use ask@stjosephs.ealing.sch.uk.



Love Learn Believe

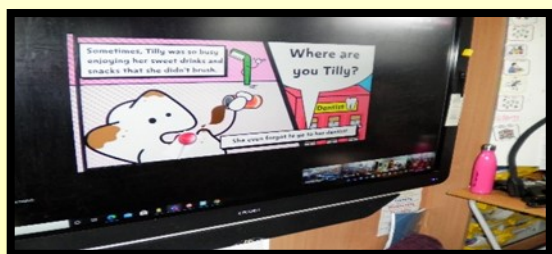
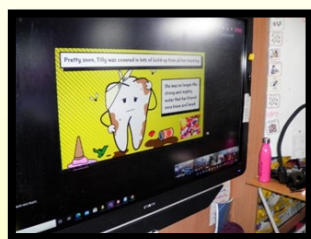
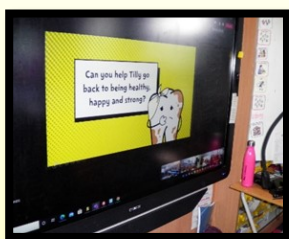
Year Six Residential Trip to PGL Boreatton Park

With the lifting of the Covid restriction on overnight stays commencing Monday 17th May, Year Six are finally able to go on their residential trip to Boreatton Park, which was rearranged from last September. We wish the children and the 9 members of staff that are accompanying them, a safe journey and amazing week. Keep them all in your prayers.



Oral Hygiene Talks

This week, the Lower Phase and Year 2 took part in oral hygiene talks – how to brush your teeth. I have only heard great things about the presentations. The visuals, PowerPoints and quiz were a hit as well as the interactive nature of the talk. This is something I feel is really important for our children and we will begin to do it annually. Below are some slides from the Year 1 session.



Bishops' Letter to Schools on the Environment at Pentecost

At their April meeting, the Bishops agreed to circulate to parishes a pastoral letter on the environment. The Bishops requested that versions of the pastoral letter were made available to Catholic primary schools. Please find a copy of the letter attached to this email.

Bees

Even more bees! On Tuesday we had our fourth swarm in the past month, a truly exceptional occurrence. Luckily, the bees keep themselves to themselves but if you should come across a swarm, steer clear and don't make any sudden movements or loud noises and put away any tasty, sweet treats. I have been asked why we just don't get rid of them. Firstly, bees are protected and so can't be harmed. Secondly, they live inside an air brick and would require mechanical intervention which would harm them and possibly the building. See if you can spot the swarm, it is quite well camouflaged against the pebble dashing.



Road Safety

Not long ago I mentioned parking in York Avenue. Please do not park on double yellow lines or the zig-zag lines. They are there for a reason...to give drivers ample view of the road ahead. If you obstruct the view, it endangers pedestrians.



Laudato Si' project – Caring for our common home



Next week is 'Walk to School Week'. Do you know that only half of 7-10 year olds do the recommended hour of exercise a day? Walking makes our children healthier and happier. It's been proven that keeping active in this way reduces the chances of becoming obese, developing heart conditions and other diseases. The 'Walk to School Week' challenge is to travel sustainably (walk, scoot, cycle or park and stride) each day for a week. By taking part we will be improving our health, caring for the planet, not to mention giving the residents of York Avenue a break from traffic.

Challenge: Talk as a family about how to get to school sustainably next week. Try to commit to at least a few days of the challenge knowing that you are making a difference to your health, and the planet.

Please do share your ideas with us by emailing your photos in to school and we will upload them to the Year Group page.

Let's make a difference – together!

Walk to School Week

Next week it is national Walk to School Week. The congestion on York Avenue is at an all-time high as we know some of you may still be avoiding public transport and car sharing. The pavements outside the school gates are crowded and children are spilling out onto the road making for a dangerous situation! The less cars on the road the better! We know that walking is not a realistic option for everyone but if you could consider walking, getting public transport or parking a little further away from the school this week, it could all help. Walking has so many benefits from physical to mental wellbeing; aiding concentration and creativity and creating safer, less polluted and more welcoming streets. All that makes for a happy, healthy child set up for success in and out of the classroom. Please support Walk to School Week.



In the event...

In the event that somebody in your household wakes up with a fever ($>37.8^{\circ}\text{C}$), or a new, continuous cough or a loss of the sense of smell or taste do not send your child to school. Immediately inform the school via email or phone and then book a test for the person. The whole household must then self-isolate. If the test returns negative and nobody has any ongoing symptoms, the child can return to school and the household no longer needs to self-isolate. If a positive result is returned, the household must self-isolate for 10 days and resume normal activity after 10 days as long as they have been symptom free for 48 hours.

If your child has a sniffle, runny nose or is sneezing, they are not coronavirus symptoms and your child should come to school if well enough.



Love Learn Believe

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
1B	Beatrix	For writing a brilliant report about Grizzly Bears.
1S	Olivia	For working really hard in Maths lessons!
1SW	Kei'aire	For working hard on his fractions.
2AL	James	For showing that he can stay focused and be a good role model.
2B	Michael	For his fantastic understanding of exchange when adding.
2SL	Eddie	For his exemplary approach to both his learning and behaviour. Well done!
3AR	Taran	For excellent participation and thoughtful contributions during our lesson on Islam.
3DS	Filip	For giving his best in all areas of the curriculum.
3SR	Gabrielle	For always trying her best in all areas of the curriculum.
4B	Mia	For always contributing well in lessons across the curriculum.
4C	Danayt	For trying hard to focus and having active listening skills.
4S	Ashton	For improving his level of work in all lessons.
5B	Oliwier	For his positive mindset towards ALL areas of the curriculum; smiles all day long!!
5S	Bonnie	For her enthusiasm in doing extra homework about women in Ancient Greece. Well done!
5S	Nicole	For being extremely helpful to her teacher at all times!
5W	Daniel	For fantastic work calculating missing angles in mathematics.
6B	Lacey Mae	For challenging herself in ALL subjects.
6I	Jaylan	For super effort and focus when working independently.
6J	Szymon	For an excellent effort in explaining how St. Stephen was guided by the Holy Spirit.

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	Ella	For being a kind and helpful friend.
Middle	Sinead	For her generosity when giving to the Catholic Children's Society.
Upper	Olivia	For spreading positivity around the school and always having a smile on her face.

Children's Multi-Activity **CHISWICK • EALING**
HALF TERM & SUMMER
holiday camps **UXBRIDGE**


1st June - 4th June
 12th July - 27th Aug
 *see website for dates for each camp
7.45am-5pm
 9am-5pm available as short day

 **aktiva®**

For all 2021 dates or to book your place please visit
www.aktivacamps.com

 **Ofsted**
 Outstanding Provider



 **ZEBRA SPORTS**
 20 17
 CHOOSE LIFE

GYMNASTICS CLASSES

Providing recreational gymnastic classes for boys and girls. We offer classes for children ages 4 – 12 yrs.


Offering an energetic, stimulating & supportive team learning environment for all participants.

Classes are run by British Gymnastics Qualified Coaches, with experience coaching both recreational and competitive gymnasts.

Coaches are DBS – Child Protection checked, Qualified in Sports Specific First Aid & Child Safeguarding.

Classes are limited!
 So please book early, membership conditions apply, places are confirmed by email.

Contact VICTORIA - 07718485277
Email: admin@zebrasports.co.uk



Aktiva Camps is an OFSTED registered children's day camp. Providing an extensive range of sports and activities for children to enjoy. Aktiva offers children between the ages of 4 and 12 a safe, fun and friendly holiday camp environment.

We encourage children to try new things, building their confidence and broadening their experience™, each and every day. Our programmes are designed to be high energy, full of variety and most importantly fun! Your child(ren) will return home with memories, home-made souvenirs and having formed new friendships.

Building confidence and broadening experience™

DISCOUNTED FULL WEEK SESSIONS
 Standard day from 9am - 5pm
£135 per week (£27 per day)
 Extended day 7.45am - 6pm
£159 per week (£31.80 per day)

DAY SESSIONS
 Standard day - £35 Extended day - £45
 Childcare vouchers accepted

SUMMER CAMPS AT:
BELMONT PRIMARY SCHOOL
JOHN LOCKE ACADEMY
HARVINGTON SCHOOL
MOUNT CARMEL PRIMARY SCHOOL
SOUTHFIELD PRIMARY SCHOOL


OUR ACTIVITIES INCLUDE:
 • Science workshops • Daily Arts and Crafts workshops • Gymnastics
 • Specialised Sports, Football, Netball, Tennis, Athletics • Rhythm workshop
 • Musical Theatre and Dance
 • Chess • Nature club

Easy Online Booking:
www.aktivacamps.com
 Email: bookings@aktivacamps.com

 **aktiva®**

 **Ofsted**
 Outstanding Provider




 **ZEBRA SPORTS**
 20 17
 CHOOSE LIFE

WE OPERATE FROM TWO VENUES
 1 hr classes held (term time only) on:

Tuesdays 6.15 - 7.15pm & 7.15 - 8.15pm
Saturdays 9.30 - 10.30am, 10.30-11.30am & 11.30am - 12.30pm
VENUE: **WISHAM SCHOOL WEST LONDON,**
152 SYON LANE,
ISLEWORTH, TW7 5PN

Wednesdays 5.45 - 6.45pm & 6.45 - 7.45pm
VENUE: **DRAYTON MANOR HIGH SCHOOL,**
DRAYTON BRIDGE ROAD,
HANWELL, W7 1EU

Contact VICTORIA - 07718485277
Email: admin@zebrasports.co.uk



Love Learn Believe



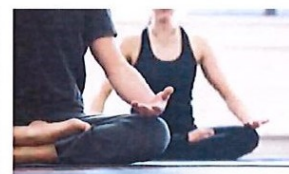
May 2021— Summer Term Highlights

Friday 14th May – Walk & Talk for parents and carers of children with SEND, Gunnersbury Park, 10.30am start . Booking essential!

Monday 17th May – Autism Support Group at 10.30am for parents and carers in Ealing, online workshop—Topic: Autism support in and around Ealing (parents of children with diagnosis of Social Communication Difficulties welcome)

Wednesday 12th & 19th May - Free Online Deep Rest / Meditation classes with Leah Barnett at 9pm, contact Brigitte on Brigitte.bistrick-bryan@contact.org.uk to receive the link to join the zoom session.

Friday 21st May —Disability Living Allowance (DLA) online workshop with Colin Morris from DWP. The session will cover Mandatory reconsiderations, appeals, change in circumstances and the high rate mobility component. On MS Teams.



Friday 28th May (joint session with Ealing ISAID)— Community Languages Support Group for Punjabi, Hindi, Bengali and Urdu as well as Somali speaking parents on zoom. **Join our monthly parent support group if English is not your first language. Speak to other parents in a similar situation, supported by professionals and volunteers who speak your language**

To register for any of the above events / workshops please complete our registration form over leaf and email to ealing@contact.org.uk, stating clearly the workshop or online support group you would like to attend.

If you would like to attend but are unable to complete our registration form please contact Satvir or Brigitte on the following email addresses:- savir.birk@contact.org.uk or Brigitte.Bistrick-Bryan@contact.org.uk



At Contact we are committed to protecting your privacy. Personal information which you supply to us may be used in a number of ways, for example: where necessary to provide you with a service or to administer your donations; to keep a record of your contact with us or to get in touch where it is in our legitimate interest to do so; or to send you e-newsletters or marketing communications if you have consented to receive them.

We will never sell your personal data to other organisations. For further information on how your information is used and your rights with regards to your information, please see <https://contact.org.uk/privacy/>



Please only fill this registration form if you haven't registered with us yet or would like to update your details.

Main Carer's Name: Signature: (verbal consent can be given if GDPR statements have been read) Date:	Mobile number: Home number: Email:
Full address:	What support group would you like to join with us? Carer's support group <input type="checkbox"/> Early years support group <input type="checkbox"/> Autism support group <input type="checkbox"/>
Date of Birth of main carer: Nationality: Ethnicity: Religion: Language:	
Marital status: <input type="checkbox"/> Divorced <input type="checkbox"/> Married <input type="checkbox"/> Separated <input type="checkbox"/> Single <input type="checkbox"/> Widowed	
PART TWO – INFORMATION ABOUT YOUR CHILD/REN (please continue on a separate piece of paper if necessary)	
Full Name of child: Date of Birth: Disability:	Full Name of child: Date of Birth: Disability:
Full Name of child: Date of Birth: Disability:	Full Name of child: Date of Birth: Disability:
PART FIVE: PRIVACY NOTICE At Contact we are committed to protecting your privacy. Whenever you share personal data with us we aim to be clear with you, and not to do anything with your data that you wouldn't reasonably expect us to do. We will never sell your personal data to other organisations and will only ever share it in appropriate, legal or exceptional circumstances. We will only send e-newsletter and marketing communications to those that have explicitly stated that they are happy for us to do so via their preferred channel(s) (e.g. email, SMS, phone) or where we have a legitimate interest reason for doing so. These communications include information about Contact's services supporting families with disabled children, and offers and information about how you can become involved, including fundraising, campaigning and volunteering. https://contact.org.uk/privacy ARE YOU HAPPY FOR US TO GET IN TOUCH WITH YOU? By email <input type="checkbox"/> By post <input type="checkbox"/> By phone <input type="checkbox"/> By SMS <input type="checkbox"/> WHAT WOULD YOU LIKE TO RECEIVE FROM US? Tick the box selecting what you would like to receive from us: Campaign updates about opportunities to take action on the big issues facing families <input type="checkbox"/> (email only) Fundraising updates about opportunities to support our work <input type="checkbox"/>	
Office Use Only: Discussed Privacy Notice <input type="checkbox"/> Consent Recorded <input type="checkbox"/>	Entered on Database <input type="checkbox"/> Groupcall registered <input type="checkbox"/>