



St Joseph's Catholic Primary School

Weekly Newsletter

17th January 2025



In this issue...

- Jubilee Year—Pilgrims of Hope
- Sickness
- Catholic Social Teaching
- Medication in School
- 5 Point Rating
- Parent Evening Update
- Free Workshops or help
- Celebrations

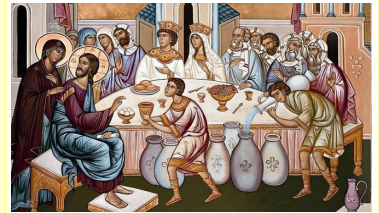
Celebration of the beginning of the Jubilee Year – Pilgrims of Hope

Next Friday we launch the beginning of the Jubilee Year – Pilgrims of Hope. Father Julio will come to celebrate Mass here in school for Years 3 to 6 and the younger children will celebrate with a liturgy. You will see from the logo that there are four people. The four figures represent all people on earth. Their arms are around each other to show solidarity and friendship, and that we should be one, united global family. On Friday, we ask that all children come to school wearing one of those colours, no school uniform and no football kits.



Sunday 19 January 2025

Gospel: John 2:1-11



Mary's intervention at the marriage at Cana evokes Christ's first miracle

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now standing there were six stone water jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to the servants, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the chief steward." So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, "Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.

Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

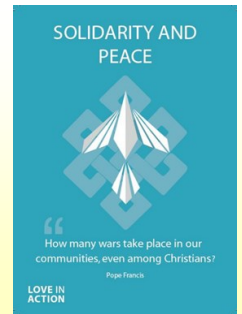
Sickness

There are lots of different sickness bugs going around at the moment as well as our usual coughs and sniffles. If your child vomits, you must not bring your child into school. They must stay off school for 48 hours as advised by the NHS otherwise there is a chance that they will spread their illness to other children and staff.



Catholic Social Teaching

We have started our spring 1 topic – Solidarity and Peace. Mr Doak delivered assemblies last week and reminded us that God has created us to live peacefully with one another. Sadly, this is often not the case and many people live lives that are not peaceful, due to the actions of others. God calls us to be peacemakers in the world – to stand in solidarity with those in need. Over the coming weeks, ask your child about what they have been learning.



Medication in school

Please do not send your child into school with any type of medication. If your child needs to take medication during the day you will need to sign a form from the office. The prescribed medication needs to be labelled with a pharmacy label with your child's name and the dosage required. This usually happens for children who need to take antibiotics four times a day. We do not usually administer a three-times a day dosage as that can be managed from home.

5 Point Rating

Congratulations to Ms Samad and her ISS team. The kitchens recently underwent an unannounced routine hygiene inspection. The inspector was rigorous and looked everywhere to find any faults but none were found and so we maintained our 5-point rating. Well done to all the kitchen team!



Parent Evenings Update

Please update your calendars as we have brought forward the Parent Evenings in March. The new dates are Tuesday 4th March (4.30pm – 7pm) and Thursday 13th March (3.30pm – 6pm). Please try to stick to the times and dates as teachers are discouraged from making appointments outside these times due to the government's work / life balance agenda.

Free Online Workshops or help

Please look at the back of the newsletter for workshops and help on all manner of topics including:

Teen low mood	25th January
Introduction to Autism	26th January
Supporting Friendship in children	12th February
Understanding behaviour for children	13th February
Managing exam stress	22nd February
Understanding Mental Health in boys	14th March
Introduction to Autism in adolescents	19th March
Supporting positive behaviour in children	28th March

Trailfinders Rugby

Register for a rugby camp for girls (ages 11 – 18) during half term. I appreciate it may not be quite the right age bracket for our girls yet but you may have an older sister at home who would be interested. See the flyer at the back.

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
Nur	Lucy	For learning the Lord's Prayer and saying it with confidence.
RB	Sienna	For being a kind and helpful friend.
RL	All of RL	For learning to say the 'Our Father' prayer in another language.
1AP	Serah	For identifying all the important roles of people within the Church.
1EB	Emilie	For highlighting the different roles people can have at Mass.
1SR	Maya	For her good role play when learning about the people who help others in the Church.
2CF	Ola	For her understanding on reverence and that the Bible is a special book.
2AF	Lucas	For his wonderful work on how he is a peacemaker in our Catholic Social Teaching lesson.
2JB	Marcel	For a thoughtful suggestion of how to be a peacemaker.
3AR	Leon	For recognising that a year is part of a life journey and mapping his year beautifully.
3DB	Ansel	For a fantastic fact file on Mother Teresa and her devotion to 'Solidarity and Peace'.
3SM	Michal	For great presentation of the year ahead and recognising that a year is part of a life journey.
4AS	Albie	For writing a great letter to Mr Rakowski about using Fairtrade products in school as a sign of solidarity.
4GS	Natan	For writing a very convincing letter to the headteacher in our CST lesson of Solidarity and Peace.
4S	Milly	For a fantastic understanding of how buying Fairtrade products supports our Catholic Social Teaching of Solidarity and Peace!
5AL	Reiko	For creating an informative poster explaining how CAFOD is an 'Inspirational Community'.
5AS	Vanessa	For producing an excellent information poster about the ways the Corrymeela community promote peace.
5CR	Ke'Aire	For showing great thoughtfulness and reflection when at Mass this week.
6LI	Lena	For showing understanding about the importance of the Bible and treating it respectfully.
6MS	Donya	For creating a super book cube about her favourite book in our 'Sources' topic.
6WL	Gracie	For demonstrating our Catholic values in her treatment of others.

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
Nur	Isabelle	For showing kindness to others.
RB	Alicja	For fantastic independent writing, keep it up!
RL	Helena	For great progress in your reading. Well done.
1AP	Filip	For his wonderful writing when retelling Whatever Next.
1EB	Noa	For writing an excellent recount of the 'Whatever Next' story.
1SR	Liliana	For using her phonics well to segment and blend words when reading.
2CF	Lilia	For always helping others during learning activities.
2AF	Nathaniel	For his brilliant work on how to use the past tense correctly.
2JB	Hope	For using adventurous adjectives in her retelling of the Titanic's journey.
3AR	Anish	For trying hard to recall his 4 times tables in Maths.
3DB	Ellen	For making excellent progress in her writing.
3SM	Aoibheann	For setting an amazing example of using her manners at all times. Well done!
4AS	Thomas	For always having impeccable manners – he is a fantastic role model!
4GS	Mykola	For settling in so well to our school community and always having a positive outlook.
4S	Amen	For an excellent understanding of multiplying and dividing by 10, 100 and 1000!
5AL	Julia	For demonstrating excellent rolling skills during gymnastics, in PE.
5AS	Leandro	For showing excellent understanding and enthusiasm during our science investigation.
5CR	Juan	For having a positive attitude to learning in All subjects!
6LI	Sara	For demonstrating a responsible attitude towards her class and homework.
6MS	Jack	For always listening carefully to instructions and applying them in Maths. Well done!
6WL	Franek	For showing fantastic focus and effort in all subjects this week.

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	George RB	For having an enthusiastic love of learning!
Middle	Alia 2AF	For always helping others and showing great kindness to everyone.
Upper	Blanka 4S	For always demonstrating exemplary behaviour and being a perfect example of what it means to be a Good Disciple.

ST JOSEPH'S TODDLER GROUP

SPRING TERM DATES

7TH JANUARY

21ST JANUARY

4TH FEBRUARY

4TH MARCH

18TH MARCH

1ST APRIL

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

Ealing Mental Health Support Team

WORKSHOPS FOR PARENT/CARERS

SPRING TERM 2024

West London
NHS Trust



Over the spring 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/jmUT9kJNRPnDBUAh6>



If you have any questions, please do email us on: Ealing.mhst@nhs.net

PRE AND POST-ATTENDANCE GUIDE

Step 1

Use our QR code to sign up for a workshop(s) of your choice

Step 2

You will be emailed a Microsoft Teams link several days before the workshop

Step 3

You'll receive another email reminder on the morning of the workshop

Step 4

All workshops start promptly on the time advertised. Please note we cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

Step 5

To ensure you receive resources from the workshop you have attended, please complete the feedback form provided at the end of the session



Promoting hope & wellbeing together



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.

SUPPORTING ANXIETY IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents of children attending **Primary** and **Secondary** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence.

Date: January 16th 2024
Time: 11am - 12:15pm

TEEN LOW MOOD

This workshop is aimed at parents 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.

Date: January 25th 2024
Time: 1pm - 2:15pm

AN INTRODUCTION TO AUTISM

This workshop is aimed at parents of children attending **Primary** and **Secondary**, who would like to know more about Autism and how to support children where Autism may be suspected or diagnosed.

Date: January 26th 2024
Time: 1:30pm - 3:00pm

SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

Date: February 12th 2024
Time: 11am - 12:30pm

UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents of children attending **Primary** and **Secondary**. The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in children.

Date: February 13th 2024
Time: 11:30am - 1pm

MANAGING EXAM STRESS

This workshop supports parents of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

Date: February 22nd 2024
Time: 1pm - 2:15pm

UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the causes of declining mental health in adolescent boys and equips parents with strategies to promote positive mental health.

Date: March 14th 2024
Time: 11am - 12:30pm

AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

Date: March 19th 2024
Time: 10:30am - 12pm

SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents of **primary**-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour. It'll also consider the impact of screen time and how to promote boundaries with this.

Date: March 28th 2024
Time: 11am-12:30pm



Promoting hope & wellbeing together





The Centre for Emotional Health



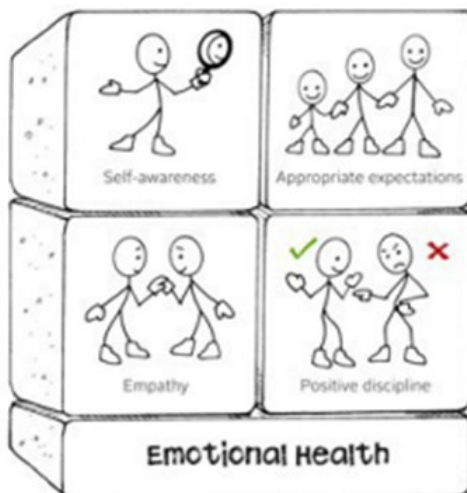
Keeping the Child in Mind: Adults Working Together – Four-part Programme

We all love our children and want them to grow up in the best possible environment, having fun, learning, growing and leading successful lives.

There are things that come easy to us as a parent or carer, but often there are issues, events and circumstances that we find incredibly challenging and difficult to navigate and deal with for the best result.

In this four-part programme for parents / carers with children aged from 0-12 years. We will explore how to promote calm at home, how to communicate better with our children and each other and how to make the best of connections with other parents and our community.

You will need to attend all four sessions to gain the most benefit from this programme.



Week 1: Self Awareness

The role of parents/carers for children and young people; managing difficult feelings; nurturing ourselves.

Week 2: Appropriate Expectations

Appropriate expectations; networks of support; communicating clearly.

Week 3: Boundaries and Positive Discipline

Parenting styles; time to calm down; problem solving and negotiating.

Week 4: Empathy

Choosing how to respond; empathy in practice; empathy for adults and children.



General information

- For parents / carers with children aged from 0-12 years
- Partners are welcome or you can come alone or with a friend or other family member.
- Each session is two hours
- There will be around 12 participants in the group and two Family Links workshop leaders.

Venue

Ealing Council, Perceval House, 14-16 Uxbridge Road, Ealing W5 2HL

Transport:

Buses: E9, E7, E10, 207, SL8

Train: Central Line or Elizabeth Line, Ealing Broadway Station (10 minute walk)

Dates / times

Session 1: Thursday 6th February, 7-9pm
Session 2: Thursday 13th February, 7-9pm
Session 3: Thursday 20th February, 7-9pm
Session 4: Thursday 27th February, 7-9pm

How to book

You can book a space for yourself by contacting ECIRS direct on 020 8825 8000 (choose option1) and the team will make the referral on your behalf.

You can also ask a professional/ practitioner you are in contact with to make the referral for you.

To find out more email earlystartparenting@ealing.gov.uk



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 Mental Health Support Team

January 2025

Your termly newsletter!

Who are we?

We are the Ealing Mental Health Support Team (MHST). Our Wellbeing Practitioners support the wellbeing of children and young people in education settings (Primary and Secondary) across the Ealing borough.

Is your child :

Demotivated? Anxious?
Stressed? Worried? Sad?
Irritable? Low? Experiencing
Panic? Tired or lack of energy?



Who can we support?

In Primary schools, we offer 1:1 support to parent's whose children feel:

anxious

- specific phobias
- excessive worrying
- separation anxiety
- avoiding places/situations

or have behaviours that challenge

- emotional/physical outbursts
- difficulties with siblings/relationships
- difficulties following routines/instructions

In Secondary Schools, we support young people who sometimes feel:

anxious

- stress about school/exams
- worries about social situations
- specific fears or phobias

low mood

- feeling sad or tearful
- not wanting to do activities they usually enjoy
- low motivation or sleep difficulties.

We also support children and young people with learning disabilities and/or autism, their families and school staff.

Dates to remember:

Children's Mental Health Week - 3rd-9th Feb
Eating Disorders Awareness Week 2025 -
Monday 24 February to Sunday 2 March
2025.
Time to Talk Day 2025 - Thursday 6th
February.

You asked, so we did! We Heard You, Parents!

You told us you wanted practical support to help your child sleep better and manage healthy tech use at home—and we've got you covered!
We're excited to introduce our two new workshops topics, 'Supporting appropriate technology use' and 'Sleep and low mood'. Don't miss out—sign up today.



Promoting hope & wellbeing together

Page 1 / 2



ELP

Ealing Learning Partnership

Exams Don't Have to Be Stressful—Here's How to Help

Exams can feel overwhelming for kids and parents alike. While we all want our children to succeed, focusing on support over pressure makes a huge difference. Let's turn exam season into an opportunity to build resilience and confidence.

Top Tips

- Listen up! **Make space** for their concerns without judgment.
- Balance is key. Encourage breaks, exercise, and time with friends.
- Spot stress signs. Pay attention to changes in mood or behaviour.
- Walk in their shoes. Try to see things from their perspective.
- Team up with school. Don't hesitate to seek guidance or resources

Remember, your encouragement can be their superpower! For more insights, check out [Parent kid's guide to Exam Stress and Failure](#).

Low Mood and Depression: Small Steps, Big Changes

Sometimes, our kids feel stuck in a cycle of sadness or lack of motivation—and that's okay. The first step toward feeling better? Action. Even small changes can have a big impact on their mental well-being.

Ways to Support Your Child:

- Help them rediscover hobbies and activities they enjoy.
- Talk about their values and dreams for the future.
- Encourage turning their values into meaningful, everyday actions.
- Support them in doing more of what brings them joy and purpose.

Together, we can help our kids move from "stuck" to unstoppable! Approach the Link worker at your child's school for more information.

What you have to say about us:

'The work MHST is doing is brilliant, it's such an amazing opportunity for parents to learn more about their children'. **School Governor.**

'I have learned how to deal with situations in a calm way and manage difficult behaviour'. **Parent accessing a MHST online workshop.**



West London
NHS Trust

Upcoming Workshops

[Sign up here!](#)

January

Child Anxiety
Sleep and Low Mood.
An Introduction to Autism

February

Supporting Friendship In Children
Understanding Behaviours in SEND
MH In Adolescent Boys

March

Exams Stress
Supporting appropriate technology use
ASC Adolescence

Let's Empower Our Kids: Children's Mental Health Week 2025



1 in 5 children faces mental health challenges—but together, we can make a difference! This year's theme, 'Know Yourself, Grow Yourself,' is all about helping kids and teens build self-awareness to grow into their best selves.

How You Can Help Your Child Thrive:

- Start a journaling habit to encourage self-expression.
- Create a safe, judgment-free zone for open conversations.
- Use visuals like charts or mood trackers to explore feelings.
- Practice mindfulness as a family to reduce stress.
- Keep communication open and supportive.

Let's help our children grow stronger, together! Explore resources like the CMHW Schools Pack ([cmhw-schools-pack-digital.pdf](#)) to get started.



Promoting hope & wellbeing together



ELP
Ealing Learning Partnership



EALING TRAILFINDERS COMMUNITY DEPARTMENT PRESENTS



HALF TERM CAMP



**Register now for
our Girls Rugby
Half-Term Camp**

**Wednesday, Feb 19th
10 am - 3 pm
£30**

**w: ealingtrailfinders.org.uk/camps
e: community@etprm.com**

**Sessions led by Trailfinders
Womens Pro Players**

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.