



St Joseph's Catholic Primary School

Weekly Newsletter

17th October 2025



In this issue...

- Parent Evening
- Year 7 Secondary School Applications
- Live Simply Award
- Play Equipment in the Lower Phase
- Wellbeing
- PTA Cake Sale
- Home Collection in the Upper Phase
- Food Bank
- ADHD Presentation
- Celebrations

Parent Evening

Thank you to the parents who turned up this week for their appointments. I look forward to seeing the other half of our parent community on Tuesday 21st October 3.30pm to 6pm. Please ensure you keep to the schedules as I discourage teaching staff from making appointments outside these times due to the government's work/life balance agenda. Also, thank you to our super Year 6 helpers – 2 Julias, Shaina, Kei'Aire, Avishan, Jessica, Melania, Jack and Evie.

Sunday 19th October 2025

Gospel: Luke 18:1-8



Like the persevering widow calling for justice, we are never to grow discouraged

Jesus told them a parable about their need to pray always and not to lose heart. He said, "In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, 'Grant me justice against my opponent.' For a while he refused; but later he said to himself, 'Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.'" And the Lord said, "Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?"

Year 7 Secondary School Applications

Year 6 parents please be mindful of the fact that applications need to be submitted by 31st October and that half term in Ealing begins on Monday 27th October. Catholic Secondary Schools need to have received the Supplementary Information Forms by the 31st too. Please do not leave it to the last minute, your child deserves more than that.

The deadline for secondary school place applications is 31 October

GOV.UK



Live Simply Award

Ms Martin has included an item for the newsletter called "Live Simply Tips". These will be short top tips for living simply and sustainably. The aim is to promote practical, eco-conscious habits within our community, while also providing a great opportunity to share ideas and support each other in living more sustainably. Ms Martin is going first:

Ms. Martin's tip is to buy less, choose better!

Overconsumption leads to more waste, resource depletion, and pollution. By purchasing fewer, higher-quality items, you reduce demand for mass production and extend the life of the things you own. It also simplifies your home and finances.



LiveSimply tips:

Love Learn Believe

Play Equipment in the Lower Phase

We kindly ask parents and carers to ensure that children do not play on the equipment in the infants' playground before or after school. This equipment is not supervised at these times and is not suitable for younger children. Thank you for helping us keep everyone safe.



**Children must
not play in
this area**

Wellbeing

Today, the Lower Phase was treated to some wellbeing sessions. The sessions included mindfulness, movement, relaxation and breathing exercises to help the children know how to calm their minds and body. The staff even got to have a session during their lunchtime. Thank you to Emma Hoddy for leading the sessions. It will be the turn of the Middle Phase in the Spring Term.



PTA Cake Sale

On Thursday, the PTA held their annual Cake Sale in both playgrounds after school. Judging by the amount of children with stuffed cheeks as they walked home through the gates, it was a great success. Thank you to all the PTA volunteers who gave up their time to organise the sale. Thank you also to all the donations and to the Year 6 volunteers.



If any parent brought in a cake in a Tupperware box or cake tin, they are ready to collect from the school office. Many are named and we will try and reunite with owners in the coming days.



Love Learn Believe

Home collection in the Upper Phase

To ease any confusion at the Middle and Upper Phase entrance, during collection time, would parents kindly stick to the left of the barriers and not skip the queue by walking against the flow of children and parents leaving. Thank you for your cooperation.



Foodbank

Thank you so much for all the donations of food to the Foodbank. The children took over two trolley loads of various foods to the storage facility and the people running it were very grateful. I also suspect that the final recipients will also be grateful. Thank you all again. We have found some more tins around the school. If you are able to donate any more, we will add it to another Foodbank drop-off.



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 Mr Doak for organising this session.

Do You Think Your Child Has ADHD?

A B S T 4Learning 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 079-86616146

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	Klaudia	For writing about how we can look after God's creation.
1AP	Cian	For coming up with wonderful ideas to do a better job looking after God's creation. Well done!
2AF	Mira	For her beautiful Shabbat card, well done!
2SR	Andrii	For his well illustrated and thoughtfully written Shabbat card.
2AS	Yanis	For showing great understanding of our new keywords.
3DB	Amelia	For designing a beautiful stained glass window for inside a Synagogue.
3GS	Amaia	For remembering the structure of prayers of the Rosary. Well done.
3AR	Bea-Rose	For great understanding of the Rosary and why it is important to Catholics.
4JB	Aoibheann	For her excellent portrayal of the role of God in the story of the calling of David.
4AS	Dominic	For confidently explaining to the rest of the class about St Carlo Acutis, whilst leading prayer.
4S	Oliver	For understanding how the life of Martin Luther King junior put into practice the Catholic Social Teaching Principle of Solidarity and Peace.
5AL	Blake	For understanding Saint John Henry Newman's words and explaining how he carries out his own mission.
5MM	Joseph	For great understanding on the characteristics of a good friend.
5CR	Grace	For creating a brilliant picture of friendship showing commitment, fidelity and responsibility.
6LI	Fred	For explaining the symbolism of the design on your Rosh Hashanah greeting card.
6MS	Keeva	For her beautiful greeting card commemorating Rosh Hashanah.
6WL	Gega	For his enthusiasm and engagement in our lesson about Yom Kippur.

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	Arpi	For writing a super story based on 'Peace at Last'.
1AP	Ziyu	For writing a wonderful story based on Peace at Last about our class bear.
2AF	Eyuas	For his fantastic work in Maths this week, keep it up.
2SR	Serhii	For a fantastic portrait made of fruit and vegetables in the style of Giuseppe Arcimboldo.
2AS	Luca	For showing excellent skills in our addition topic.
3DB	Antoni	For excellent understanding of the formation of soil in Science.
3GS	Lucas	For a good understanding of what Hanwell was like in the 1900s. Well done!
3AR	Olivia	For a wonderful character description of Paddington Bear.
4JB	Kornelia	For her excellent column subtraction involving exchanging.
4AS	Leon	For showing fantastic engagement and enthusiasm during gymnastics on the apparatus.
4S	Amelia	For being an excellent role model to her peers and showing kindness in all she does.
5AL	David	For contributing extra learning to benefit the entire class.
5MM	All of 5MM	For great effort and performance in assembly.
5CR	Maja	For using powerful adjectives perfectly in her sentences.
6LI	Olivia	For careful use of art skills to create reflective symmetry like William Morris.
6MS	Ava	For her highly entertaining and informative video about Sickle Cell Disease in Science.
6WL	Jessica	For challenging herself to produce interesting, grammatically accurate homework spelling sentences.

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	Molly-Mae 1AP	For respecting our class rules at all times.
Middle	Daniel 3DB	For always being a kind and compassionate classmate to all of his peers
Upper	Chipso 5AL	For always motivating others and seeing the true happiness in life. Keep it up!

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

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.

Date: 18th September 2025
Time: 10:30am - 11:30am

AN INTRODUCTION TO AUTISM IN ADOLESCENTS

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.

Date: 26th September 2025
Time: 12pm - 1:30pm

SUPPORTING ANXIETY IN ADOLESCENTS PART 1

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.

Date: 1st October 2025
Time: 12pm - 1:30pm

INTRODUCTION TO OCD

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.

Date: 3rd October 2025
Time: 11am - 12:30pm

UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

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.

Date: 10th October 2025
Time: 12pm - 1:30pm

SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN

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.

Date: 16th October 2025
Time: 12pm - 1pm

SOCIAL MEDIA AND SELF-ESTEEM IN CHILDREN AND YOUNG PEOPLE

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.

Date: 22nd October 2025
Time: 10:15am - 11:30am

SUPPORTING ANXIETY IN ADOLESCENTS PART 2

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.

Date: 12th November 2025
Time: 12pm - 1:30pm

AN INTRODUCTION TO AUTISM

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.

Date: 18th November 2025
Time: 12pm - 1:30pm

SUPPORTING FRIENDSHIP IN CHILDREN

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.

Date: 25th November 2025
Time: 12pm - 1pm

TEEN LOW MOOD AND SLEEP

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.

Date: 1st December 2025
Time: 12pm - 1pm

ADOLESCENT EXAM STRESS

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.

Date: 8th December 2025
Time: 12pm - 1pm



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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

GRASSHOPPERS

Rugby

MINIS

GIRLS - free rugby trial sessions

Sundays 09:30 - 11:00
Wednesdays 18:30 - 19:30

Grasshoppers RFC, TW7 5PN

Girls in Year 5 try some free U10s sessions!

INSPIRED BY THE WOMEN'S RUGBY WORLD CUP?

ENJOY PLAYING SPORT? TRY RUGBY AT A 'KIDS FIRST' RUGBY CLUB!

Mini Rugby- a fun-filled
inclusive program to develop
skills, values and friendships

QUALIFIED RFU COACHES (DBS approved),
EXCELLENT FACILITIES & a welcoming club

Joint girls training sessions with
minis & junior girls together



Social events throughout the season- We watched the RED ROSES play at
Twickenham in the Six Nations this year!

For more info, or to confirm attendance
contact Ross Fountain- 07930395014

TREDS values:

- Teamwork,
- Respect,
- Enjoyment,
- Discipline,
- Sportspersonship

See website for more details about Grasshoppers.

www.grasshoppersrfc.com

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London TW7 5PN. Tel: 020 8568 0010

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