



# St Joseph's Catholic Primary School

## Weekly Newsletter

Friday 22nd September 2023



### In this issue...

- National Fitness Day
- Ealing Half Marathon
- School Games Award
- Laudato Si
- School Meals Supervisory Assistant
- Football
- Contact Details
- Celebrations
- Football
- Contact Details

### National Fitness Day

On Wednesday it was National Fitness Day. The theme was 'Your Health is for Life.' We had a short discussion on what we could do to keep healthy. Then both children and adults across the school carried out HIIT workouts as well as some dancing and movement breaks throughout the day.

Each exercise needed no equipment, required minimal space and were thoroughly enjoyed by the children as they did them. Why not try the HIIT workout as a family? (30 seconds on, 30 seconds rest)

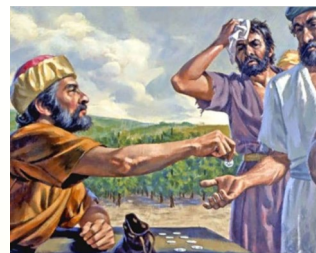
- High knees
- Squats
- Lunges
- Star jumps
- Sit ups
- Arm circles

A big thank you to Miss Redhead, Mr Sheehan & Mr Buckfield for leading the workouts in their phases.



### Sunday 24th September 2023

Gospel: Matthew 20:1-16



*The parable of the workers in the vineyard; God welcomes all into his kingdom*

When evening came, the owner of the vineyard said to his manager, "Call the labourers and give them their pay, beginning with the last and then going to the first." When those hired about five o'clock came, each of them received the usual daily wage.

Now when the first came they thought they would receive more; but each of them also received the usual daily wage. And when they received it, they grumbled against the landowner, saying, "These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat." But he replied to one of them, "Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? Take what belongs to you and go; I choose to give to this last the same as I give to you. Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?" So the last will be first, and the first will be last."

## Ealing Half Marathon

This weekend sees lots of runners taking part in the Ealing Half Marathon. The run is taking place on Sunday 24th September and the route includes parts of Hanwell. Plan ahead if you need to be able to get somewhere on Sunday morning. If you don't need to go anywhere, why not cheer on the runners along the route near where you live. Click on the link below to see route:

<https://www.ealinghalfmarathon.com/route-2/>

## School Games Award

The School Games Mark is a government led awards scheme launched in 2012 to reward schools for their commitment to the development of competition across their school and into the community. Participating in this process allows schools to evaluate their PE provision and assists them in developing an action plan for future progress. We attained our Gold Mark. We will now be working towards our Platinum Award.



## Laudato Si' project – Caring for our common home

Every week, 11 million items of clothing end up in landfill. Throwaway fashion is putting increasing pressure on our planet and its people - it's unsustainable. It's estimated that more than two tonnes of clothing are bought each minute in the UK, more than any other country in Europe! Oxfam is fronting the 'Second Hand September' campaign. In one month alone, the carbon footprint of new clothes bought in the UK was greater than flying a plane around the world 900 times. This is the same amount of carbon emissions the nation could save if we all took part in Second Hand September.



Challenge: Can you commit to not buying any new clothes for 30 days? Now that the children are back at school, have a sort through your wardrobes and donate any unwanted clothes to Oxfam. Moving forward can we 'make do and mend' rather than 'chuck and buy cheap'?

Why not take a photo and send it in with your child to their class teacher to encourage others to play their part too?

Let's make a difference together!

## School Meals Supervisory Assistants

Following the departure of two SMSAs at the end of the school year, I am in need of two suitable replacements. If you are looking for a role for the middle of the day and are able to devote 1.5 hours a day, Monday to Friday, this may be the job for you. Please enquire at the office from Tuesday 19<sup>th</sup> September.

**Love Learn Believe**

## Football

On Thursday, the Year 5 football team travelled to William Perkin for their first tournament of the year. The boys did not need much time to get the ball rolling as they scored their first goal in the opening 30 seconds of the match. This match resulted in a 2-0 victory which gave the boys confidence for the rest of the day. However, the positivity was short lived as St. Joseph's gave away a penalty and a 2nd goal within two minutes in the second match. Nevertheless, the boys fought back to secure a draw against tough opposition.



The boys then showed outstanding skill and ability in their next two games which meant that they finished the group stage unbeaten. St. Joseph's progressed to the final where they came up against a well-drilled team and eventually ended with a loss. The boys were still extremely proud walking away with their silver medals. Well done to Eddie, Alex, Alex, Franciszek, Jakub, Louis, Piero, Daniel and Xavier. Thank you to Ms. Bahadrian and Mr. Sheehan for accompanying the team to the tournament.

## Contact Details

If you have moved house or changed your phone 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 office—ask@stjosephs.ealing.sch.uk

Child absent from school —absent@stjosephs.ealing.sch.uk. If your child is unwell, please state child's name and class and the illness they are suffering from.

## 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
Nursery	Imogen	For exploring and showing keen interest in religious artefacts.
RB	Callum	For joining in our daily prayers.
RH	Ruby	For learning all our class prayers and saying them clearly and confidently.
RL	Adam	For joining in with the classroom prayers.
1AP	Erick	For his wonderful illustration of what he thanks God for.
1SR	Daniel	For his thoughtful ideas when role playing how families show love and care.
1EB	Emma	For often contributing great ideas in RE lessons. Well done.
2JB	Alisa	For a thoughtful morning prayer, thanking God for the day and wanting to help others.
2AB	Amelia	For writing a beautiful litany based on Psalm 139.
2AF	Thevin	For writing a beautiful litany based on Psalm 139.
3AR	Shaynie	For excellent responses when retelling some of the advice offered by Paul in his letters.
3DB	Chipso	How I can show love at home and school.
3MS	Milly	For following the advice given by Paul in his letters and being loving at home and school.
4AS	Jane	For showing an excellent understanding of Abraham's story and completing an impressive written response to it.
4GS	Mina-Rose	For always completing her RE work to the highest standard.
4S	Joey	For being able to explain Abraham and Sarah's response to God.
5AL	Maddalena	For creating an amazing leaflet outlining Paul's message about being a peacemaker.
5CR	Evelina	For giving great examples of the qualities God has given her and how she develops them.
5AS	Valmarie	For sharing her God given qualities and explaining how she has displayed them.
6LI	Anthony	For explaining the message behind Jesus' Parable of the Prodigal Son.
6MS	Livia	For her very thoughtful interpretation of the Parable of the Lost Son.
6WL	Olly	For writing a thoughtful letter to St. Paul using quotes from scripture to strengthen his argument.



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:

Nursery	Matilda	For following class and carpet rules.
RB	Noa	For drawing a wonderful self-portrait.
RH	Gloria	For beautiful singing.
RL	Isla-Rose	For being an excellent role model for her peers.
1AP	Omojade	For always working hard in all lessons.
1SR	Jordan	For a fantastic effort in all lessons.
1EB	Isaac	For an excellent start to Year 1!
2JB	Marian	For her excellent understanding of place value.
2AB	Tamiyah-Lee	For working very hard to learn her times tables.
2AF	Eleanor	For always proffering great answers in class.
3AR	Maja	For excellent contributions when discussing school life from the past in History.
3DB	Annabella	For a well written and exciting diary entry.
3MS	Diliana	For always being ready for learning and helping everyone in class.
4AS	Kei-Aire	For showing great knowledge and skills in identifying 4 digit numbers.
4GS	Richie	For always participating in lessons with great responses that often are cross-curricular.
4S	Euan	For an excellent understanding of negative numbers in Maths.
5AL	Resa	For having an excellent grasp on multiplying and dividing by 10, 100 and 1000.
5CR	Olivia	For always having a positive attitude to learning.
5AS	Manna	For being enthusiastic during all lessons.
6LI	Anna	For writing imperative verbs in her Witches' Recipe.
6MS	Noel	For his careful work with rounding in Maths this week.
6WL	Oliver	For excellent focus in our 'negative numbers' lesson.

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	Eyob 1SR	For being a fantastic role model for his peers.
Middle	Maria 3AR	For supporting and encouraging a friend in the lunch hall.
Upper	Thomas 5AS	For being a good role model by pushing himself in lessons.

### **Catholic High School Open Morning/Evening dates 2023**

For all venues, you may have to book your visit so please check websites for most up to date information.

#### **Out of Borough High Schools**

**Douay Martyr's** – <https://www.douaymartyrs.co.uk/59/admissions-1>

Open Mornings: Tuesday 26th September from 8:45 – 10:45am  
Tuesday 3<sup>rd</sup> October 2022 from 8:45 – 10:45am

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

Open Morning: Thursday 5th October (9am-11am). Headteacher talk from 10:20am.  
Wednesday 11th October (9am-11am). Headteacher talk from 10:20am.

Open Evening: Wednesday 11th October (5pm-8pm). Headteacher talk from 7:15pm.

**Gunnersbury School** –

<https://www.gunnersbury.com/page/?title=Open+Days+for+September+2024+Admissions&pid=244>

Open morning: Wednesday 4<sup>th</sup> October 10.30-11.30am  
Open afternoons: Wednesday 27<sup>th</sup> September 1.30-3pm with Headteacher address at 2.30pm  
Monday 2<sup>nd</sup> October 1.30-3pm with Headteacher talk at 2.30pm  
Open evenings: Wednesday 27<sup>th</sup> September 5pm-7.30pm with Headteacher talks at 6.00pm and 6.45pm

**St Mark's** – <https://www.st-marks.hounslow.sch.uk/page/?title=Admissions&pid=7>

Open Mornings: Tuesday 26th September 9am - 10.30am (Head's talk - 10:10am)

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

Monday 25th September 2023, 2.00pm – no booking required

## OPEN EVENINGS

School	Date	Time	Head Teacher Talk
Elthorne Park High School	Wed 13 Sep	5:15pm to 8:30pm	5:30, 6:45, 7:45
Northolt High School	Thu 14 Sep	5:30pm to 7pm	6
The Cardinal Wiseman Catholic School	Thu 14 Sep	5:30pm to 8:30pm	6 & 7
The Ellen Wilkinson School for Girls	Thu 21 Sep	6pm to 8:30pm	6:15 & 7:30
Twyford Ce High School	Thu 21 Sep	5pm to 8pm	5:30, 6:30, 7:30
Villiers High School	Thu 21 Sep	5pm to 7:30pm	6:15
Alec Reed Academy	Tue 26 Sep	5:30pm to 7:30pm	5:45, 7
Ada Lovelace CofE High School	Wed 27 Sep	5pm to 8pm	5:15, 6:15, 7:15
Dormers Wells High School	Wed 27 Sep	5pm to 7:30pm	5:15, 6:15
Ark Soane Academy	Thu 28 Sep	5pm to 7pm	6
Brentside High School	Thu 28 Sep	5:30pm to 8:30pm	5:45, 6:45
Drayton Manor High School	Thu 28 Sep	5pm to 8pm	5:15, 6:30
Featherstone High School	Thu 28 Sep	5pm to 7:30pm	5:15, 6, 6:45
William Perkin Church of England High School	Thu 28 Sep	5pm to 8pm	5, 6, 7
Ark Acton Academy	Wed 4 Oct	5:30pm to 8pm	6, 7
Ealing Fields High School	Thu 5 Oct	5pm to 8:pm	5, 6, 7
Greenford High School	Thu 5 Oct	5pm to 7pm	5, 6, 7

**OPEN MORNINGS**

School	Dates	Time
Alec Reed Academy	28 Sept, 3 Oct, 5 Oct	9am to 10:30am
Ark Acton Academy	15 Sept, 22 Sept, 29 Sept	9:15am to 10:30am
Ark Soane Academy	25 Sept, 26 Sept, 27 Sept, 28 Sept, 29 Sept	9:30am to 11am
Brentside High School	2 Oct, 3 Oct, 4 Oct	9:35am to 10:40am
Dormers Wells High School	28 Sept, 29 Sept	10am to 12:30pm
Northolt High School	2 Oct, 3 Oct, 4 Oct, 5 Oct, 6 Oct	9am to 10am
The Ellen Wilkinson School for Girls	12 Sept, 18 Sept, 21 Sept, 25 Sept	10am to 11am
Villiers High School	22 Sept	10am to 12:30pm



**AIRPORT BOWL**  
BAR • ARCADE • RESTAURANT

# OCTOBER HALF TERM

**2 GAME SPECIAL**

**KIDS £10** **ADULTS £12**  
per person per person

EXCLUDING BANK HOLIDAYS  
VALID FROM MONDAY 20th - FRIDAY 27th OCTOBER 2023. AVAILABLE MONDAY - FRIDAY 10am - 5pm ONLY. EXCLUDING BANK HOLIDAYS.  
UP TO SIX PEOPLE PER VOUCHER. ONLY REDEEMABLE WITH THE GAMES OF BOWLING PER PERSON AND PURCHASES. T&Cs APPLY.

**FAMILY SPECIAL**

**ONE HOUR FOR £32**

EXCLUDING BANK HOLIDAYS  
VALID FROM MONDAY 20th - FRIDAY 27th OCTOBER 2023. MONDAY - FRIDAY 10am - 5pm ONLY. UP TO SIX PEOPLE PER VOUCHER.  
MINIMUM OF ONE CHILD PER GROUP OF SIX. T&Cs APPLY.

**Tel. 0208 759 7246**  
**bookings@airport-bowl.com** **www.airport-bowl.com**  
Airport Bowl, Bath Road, Harlington, Middlesex, UB3 5AL

AIRPORTBOWL AIRPORTBOWL airport\_bowl airportbowl

**Disclaimer** St Joseph's School is happy to use the newsletter to support activities and events. However, we have not vetted these services and are not specifically recommending them.





Stagecoach Ealing

## Octoberfest Workshop!

ACT! SING! DANCE! With a show at the end of the week! (half days available)

**23 Oct 2023**

**Age:** 4 - 16


**Time:** Mon - Fri 09:30 - 15:30

**Performance:** Fri 15:00


**Cost:** £200 (Sibling £160)

**Venue:** Hobbayne Primary School, W7 1HA

Stagecoach Ealing

 [www.stagecoach.co.uk/ealing](http://www.stagecoach.co.uk/ealing)

 07498 997595

 TRAFALGAR ENTERTAINMENT | COMPANY

Stagecoach Performing Arts schools are operated under franchise and are independently owned by their Principals. Stagecoach and Creative Courage For Life are registered trademarks of Stagecoach Performing Arts Limited.

**CHILDCARE  
VOUCHERS  
ACCEPTED**

**STAGE  
COACH**

Creative Courage  
For Life®

**Disclaimer** St Joseph's School is happy to use the newsletter to support activities and events. However, we have not vetted these services and are not specifically recommending them.