



St Joseph's Catholic Primary School

Weekly Newsletter

24th January 2025



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Pilgrims of Hope Celebration

Today we launched the beginning of the Jubilee Year – Pilgrims of Hope. At the Infant end, Mr Brooks organised a lovely Liturgy which helped to explain the Jubilee Year to the younger children. The Junior children had Mass which was celebrated by Father Julio in the hall. We all learnt a little bit more about hope. In the afternoon, all the children looked deeper into the logo and celebrated the beginning of us being Pilgrims of Hope. Thank you to Mr Brooks for organising the Liturgy for the Infants and to Mrs Ingham for organising the Mass and music for the Juniors. Thank you also to Father Julio and the readers who made the Mass so special.



Over the course of the year, I will include celebrations from all year groups. The picture below is of Nursery. They really enjoyed learning the Lord's Prayer and wearing the colours of the Jubilee Year.

Sunday 27 January 2025



Gospel: Luke 1:1-4; 4:14-21

In the Nazareth synagogue Jesus proclaims a time of healing and freedom

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone. When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour." And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing."



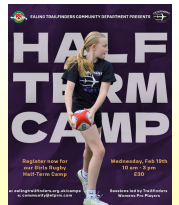
Sustainable Travel

At St. Joseph's, we are committed to promoting active and sustainable travel within our school community. Please could you take a moment to respond to this short questionnaire. It should take no longer than 2 minutes. This will help us to formulate an active travel policy for the whole school. Where possible, questions are to be completed by the parent/carer who most frequently accompanies your child(ren) to school. Thank you to Mrs Day for organising:

<https://www.surveymonkey.com/r/YGM3PZL>

Trailfinders Rugby

Register for a rugby camp for girls (ages 11 – 18) during half term. See the flyer at the back. 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.



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.

Coffee Morning

Please look at the flyer at the back for advice on children's mental health. We will be holding a coffee morning on 3rd February at 8.45am for an hour. These morning have been very well received by parents before so definitely worth popping in if you need help.



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

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	Otto	For explaining the meaning of the Jubilee logo.
RB	Rosie	For sharing resources with others. Well done!
RL	Aylin	For always saying your prayers very nicely.
1AP	Kacen	For coming up with wonderful ways to fulfil God's dream. Well done!
1EB	Kate	For her thoughtful answers when we were talking about the role of the Priest.
1SR	Camilla	For working hard to learn the Our Father in Makaton
2CF	Olivia D	For trying her best and retelling the story of Jesus and Zacchaeus.
2AF	Fatma	For her wonderful engagement this week learning about the four Gospel writers.
2JB	Ali	For his excellent understanding of what the Bible is and the special way it should be treated.
3AR	Aleksandra	For her understanding of the Church's Liturgical year.
3DB	Fiorella	For working really hard to learn the 'Our Father' in Irish.
3SM	Livia	For showing a great understanding of the journey through a Liturgical year.
4AS	Olivia	For confidently taking part in a class discussion about members of our parish community.
4GS	Monika	For linking the lesson of the Apostles to spreading the Good News at church to the parishioners of St. Joseph's. Well done!
4S	Franek	For being able to name Jesus' disciples and explaining why Jesus chose them.
5AL	Carla	For creating an informative leaflet about the Diocese of Westminster.
5AS	Richie	For creating an excellent leaflet about Westminster Cathedral.
5CR	Avishan	For having a great understanding of what a diocese is and knowing we are a part of Westminster Diocese!
6LI	Abigail	For showing understanding of the significance of the Old Testament to both Christians and Jews.
6MS	Jason	For his sound understanding of the importance of the Old Testament to Christians and Jews.
6WL	Elise	For taking detailed notes and showing great understanding of the significance of the Old Testament.

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	Maranata	For her compassion towards others.
RB	Emmie	For having a great go at finding number bonds to 5. Well done!
RL	Hannah	For always being friendly to your classroom friends.
1AP	Rosie	For her brilliant effort in Guided Reading.
1EB	Oliwia	For her superb efforts with reading and writing. Keep it up.
1SR	Charlie	For displaying a secure understanding of following and completing patterns with shapes.
2CF	Penelope	For working diligently to make her 3D shapes in Maths.
2AF	Noah	For amazing improvement to his listening skills and lining up.
2JB	Adrianna	For writing a great advert for first class on the Titanic!
3AR	Izabela	For her efforts when multiplying and dividing groups of 8.
3DB	Barnaby	For making excellent progress in his writing.
3SM	Lena	For showing a superb understanding of the relationship between 2-, 4- and 8-times tables.
4AS	Marie	For showing great technique using charcoal in our art lesson.
4GS	Annabella	For being such a patient and considerate pupil, more than happy to help others. Well done!
4S	Tymon	For always being thoughtful and kind towards his peers!
5AL	Chloe	For excellent knowledge of division and dividing with remainders.
5AS	Zofia	For giving support to others in the class.
5CR	Antonia	For going above and beyond in her spelling homework.
6LI	Daniel	For participation, interest and curiosity about the lives of evacuees in WW2.
6MS	Lily	For her excellent effort in applying her grammar learning to her writing. Well done!
6WL	Alexander	For giving an excellent explanation of the life of an evacuee, 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	Noa 1EB	For always being super helpful to everyone.
Middle	Lily 3DB	For always being kind and helpful to everyone at school.
Upper	Noar 5CR	For noticing a child who was stuck and taking it upon himself to help out.

St Joseph's PTA Disco

Disco times:

Year 1 + 2 is at 4:30 - 5:30PM

Year 3 + 4 is at 6:00 - 7:00PM

Year 5 + 6 is at 7:30 - 8:30PM

Friday 7th February 2025

Junior Hall at St Joseph's Primary School

Tickets only available online.
Click the link below or scan the QR code.

<https://www.pta-events.co.uk/stjosephshanwellpta/index.cfm>

Please drop off and pick up your child from the junior gates.

Snacks / drinks and small toys available to purchase





Coffee Morning

for parents of St. Joseph's Primary



Grab a hot drink and join us for Children's Mental Health Week!

Does your child seem **anxious** or **worry** about different things?
Has your child been **feeling sad** for a long time?
Are you finding your **child's behaviour challenging** at home or school?

If you answered 'YES' to any of these questions, we invite you to our coffee morning to see how you and your child can access support.

Who?

The art therapists in Ealing Mental Health Support Team (MHST) and St. Joseph's Primary are hosting an art themed coffee morning for parents and carers.



What will we talk about?

We'll share information about how the Ealing Mental Health Support Team (MHST) works with schools and families to **support children experiencing challenges like anxiety or behavioural difficulties**. There will be an opportunity to try out some **art therapy materials** and see how they can help children express themselves. Don't worry about taking notes—there's a resource pack for you to take home!

When?

The coffee morning will take place on **Monday, 3rd February at 8:45-9:45am at St. Joseph's Primary School**.

Doors will be open right after school drop-off time, so feel free to come by and get comfortable before we start!

How?

No need to sign up
Just come in and join us
for a warm cup of coffee!

Join us for a coffee & a chat!



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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

West London
NHS Trust

WORKSHOPS FOR PARENT/CARERS

SPRING TERM 2024



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

→ 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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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



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The Centre for Emotional Health



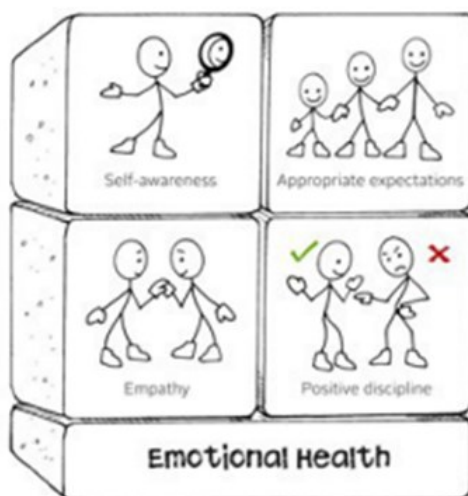
Keeping the Child in Mind: Adults Working Together – Four-part Programme

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

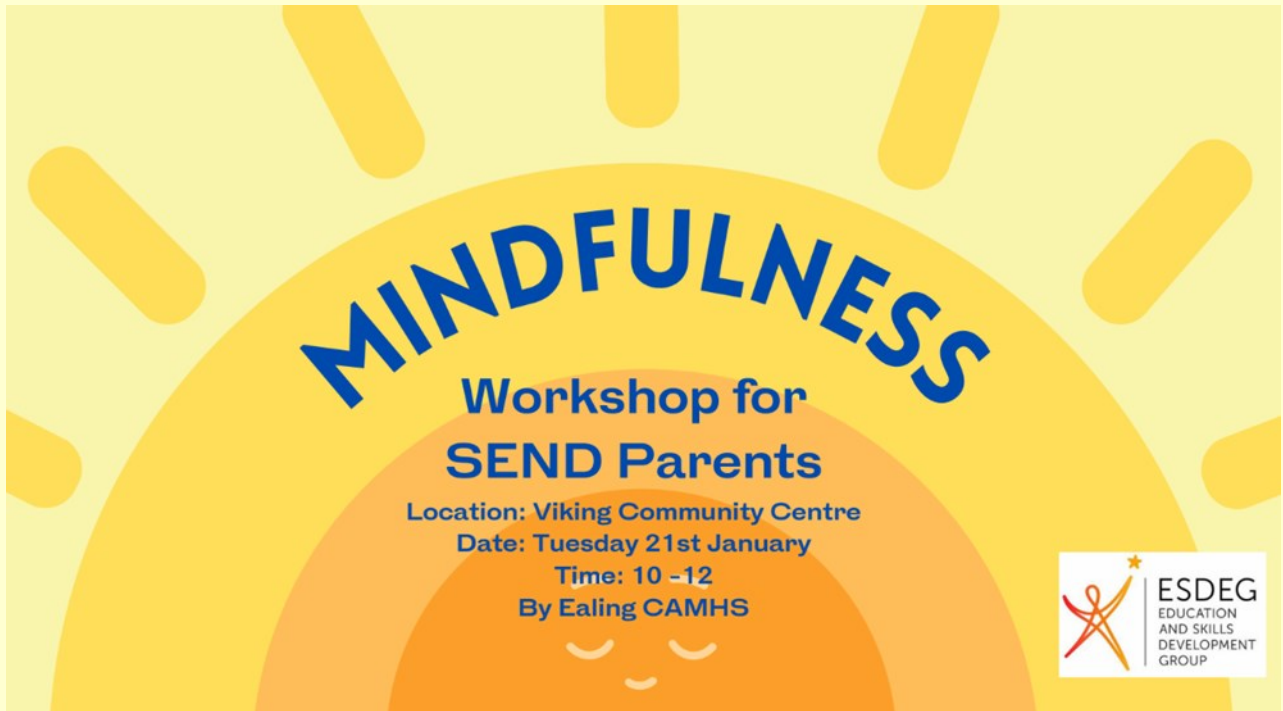
Session 1: Thursday 6th February, 7-9pm
Session 2: Thursday 13th February, 7-9pm
Session 3: Thursday 20th February, 7-9pm
Session 4: Thursday 27th February, 7-9pm

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



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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.



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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.



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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.



LEARN TO PLAY GAELIC FOOTBALL WITH OUR THRIVING FRIENDLY CLUB

ST JOSEPH'S JUNIOR GAELIC FOOTBALL CLUB

REGISTRATION NOW OPEN FOR
BOYS AND GIRLS AGE 5-16

**NO EXPERIENCE NECESSARY
ALL ABILITIES WELCOME**



We train on Fridays at 6:30pm at Trailfinders W13
OBQ (Until 28th March) Then at Boston Manor
Playing Fields TW8 9LS (From 25th April)
Contact Shivaun on 07769696071

FEB
17TH - 21ST

NEXT THING EDUCATION PRESENTS

FEBRUARY HALF TERM

9am-4pm

TECH CAMP



FEBRUARY CAMPS 2025

£39.99 PER DAY OR £175 FOR 5 DAYS
FOR BOYS AND GIRLS AGED 5-11

FIND YOUR NEAREST CAMP ON OUR WEBSITE
www.nextthing.education

SCAN FOR
LOCATIONS
MAP



NEXT THING EDUCATION CAMPS PRESENTS

FEB HALF TERM 2025

17TH - 21ST FEBRUARY 2025



Movie Making | Video Game Design | Robot Coding | STEM Experiments | Engineering

17TH - 21ST FEBRUARY - LIMITED SPACES

AGES 5 - 11 MULTI DAY BOOKING DISCOUNTS!

What Parents Say

"Absolutely Fantastic!
First time attending &
my son loved it!"



HOW TO BOOK

STEP 1

SCAN THE
QR CODE



STEP 2

FIND YOUR
NEAREST CAMP



STEP 3

BOOK ONLINE
SPACES LIMITED



W: WWW.NEXTTHING.EDUCATION

E: INFO@NEXTTHING.EDUCATION T: 01442 873150

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Multi-Activity Half-Term Camps: Fun Activities, New Friends, and Memories to Last a Lifetime Book Now!

2025



More details on Aktiva activities and pricing can be found at:

<https://mailchi.mp/aktivacamps.com/feb-half-term-20251>

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Georgiana Elite Dance Academy
Ballet, modern and tap classes Fridays and Saturdays
Hanwell Methodist Church hall
16 Church Road
Hanwell
W7 1DJ
Call 07790766263
Fully qualified teachers with over 20 years experience.
Examinations and show at a professional theatre.
Facebook- Georgiana Elite
www.georgianaelite.co.uk



Georgiana Elite Dancing Academy Dance
Classes in Hanwell and Eastbourne

Georgiana Elite Dance Academy

GEORGIANA DANCE Academy

Georgiana Dance

Fully qualified teachers with over 20 years experience and DBS checked

Hanwell Methodist Church Hall
Hanwell W7

07790766263
www.georgianaelite.co.uk

Georgiana Dance

- Ballet Tap Jazz & Modern classes
- 100 percent examination success
- Performances at the prestigious Beck theatre
- Beginners & professional level
- Private lessons
- Now taking new joiners!

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@ealinghockey on all social media!

EALING HOCKEY CLUB FEBRUARY HALF TERM CAMP!



multiple sibling discount applies (please contact for details)



£60 per day for Year 7 to 10 camp!

High Performance Camp (County and Regional Talent Centre/Academy Players



SCAN ME!

Scan to sign up!

£50 per day for Year 3 to Year 7 camp!

18TH AND 19TH FEBRUARY 2025

10AM TO 3PM

**ST BENEDICT'S PLAYING FIELDS,
UB6 8TL**



www.ealinghockey.com



ClubMark

EALING SPORTS AWARDS 2023

SPORTS CLUB OF THE YEAR

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