



St Joseph's Catholic Primary School

Weekly Newsletter

24th October 2025



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Half-term Holiday

The children and staff have worked very hard this long half-term and now everyone deserves a rest. The bonus this Sunday is that we move from British Summer Time to Greenwich Mean Time meaning we get an extra hour in bed. Have a great half-term! Everyone back on Monday 3rd November 2025. When we return, we will need to be in winter uniform, no more polo shirts or summer dresses. Shirts and ties please.



Sunday 26th October 2025

Gospel: Luke 18:9-14



Two men went up to the temple to pray; two contrasting approaches to God

Jesus told this parable to some who trusted in themselves that they were righteous and regarded others with contempt: "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, was praying thus, 'God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax collector. I fast twice a week; I give a tenth of all my income.' But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted."

Year 7 Secondary School Applications

Gentle reminder to Year 6 parents about High School applications. They need to be submitted online by 31st October. Catholic Secondary Schools need to have received the Supplementary Information Forms by the 31st October also.

The deadline for secondary school place applications is 31 October



GOV.UK

Love Learn Believe

Pupil Chaplain Training

On Wednesday, St. Joseph's hosted a Pupil Chaplaincy training day, 22nd October, the Chaplaincy Team took part in a special training day with Sister Judith. The session helped the children reflect on their faith and their important role as chaplains in school. Together, they worked on their Action Plan. They also began planning the Jubilee - Pilgrims of Hope celebrations, which will take place in December. It was a thoughtful and inspiring day filled with teamwork, prayer, and exciting ideas for the months ahead.



Live Simply Award

LiveSimply tips:

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

'The best things in life are free'. You don't need to spend money to feel joy - some of the best moments happen outdoors. We are lucky to have so many green spaces to enjoy in Ealing. Go for a nature walk, listen to birdsong, walk among the autumn leaves.



Pax Christi Icon Visits Cardinal Wiseman High School

The Pax Christi Icon made a special visit to Cardinal Wiseman High School, offering a unique opportunity for reflection and prayer for peace. Our Pupil Chaplains visited the school and contributed to the prayers, sharing messages of peace and compassion. It was a truly memorable event — one that reminded everyone of the importance of prayer, solidarity, and the power of young voices in promoting peace in our world. Thank you to Cole, Melania, Dylan, Natalie, Enda and Maja for representing the school so well and also a thank you to Ms Martin and Mrs Bone for accompanying the children.



Love Learn Believe

TfL Explorer Ambassadors

This week, our intrepid TFL Explorer Ambassadors travelled to Greenford for an Ambassador Fun Day. They took part in lots of fun activities including assembly skills and campaign planning. The children also planned their activities for Road Safety Week 2025. At the end, they received certificates from the Mayor of Ealing, Anthony Kelly and Cllr Paul Driscoll. Well done to Annabella, Alicia, Dafidi, Veronika, Joseph, Shane, Esme and Clara! And a huge thank you to Mrs Day and Mrs Bone for accompanying the children.



Toddler Group

New second half of our autumn term dates for the Toddler Group meetings is out. Upcoming sessions will be 11th and 25th November and 9th December 2025. Please see flyer at the back for more information.



PTA Cake Sale - Containers

Thank you for collecting your containers, there are a few un-named ones left. Please collect from the office.



Hanwell Carnival

This year, organisers are unfortunately unable to hold the carnival due to rising costs. The carnival is entirely run by volunteers from the local community. They are doing everything they can to bring it back in June 2026, and urgently need support. They are running a series of fundraising events, first one being a Silent Disco. Details at the back.

Join Us at Our Silent Disco Fundraiser

Ealing Mental Health Support Team

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. Please see the posters at the back of this newsletter.

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	Valentina	For explaining how we follow Pope Francis' Laudato Si' letter to look after the world.
1AP	Sienna	For being a wonderful prayer leader to her classmates.
2AF	Kacen	For his brilliant understanding of the symbols used during a baptism.
2SR	Katie	For showing a great understanding of the signs and symbols used during Baptism.
2AS	Gloria	For showing great understanding of Signs and Symbols around us.
3DB	Lourdes	For excellent understanding of why the Rosary is important to Catholics.
3GS	Harrison	For super understanding of why the Sacrament of Baptism is so important to Christians.
3AR	Lilia	For her understanding of why the Sacrament of Baptism is important to Christians.
4JB	Ellen	For her excellent role play of the Bishop during the Sacrament of Confirmation.
4AS	Olivia	For demonstrating our school mission statement value of being Welcoming by taking great care of our new class member.
4S	Daisy	For showing God's love every day through her kindness, inclusivity and welcoming spirit to all.
5AL	Sebastian	For sharing good understanding of The Fivefold Ministries and writing a great job description of an Evangelist.
5MM	Leon	For great understanding and work on what is an apostle.
5CR	Marie	For creating a thoughtful wedding card with a prayer asking the couple for help with guidance in their marriage.
6LI	Sarah	For enthusiastic participation in our CST debate on climate change.
6MS	Julia	For her excellent diary entry showing her understanding of Yom Kippur. Well done.
6WL	Seve	For entering into our debate, and expressing himself eloquently, in our CST lesson.

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	Alondra	For identifying and using nouns.
1AP	Aoife	For knowing her number bonds to 10.
2AF	Clara	For her super fact file about Mary Seacole in History!
2SR	Alana	For displaying a great understanding of Mary Seacole in our BHM topic.
2AS	Arabella	For being kind and caring to those who felt lonely in class.
3DB	Nina	For a fantastic PowerPoint presentation on Katherine Johnson.
3GS	Emmanuel	For practising his addition during his playtimes. Well done!
3AR	Joseph	For his efforts when taking part in a whole class roleplay to explore the Stone Age.
4JB	Sebastian	For an excellent information text about crocodiles!
4AS	All of 4AS	For preparing for and delivering a superb Collective Worship Class Assembly!
4S	Angelo	For demonstrating outstanding effort and perseverance in all areas of his school work. Well done!
5AL	Diliana	For her kindness and eagerness to help others.
5MM	Clara	For great resilience and always being kind to everybody.
5CR	Olivia	For brilliantly linking her learning to the golden rules!
6LI	Pavel	For super focus and hard work in all lessons.
6MS	Calum	For tackling long division with enthusiasm. Well done!
6WL	Carla	For adding imaginatively, and in detail, to her Street Child playscript.

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	Tara 1EB	For always being a fine role-model!
Middle	Krzys 2AF	For always helping others, being kind and for being a great example of what it means to be a good disciple.
Upper	Evie 6WL	For always being ready to offer help and friendship to others.

ST JOSEPH'S TODDLER GROUP

AUTUMN TERM DATES

11TH NOVEMBER

25TH NOVEMBER

9TH DECEMBER

**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

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



Promoting hope & wellbeing together



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>



Promoting hope & wellbeing together

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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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.

FREE online parenting workshop



HELPING CHILDREN COPE WITH SEPARATION & DIVORCE

Delivered by Chris Kolade
Ealing Parenting Service

Tuesday 11th
November 2025
10am-12pm
via MS Teams

When a family breaks up, it is hard for everyone, but this is a reality many children face. They need to be supported to understand that their parents need to move on from being a couple to being partners in parenting

How parents handle this process and deal with any conflict has a significant impact on how their children cope with their separation

Children need the love and support of both parents as they adjust to change

In this workshop, we will look at practical steps parents can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up.

email parentingserviceadmin@ealing.gov.uk to register or for more info



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



**EALING
PARENTING
SERVICE**

FREE

online parenting workshop

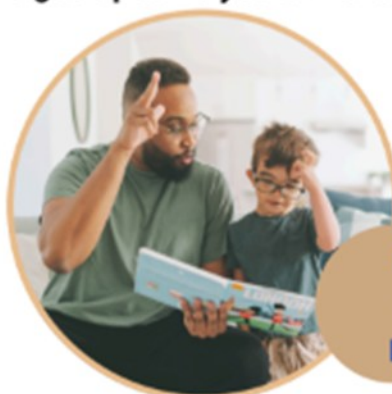


Tuesday 4th
November 2025
10am-12pm

SENDIASS & EALING'S LOCAL OFFER

An opportunity to learn about Ealing SENDIASS (SEND information & advice support service) and the support they can offer to families living in Ealing

SENDIASS provide impartial advice to families living with a child or young person aged up to 25 years with SEND



Delivered by Ealing
SENDIASS & Family
Information Service

There will also be a discussion on how to navigate the Ealing Local Offer page, which offers information on how to access support and provisions available for children and young people with SEND

We will also offer a space to have your questions answered in a confidential setting

email parentingserviceadmin@ealing.gov.uk to register or for more info



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



**EALING
PARENTING
SERVICE**

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HANWELL

CARNIVAL

PRESENTS



SILENT DISCO FUNDRAISER

STARTS AT

7PM

UNTIL 10PM
(DOORS OPEN AT 6PM)

SATURDAY

8TH

NOVEMBER

TICKETS

£20

PER PERSON

**AT: THE WILLIAM HOBAYNE CENTRE,
ST DUNSTAN'S ROAD, HANWELL, W7 2HB**

Dress in Carnival Colours (optional)

WITH A FULLY LICENSED BAR ON THE NIGHT

FOR TICKETS, VISIT OUR WEBSITE: WWW.HANWELLCARNIVAL.CO.UK
OR SCAN THE QR CODE



A SPECIAL THANKS TO
OUR SPONSORS FOR
THIS EVENT -
THE FOX PUB & INN



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OCTOBER HALF TERM CAMP

★ ★ ★ ★ ★
PRO SOCCER COACHING



VENUE

**SWAKELEYS SCHOOL, CLIFTON GARDENS,
UXBRIDGE, UB10 0EJ**

DATES

MONDAY 27TH OCTOBER – FRIDAY 31ST OCTOBER 2025

TIME

9AM-3PM

AGE

4-13 YEARS

PRICES

£100 FOR THE WEEK

£60 ADDITIONAL SIBLINGS

£25 FOR DAY RATES



**EACH CHILD
RECIEVES A
TROPHY!**

BOOK NOW

WHATSAPP/CALL/TEXT: 07947638205

WWW.PROSOCCERCOACHING.ORG



PROSOCCERCOACHINGORG

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