



St Joseph's Catholic Primary School

Weekly Newsletter

26th September 2025



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Harvest Donations

Harvest time is approaching and we usually organise a harvest collection which we pass on to Ealing Foodbank. Unfortunately, food donations to the foodbank are insufficient to meet demand and so all donations of food that we can raise are welcomed very much by the Foodbank. If you are able to donate items such as tinned vegetables, tinned chickpeas, tinned fruit, tinned chunky soups, peanut butter/jams/marmalades, instant coffee, savoury biscuits and snacks, then please can you send them into school with your child and each class will amass the provisions. We will then hand over to the Foodbank. Every little helps!



Sunday 26th September 2025

Gospel: Luke 18:9-14



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

"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."

Parent Governor Election

A reminder to all parents that nominations for the upcoming Parent Governor election will close on Monday 6th October at 3.30pm. If you're interested in playing a role in shaping our school, please ensure your nomination form is submitted before the deadline.

Ealing Half Marathon

This Sunday many roads will be closed in and around Hanwell due to the Ealing Half Marathon. This may affect you if you are trying to get to Mass or take your children to various sporting fixtures. If you have some spare time, why not turn out to support the runners. Many of our parents will be running in support of good causes!



Secondary School Visits

I have removed dates which have passed from the Catholic High Schools. Please feel free to take your children to the remaining sessions - please let the office know beforehand.



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.

World Smile Day

World Smile Day takes place on the first Friday of October every year. This year, World Smile Day 2025 will be held on Friday the 3rd of October 2025. World Smile Day is a day dedicated to smiling and spreading random acts of kindness. The idea of the day is to do a simple act of kindness for someone to make them smile. If we all make the effort to do one thing to make each other smile, we'll all be grinning in no time! To help with a beautiful smile, you can show off your beautiful teeth. Read the tips on how to have beautiful teeth at the back of the newsletter.



PTA Coffee Morning

This morning our wonderful PTA held a coffee morning for our new Reception parents. It was a good chance for parents to meet, mingle and get a chance to get to know each other. Thank you to the PTA for organising it.

Next week, we have the Nursery parents' event.

Westminster Cathedral Junior Voices Advertisement

Sing with the Westminster Cathedral Junior Voices! The Westminster Cathedral Junior Voices is a top after-school choir seeking excellent and keen young singers (primary and secondary), starting on 8 October. The choir offers members an opportunity to sing once a month for the Saturday evening vigil mass at the Cathedral. Sessions are led by Choral Conductor Gerard Lim, and include instruction in Classical vocal production, choral ensemble skills building, and work on Roman Catholic liturgical music. Basic introduction to Catholic music history and music theory will also be taught in the process. This programme provides supervision from 4PM before a rehearsal at 4:30-5:30PM on Wednesdays during the school term. Rehearsals are held in Victoria, at the Hinsley Room, at Morpeth Terrace, beside Westminster Cathedral. On Saturdays where the choir sings at the Cathedral, rehearsal is from 4:30PM for mass at 6PM. Come on 8 October for our first rehearsal!

Sign up at: <https://forms.office.com/e/gp872nyRC4>

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	Carys	For her thoughtful zig-zag book on the first lines of the Creed.
1AP	Evelyn	For creating a beautiful zig-zag book that shows the meaning of the Nicene Creed. Well done!
2AF	Thomas	For the wonderful and thoughtful letter he wrote to Greta Thunberg in our CST lesson.
2SR	Leo	For his thoughtful beginning of the day prayer.
2AS	Zuzanna	For describing why she loves God's creation.
3DB	Ayanne	For writing a delicious recipe for a happy family.
3GS	Karolina	For writing a wonderful recipe for a happy, loving family (as part of her home learning).
3AR	Nela	For an excellent roleplay based on Paul's advice to the people of Colossae.
4JB	Elly	For her excellent understanding of Ruth's selfless actions towards Naomi.
4AS	Tymon	For being a thoughtful prayer leader.
4S	Eddie	For painting a beautiful water colour portraying the story of Ruth.
5AL	All of 5AL	For presenting a wonderful Class Collective Worship.
5MM	Jamie	For fantastic understanding and work on what makes us 'unique', well done!
5CR	Olivia	For her wonderful ideas based on the poem 'Footprints in the Sand'.

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	Arpi 1EB	For being a good example to her classmates.
Middle	Luke 2AF	For always being outstandingly kind and helpful to everybody!
Upper	Joshua 5CR	For always upholding the golden rules and being a team player by helping others to tidy away at the end of the day.

Celebrations

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	Aylin	For her super efforts in all lessons. Well done.
1AP	Siobhan	For her excellent effort during Guided Reading.
2AF	Debora	For her brilliant participation and sharing thoughtful ideas across all subjects.
2SR	Oliwia	For her fantastic observational drawings of fruit and vegetables in Art.
2AS	Tala	For making excellent progress in Maths.
3DB	Jordan	For writing a fantastic poem and performing it beautifully.
3GS	Emma	For putting great effort into all her work and across all lessons.
3AR	Ava	For demonstrating a variety of different ways to travel in PE, well done!
4JB	Ollie	For his excellent rounding to the nearest 10 and 100!
4AS	Fiorella	For showing great patience and resilience in class.
4S	Maks	For fantastic effort during rounding to 10 and 100 in Maths!
5AL	Milly	For planning and preparing her balanced argument by using a variety of sentence starters.
5MM	Dylan	For great improvement in focus and attitude towards work.
5CR	Martin	For great focus and determination in his Maths lessons this week.

Catholic High School Open Morning/Evening dates 2025

For all venues, check the web link for most up to date information.

Ealing High Schools

See next page

Out of Borough High Schools

Gunnersbury School -

<https://www.gunnersbury.com/page/?title=Open+Days+for+Year+7+Admissions&pid=244>

Click here to book your place at one of the Open Events:

<https://forms.gle/TWmvKjgA38CXf5uQ8>

Open afternoons: Monday 29th September 2025 1.30-3pm with Headteacher talk at 2.30pm

Open morning: Wednesday 1st October 2025 10.30-11.30am

St Mark's – <https://www.st-marks.hounslow.sch.uk/page/?title=Open+Events&pid=1217>

Open Mornings: Wednesday 1st October 2025 9 - 10.30am

St Richard Reynolds Catholic College

Tours: Every Wednesday and Friday mornings at 9am for High School

Please visit our website via: <https://strichardreynolds.org.uk/whole-college/admission/>

Additionally, the High School will be hosting an Open Evening on Wednesday 1st October, 5:30pm - 7:30pm.

High school open days

High school open days September and October 2025

Ada Lovelace CE High School

Wednesday 24 September 5pm to 8pm
Headteacher talks at 5.15, 6.15 and 7.15pm

Alec Reed Academy

Tuesday 23 September 5.30pm to 7.30pm
Headteacher talks at 5.45 and 7pm
Thursday 25, Tuesday 30 September and
Thursday 2 October 9am to 10am

Ark Acton Academy

Wednesday 17 September 5.30pm to 8.30pm
Headteacher talk at 6.30pm

Ark Soane Academy

Thursday 25 September 5pm to 7pm
Headteacher talks at 5, 5.45 and 6.45pm
Monday 22 to Friday 26 September 9.30am
to 11am

Brentside High School

Tuesday 16 September 5.30pm to 8.30pm
Headteacher talks at 5.45 and 6.45pm

Dormers Wells High School

Thursday 2 October 5pm to 7.30pm
Headteacher talks at 5.30 and 6.30pm

Drayton Manor High School

Thursday 25 September 5pm to 8pm
Headteacher talks at 5.15 and 6.30pm

Ealing Fields High School

Thursday 2 October 5pm to 8pm
Headteacher talks at 5, 6 and 7pm

Elthorne Park High School

Wednesday 10 September 5.15pm
to 8.30pm
Headteacher talks at 5.30, 6.15,
7.00 and 7.45pm

Featherstone High School

Thursday 25 September 5pm to 8pm
Headteacher talks at 5.15, 6.15 and 7.15pm

Greenford High School

Thursday 18 September 5pm to 7pm
Headteacher talks at 5, 6 and 7pm

Islip Manor High School

Wednesday 1 October 5.30pm to 7.30pm
Headteacher talks at 6 and 7 pm
Monday 13 to Friday 17 October and
Monday 20 to Friday 24 October

The Cardinal Wiseman Catholic School

Wednesday 17 September 5.30pm to 8pm
Headteacher talks at 6pm and 7pm

The Ellen Wilkinson School for Girls

Thursday 18 September 6pm to 8.30pm
Headteacher talks at 6.15, 6.45 and 7.30pm
Thursday 11, Wednesday 17, Thursday 25
September and Thursday 2 October 10am to
11am

Twyford CE High School

Thursday 18 September 5pm to 8pm
Headteacher talks at 5.30, 6.30 and
7.30pm

Villiers High School

Thursday 18 September 3pm to 7.30pm
Headteacher talk at 5pm
Tuesday 23, Wednesday 24 and Thursday
25 September 9.45am to 10.30am

William Perkin CE High School

Thursday 25 September 5pm to 8pm
Headteacher talks at 5, 6 and 7pm

Please check the schools' website to confirm the date, time and booking information. There is no onsite parking at the schools.

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 <p>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.</p> <p>Date: 18th September 2025 Time: 10:30am - 11:30am</p>	AN INTRODUCTION TO AUTISM IN ADOLESCENTS <p>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.</p> <p>Date: 26th September 2025 Time: 12pm - 1:30pm</p>	SUPPORTING ANXIETY IN ADOLESCENTS PART 1 <p>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.</p> <p>Date: 1st October 2025 Time: 12pm - 1:30pm</p>
INTRODUCTION TO OCD <p>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.</p> <p>Date: 3rd October 2025 Time: 11am - 12:30pm</p>	UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS <p>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.</p> <p>Date: 10th October 2025 Time: 12pm - 1:30pm</p>	SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN <p>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.</p> <p>Date: 16th October 2025 Time: 12pm - 1pm</p>
SOCIAL MEDIA AND SELF-ESTEEM IN CHILDREN AND YOUNG PEOPLE <p>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.</p> <p>Date: 22nd October 2025 Time: 10:15am - 11:30am</p>	SUPPORTING ANXIETY IN ADOLESCENTS PART 2 <p>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.</p> <p>Date: 12th November 2025 Time: 12pm - 1:30pm</p>	AN INTRODUCTION TO AUTISM <p>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.</p> <p>Date: 18th November 2025 Time: 12pm - 1:30pm</p>
SUPPORTING FRIENDSHIP IN CHILDREN <p>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.</p> <p>Date: 25th November 2025 Time: 12pm - 1pm</p>	TEEN LOW MOOD AND SLEEP <p>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.</p> <p>Date: 1st December 2025 Time: 12pm - 1pm</p>	ADOLESCENT EXAM STRESS <p>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.</p> <p>Date: 8th December 2025 Time: 12pm - 1pm</p>


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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.

World Smile Day

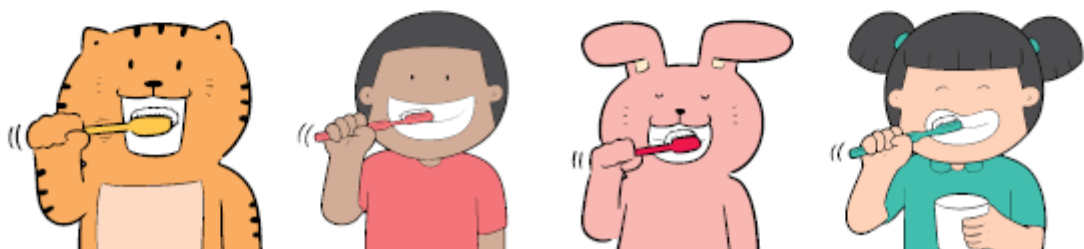
3 October 2025

✨ It takes 17 muscles to smile, 43 to frown – choose the easier workout! Spread kindness and spread smiles this World Smile Day.

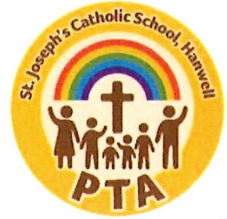
Remember:

🪥 Brush twice a day, for two minutes!

👉 Spit, don't rinse – keep that smile shining!



Parent Teacher Association



Nursery Parents *Coffee Morning*



St Joseph's PTA are excited to
invite you to our upcoming
Nursery Parent's Coffee Morning

on Friday 3rd October 2025

Time: 08:45 – 09:30

Location: INSIDE SCHOOL (Community Classroom)

It's a great opportunity to meet other parents, share experiences, and enjoy delicious coffee and pastries. Whether you're new or a familiar face, we'd love to see you there.

Babies and toddlers welcome.

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