

# St Joseph's Catholic Primary School

## Weekly Newsletter

### 30th January 2026



#### In this issue...

- Upcoming Parent Evening
- Asthma Friendly School
- Late Pick-Ups
- Anglo-Saxon Day
- Catholic Social Teaching
- PTA News
- Message from the Governors
- Sweets for Treats
- Parent Workshop
- Live Simply Tips
- Hanwell Children's Centre
- Toddler Group
- Cooking Club
- Flyers at the Back
- Celebrations

#### Upcoming Parent Evenings

Our parent evenings begin next week. Please ensure that you have made an appointment for either Thursday 5th February (4.30pm – 7pm) or Tuesday 10th February (3.30pm – 6pm). Please 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.



#### Sunday 1st February 2026

Gospel: Matthew 5:1-12



#### *The spirit of the Kingdom: the Beatitudes*

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

#### Asthma Friendly School

During our recent twilight INSET, all staff took part in training on managing medical emergencies such as asthma, anaphylaxis, diabetes and epilepsy. We are pleased to share that the school is now an Asthma Friendly School, meaning staff are trained to recognise symptoms and respond confidently to support pupils with asthma. Well done to all and thank you to Miss Barry for organising.

#### Late Pick-Ups

I have seen an increase in the number of late pick-ups from clubs. Staff who run these clubs do not get paid for running them and often have to leave promptly to go and pick up their own children; please be prompt. If a child is continually being picked up late then they may have to be withdrawn from the club as it is not fair on the staff member running the club. I appreciate that there will be occasions where unforeseen circumstances will make a parent late. I ask that you then inform the office of your lateness.

## Anglo-Saxon Day

On Thursday, Year 4 had a fantastic Anglo-Saxon Day, arriving at school in brilliant costumes and receiving their very own Anglo-Saxon names. We were thrilled to meet Eyrick Goodwinson, who taught us how to say good morning in Anglo-Saxon and shared fascinating stories about where the Anglo-Saxons travelled from and how they influenced place names we still use today. Back in class, the children took part in a rotation of engaging activities, including an Anglo-Saxon quiz, a themed board game and an exciting artefacts session. In the afternoon, they tested their skills in spear wrestling before finishing the day learning about Anglo-Saxon weapons. It was a memorable and immersive experience, and the children are now even more excited to continue their learning in History lessons! Well done to the children for their engagement and a huge thank you to Mrs Baran for organising! Thank you also to the Year 4 team for making it extra exciting.



## Catholic Social Teaching

### Solidarity and Peace – Small Actions Matter

#### What is Solidarity?

- Solidarity means noticing others and making sure no one feels left out.
- It is about standing up for each other and working together, even when something feels hard.

#### What is Peace?

- Peace grows when we stay calm, tell the truth kindly, and try to solve problems fairly.
- Peace starts with our choices at school, at home, and in our community.

#### How can we practise it?

- Including someone in a game or conversation
- Saying sorry and forgiving others
- Solving problems with words, not actions
- Showing care for people and our environment

#### Family Challenge

- This week, try a peaceful problem-solving moment as a family.
- When a small disagreement comes up (about chores, screen time, or turns), pause and:
  - Let everyone have a turn to speak
  - Listen without interrupting
  - Choose a solution that feels fair to everyone

#### Afterwards, talk about:

- What helped us stay calm?
- What could we try next time?

## PTA News

On Monday, the PTA held its AGM. The Chair went through her report and the Treasurer went through his report and then the new committee was appointed. Congratulations to Bea Payo (Chair), Maureen Carty (Assistant Chair), Maria Bull (Treasurer), Karen Cunningham (Assistant Treasurer), Ciara Wall (Secretary) and Sara Folco (Assistant Treasurer) who make up the new committee. I would like to thank these super parents for stepping up and taking up this important role and I trust our community will continue to support the fantastic work that the PTA do. I would also like to thank the outgoing committee



for their marvellous efforts over the last two years. They have worked extremely hard to raise funds to the school – your children. Thank you to Simona, Fiona, Wojtek, Maria, Sneha and Gosia for their service to the school.

## Message from the Governors

We would like to extend our thanks and gratitude to the outgoing PTA team for your hard work and amazing fundraising activities. The time you have given and the money raised has greatly benefited our children. Thank you!

## Champions League Signed Football

Ciara Daly, a parent who runs the Toddler Group is on the committee of Hanwell Bunnies. They are underfunded every year and so need to raise vital funds through fundraising. They are having a fundraiser on 6th Feb and have been given a donation of a champions league football signed by Chloe Kelly to auction off. See attached flyer at the back.



## Sweets for Treats

Parents are reminded that we do not allow any food items in birthday treat bags – no sweets, cakes etc.

## Parent Workshop

A Parents' Workshop will be held at the school on Thursday 5th February at 9am - Supporting children's emotional wellbeing and helping them to achieve their full potential. Please let Miss Sasenarine know if you will be attending.

**Live Simply tips:**



**Mrs Reddin's tip is to** make a shopping list for the supermarket and stick to it! This prevents us from being wasteful and overbuying things we don't need!

## From Hanwell Children's Centre

Please find attached Hanwell Children's Centre February 2026 timetable of activities and support available for families. We provide free services for families from pre-birth up to 5 years of age with their children. Our services include baby groups, infant feeding advice, children's play activities, infant massage, parenting advice, and family support. Our colleagues within the health service also provide midwifery clinics, child health clinics, and child development clinics within the Children's Centres. Please see below the link to Ealing Families Directory which details all Children's Centres within the borough and local offer. Information on this page can be translated to multiple languages. <https://www.ealingfamiliesdirectory.org.uk>

See the flyer at the back of the newsletter.



## St Joseph's Toddler Group

Please see the flyer at the back for the spring term dates.



## Cooking Club

Please see flyer at the back for Early Bird offer for next term.

## Flyers at the back

Please see the posters at the back of this newsletter. Some good signposting to events happening in our area:

Foodbank

BEST Club leaflet

St Joseph's Toddler Group

Cooking Club

Ealing Mental Health Support

Connect-ED

## 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	Nylah	For confidently talking about why Jesus is a good friend.
RB	Evie	For always showing respect to others.
RL	Juwel	For a fantastic understanding that Jesus loves everyone and how we can share our love.
1EB	Henryk	For explaining how people are called to tell others about God's love.
1AP	Salvador	For sharing the different ways that people share the Good News of God's love.
2AF	Clara	For her wonderful reading and thoughtful answers during our class Service of Reconciliation.
2SR	Oliwia	For her lovely illustrations on different Acts of Penance.
2AS	Caimin	For giving good examples of ways that we can show penance.
3DB	Antoni	For his very detailed 'Miracle News Report' on 'The Wedding at Cana'!
3GS	Ignacy	For writing great newspaper report, recounting the miracle at The Wedding in Cana. Well done!
3AR	Annabelle	For recognising how Jesus was revealed as the Son of God in Matthew's Gospel.
4JB	Lily	For her great understanding that Jesus performed miracles to signify he was the Messiah.
4AS	Leon	For showing wonderful independence and enthusiasm when creating a story map about Jesus and John.
4S	Antonio	For an excellent understanding of what Jesus performed miracles.
5AL	Chipo	For creating a mini book explaining what 'Poor in Spirit' actually means.
5MM	Jamie	For great engagement and fantastic understanding of what it means to be 'poor in spirit'.
5CR	Dafidi	For some great exploration of how the Holy Spirit helps shape a person's inner life.
6LI	Alicja	For a wonderfully thoughtful response, as Mary, to Jesus' first miracle in Cana.
6MS	Enzo	For writing an excellent letter showing his understanding of what the story of the Healing of the Officer's son shows us about Jesus.
6WL	Chloe	For an excellent letter from the officer at Capernaum in response to Jesus' second miracle.

## 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
Nursery	Alessia	For increased confidence in everyday situations
RB	Margaret	For her great progress in phonics. Keep it up!
RL	Victoria	For trying her best with her phonics and reading on her own. Well done!
1EB	Carys	For her excellent piece of non-fiction writing about penguins.
1AP	Kyra	For writing a wonderful non-fiction report on penguins.
2AF	All of 2AF	For all their hard work and fantastic class assembly.
2SR	Katie	For working hard to improve her spellings, keep it up!
2AS	Bentley	For showing fantastic understanding of spreadsheets in Computing.
3DB	James	For his amazing Kraken story.
3GS	Lucas	For thinking logically and persevering in order to answer a hard maths question. Well done!
3AR	Ava	For making a BIG improvement with her writing across all subjects.
4JB	Hubert	For his excellent participation in our Anglo-Saxon day!
4AS	Olivia	For impressive computing work as a sound technician, adding sound effects and music to her audiobook.
4S	All of 4S	For exceptional enthusiasm and engagement during Anglo-Saxon day! Well done!
5AL	Diliana	For presenting her investigation in Science so clearly with detailed observations.
5MM	D'Law	For great focus and effort in Maths.
5CR	Kayden	For some great gymnastic skills this week.
6LI	Isla	For super effort trying to use all the grammar taught/revised.
6MS	Melania	For writing a super diary entry from the point of view of Willie in Goodnight Mister Tom.
6WL	Malannie	For her hard work this week on telling the time.

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	Isabelle RB	For always being happy and helpful.
Middle	Hania 3DB	For always being such a kind and supportive friend.
Upper	Shane 5CR.	For taking time during a game to show compassion and empathy to another child when they were upset.

# Connect -Ed

Mental Health Services for Schools

## FAMILY SUPPORT WORKSHOP

In-person workshops designed to enhance family emotional wellbeing, specifically tailored for parents and caregivers.



## SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING

Connect-Ed delivers mental health support at St Joseph's RC Primary school.

This workshop will provide parents and carers with space to explore common challenges, learn new strategies and share with others.

**COME JOIN US ON THURSDAY 5<sup>TH</sup>  
FEBRUARY FROM 9AM TILL 10AM**

Connect-Ed

Mental Health Services for Schools

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# ★ ST JOSEPH'S TODDLER GROUP

## ★ SPRING TERM DATES ★

**13TH JANUARY**

**27TH JANUARY**

**10TH FEBRUARY**

**24TH FEBRUARY**

**10TH MARCH**

**24TH MARCH**

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

## Hanwell Children's Centre

"TOGETHER WE GROW, LEARN & DEVELOP"



HANWELL CHILDREN'S CENTRE  
25a Laurel Gardens  
Hanwell W7 3JG

Tel 020 8825 8200  
Email [hanwellchildrenscentre@ealing.gov.uk](mailto:hanwellchildrenscentre@ealing.gov.uk)  
[www.facebook.com/EalingChildrenCentres](http://www.facebook.com/EalingChildrenCentres)



Parents/Carers, we want to hear your thoughts!  
Join our Children's Centre Forum

Help us to improve our Children Centre service together!

- Meet the team.
- Share suggestions and feedback on all our centres.
- Contribute to the development of the service.

**When:** We hold a forum once every 6-8 weeks.

**Where:** Alternate meetings held face to face or online via Microsoft Teams

If you would like to join, please email:  
[childrenscentreservice@ealing.gov.uk](mailto:childrenscentreservice@ealing.gov.uk)

### How to find us

Hanwell Children's Centre is located on Laurel Gardens; however, there is pedestrian access from Uxbridge Road (opposite Grays Garage)

**By Bus:** 207, 83, 427, E8 & 607

**By Car:** The car park is for staff use only.

Controlled parking zones are in place in the surrounding roads. Parking restrictions apply during the hours of 9-10am, 3-4pm & 6-7pm. There are a few shared used bays where you can pay to park, but these are limited. Check signs before parking.



NHS  
Central London  
Community Healthcare  
NHS Trust

"TOGETHER WE GROW, LEARN & DEVELOP"

## HANWELL CHILDREN'S CENTRE TIMETABLE – FEBRUARY 2026

### Monday

**Perinatal Clinic**  
9.30am – 1.30pm  
(Referral Only)

**Bumps to Babies Group 1**  
10.00am – 10.45am

**Group 2**  
11.15am – 12noon

For expectant parents and babies 0 – 1 year or pre-confident walkers.  
(Booking Required)

To book call 020 8825 8200 or email: [hanwellchildrenscentre@ealing.gov.uk](mailto:hanwellchildrenscentre@ealing.gov.uk)

**\*Infant Massage (4 weeks)**  
1.30pm – 2.45pm  
26 Jan – 16 Feb  
0 - 7 months or pre-crawling.  
(Booking Required)

\*Please note we operate a waiting list for Infant Massage classes.

### Tuesday

**Perinatal Clinic**  
9.30am – 1.00pm  
(Referral Only)

**Stay and Play**  
10.00am – 11.30am  
2 – 5 years  
(Booking Required)

**Look, Listen & Play**  
Tuesday 10 February  
10.00am – 11.30am  
For children under 5 who are deaf.  
(Referral Only)

**Music & Movement At Hanwell Library**  
0 – 18 months  
2.00pm – 2.45pm  
(Booking Required)

**Infant Feeding Support**  
1.30pm – 2.30pm  
(Appointment Only)  
Call 020 8102 5888

**Child Health Clinic**  
0 – 5 years  
1.30pm – 3.00pm  
(Appointment Only)  
Call 020 8102 5888

### Wednesday

**1 & 2 Year Child Development Checks**  
9.00am – 1.30pm  
(Appointment Only)  
To book call 020 8102 5888

**Homestart Family Group**  
10.00am – 11.30am  
(Referral Only)

No session 18 February



### Thursday

**1 & 2 Year Child Development Checks**  
9.00am – 1.30pm  
(Appointment Only)  
To book call 020 8102 5888

**Queen Charlotte's Ante Natal Midwife Clinic**  
9.00am – 4.30pm  
(Appointment Only)

No session 18 February

**New baby & parent, and infant feeding information**



For infant feeding support call 020 8102 5888 or email [cicht.ealinginfantfeedingsupport@nhs.net](mailto:cicht.ealinginfantfeedingsupport@nhs.net)

### Friday

**Perinatal Clinic**  
9.30am – 4.00pm  
(Referral Only)

**6/8 Week Child Health Review /Transfer in Clinic**  
9.30am – 1.00pm  
(Appointment Only)

To book call 020 8102 5888

**Queen Charlotte's Ante Natal Midwife Clinic**  
9.00am – 4.30pm  
(Appointment Only)

No session 18 February

**Healthy Start Vitamins**

To find out more about Healthy Start Vitamins and to check eligibility visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Vitamins can be collected from Hanwell Children's Centre, Monday – Friday 9.30am – 3.30pm

Please call first to check availability.  
020 8825 8200

### Information

**Ealing Local Offer**  
Services available to children and young people aged 0-25, and families 'locally' who are living with Special Educational Needs and Disability (SEND).  
[www.ealinglocaloffer.org.uk](http://www.ealinglocaloffer.org.uk)

**Ealing Families Directory**



View Children's Centre timetables, local childcare, childcare funding information and more.

### Best Start in Life

Parent Hub – Advice from pregnancy to childcare to starting school.  
[www.beststartinlife.gov.uk](http://www.beststartinlife.gov.uk)

Hanwell Children's Centre

Tel: 020 8825 8200 Email: [hanwellchildrenscentre@ealing.gov.uk](mailto:hanwellchildrenscentre@ealing.gov.uk) Website: [www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

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## OUR ACTIVITIES



### Early Start Infant Feeding Support

Provided by an Early Start volunteer at the Child Health Clinic. To book an appointment call 020 8102 5888 or email [clict.ealing@infantfeedingsupport@nhs.net](mailto:clict.ealing@infantfeedingsupport@nhs.net)

### Infant Feeding Support

Call us on 020 8825 8200 to find out about other feeding support available.

### Queen Charlotte's Hospital

Ante Natal Clinic  
For appointments/maternity helpline call 020 3312 6135

### Childcare funding

Check if you are eligible for any help towards the cost of your childcare. There are funding schemes available for families whose income is from work or receipt of benefits.

[www.beststartinlife.gov.uk/eligibility-checker](http://www.beststartinlife.gov.uk/eligibility-checker)

[www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

**30 hours childcare** is available for eligible working families for children aged 9 months – 4 years.

You must apply for a code by the end of the month before a new term starts and reconfirm your eligibility every 3 months.

**15 hours childcare** for 2-year-olds is available if you are in receipt of eligible benefits, or if your 2-year-old are looked after by a local authority, have an education, health and care plan, get Disability Living Allowance, have left care under and adoption order, special guardianship order, or a child arrangements order.

### Early Start/Health (By appointment only)

To book or change an appointment at an Early Start clinic please call 020 8102 5888 or email [CLCH\\_ealingadminhub@nhs.net](mailto:CLCH_ealingadminhub@nhs.net)

### Child Health Clinic

0-5 year olds

### 1 & 2-Year-Old Child Development Checks

If your child is 8-12 months or 23-30 months, it is time to book their development check.

### Speech & Language Therapy Advice

If you have any questions or concerns about your child's speech, language, or communication needs email:

Email: [wlm-tr.ealing.sltadvice@nhs.net](mailto:wlm-tr.ealing.sltadvice@nhs.net)

[www.facebook.com/SLTEaling](http://www.facebook.com/SLTEaling)

Ealing Children's Services - YouTube

### Healthy Start Vitamins

If you are pregnant or have a child under four, you could get a Healthy Start Card for vitamins, milk, fruit, and vegetables.

Once you receive your card, vitamins can be collected from

Hanwell Children's Centre, Monday – Friday 9.30am – 3.30pm

For more information and to arrange collection of vitamins, please call 020 8825 8200.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### Bumps to Babies

For expectant parents and babies 0 - 1 year. For parents to meet each other in a relaxed and supportive play environment. We can offer support and advice with any questions or concerns about your baby.

### Music and Movement

For parents and children 0 – 18 months to enjoy music, singing, story time and movement together.

### Stay & Play

For parents and children 2 – 5 years. Enjoy a selection of toys and activities including messy play, story time and singing.

### Infant Massage

Babies 0 - 7 months (or pre-crawling).

Designed to enhance bonding with your baby. Learn new strokes each week for a full body massage, including a routine to ease colic.

### Useful Websites

For information on childcare, activities, and family support.

[www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

Information and advice on benefits, money, energy costs, warm spaces and more.

[www.ealing.gov.uk/costofliving/support](http://www.ealing.gov.uk/costofliving/support)

Parent Hub – Advice from pregnancy to childcare to starting school.

[www.beststartinlife.gov.uk](http://www.beststartinlife.gov.uk)



### Hungry Caterpillar Nursery

Monday - Friday  
Babies 3 months to 5 years

7.30am - 6.00pm

Offering funded places and full day care for babies through to pre-schoolers

Tel: 0203 727 5502

### Hanwell Children's Centre

Tel: 020 8825 8200 Email: [Hanwellchildrenscentre@ealing.gov.uk](mailto:Hanwellchildrenscentre@ealing.gov.uk) Website: [www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)



## Introducing Our BEST Club Spring 2026

Learning to Find and Channel our  
Resilience  
to Strengthen our Independence in Every-  
Day Life.



**Tuesday 13th January – Tuesday 17th March**  
**7.45am – 8.45am**

This term we will be exploring mental resources for resilient well-being to overcome every-day situations. We discuss useful ideas about the brain, challenges, games, art and strategies for building strengths to create resilience.

**Through Games, Art & Drama**

To book a place please visit <https://best4learning.co.uk/stjosephsy1-y6/>

For more information please email [best4learningvicky@gmail.com](mailto:best4learningvicky@gmail.com)  
or call 07718 588454



### Developing Life Skills:

- Nutrition       Literacy
- Creativity       Numeracy
- Independence       Confidence
- Teamwork       Problem Solving



Klarna



SCAN ME

Our website

[www.mylittlechefathome.co.uk](http://www.mylittlechefathome.co.uk)

# COOKING CLUB

Spring Term 2026  
9th Jan - 24th Mar

Tuesdays & Fridays  
3:20 – 4:20pm

Culinary Creativity in just one hour!

- Exploring food in a fun & safe way
- Sweet and savoury dishes
- A recipe for fun and skill-building

## EALING PARENTING SERVICE

### FREE PARENTING WORKSHOPS SPRING TERM 2026

Tues 13<sup>th</sup>  
**JAN**

**Building Healthier Relationships - Part 1**  
*Delivered by Chris Kolade - Ealing Parenting Service  
via MS Teams 10am-12pm*

Tues 20<sup>th</sup>  
**JAN**

**Work / Time Balance:  
Fatherhood in a Demanding World**  
*Delivered by Derek Willis - Ealing Parenting Service  
via MS Teams 10am-12pm \*men only session*

Tues 27<sup>th</sup>  
**JAN**

**Building Healthier Relationships - Part 2**  
*Delivered by Chris Kolade - Ealing Parenting Service  
via MS Teams 10am-12pm*

Tues 10th  
**FEB**

**Domestic Abuse, Parenting & You**  
*Delivered by Patricia Chapman - SAFE West  
via MS Teams 10am-12pm*

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info



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## EALING PARENTING SERVICE

# FREE PARENTING WORKSHOPS

## SPRING TERM 2026

Tues 24<sup>th</sup>  
**FEB**

**Intergenerational Healing:  
Parenting Differently, Breaking Cycles & Taboos**  
Delivered by Derek Willis - Ealing Parenting Service  
via MS Teams 10am-12pm \*men only session

Tues 3rd  
**MAR**

**An Introduction to Internet Safety**  
Delivered by Hayley Jones - SAFE Team  
via MS Teams 10am-12pm  
\*for parents/carers of under 13s

Tues 24<sup>th</sup>  
**MAR**

**Addressing the Challenges:  
Fathers in Caring Roles for Children with SEN**  
Delivered by Derek Willis - Ealing Parenting Service  
via MS Teams 10am-12pm \*men only session

Tues 21st  
**APR**

**Different Strokes:  
Navigating Fatherhood Across Cultures**  
Delivered by Derek Willis - Ealing Parenting Service  
via MS Teams 10am-12pm \*men only session

Tues 28th  
**APR**

**Understanding Your Teenager**  
Delivered by Sabrina Meakins - SAFE Counselling  
via MS Teams 10:30am-12:30pm  
\*for parents/carers of over 11s

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info



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## Getting Online: Cost of Living & Budgeting Workshops

Need help applying for council services and benefits online?  
Join our free workshop designed to guide you through the process step by step, help you understand benefit entitlements, and get signposted to useful services.

All are welcome! This session is especially supportive for the Deaf community, with a BSL interpreter available throughout.

### Workshop Date

**Date:** Monday 2nd Feb 2026

**Time:** 12.30pm - 2.30pm

**Location:** Dominion Centre, Southall, UB2 4BQ

Scan the QR code below to sign up for this event!

### What to bring

- **Proof of identity:** Provide a valid British passport or national identity document.



For more information, please contact  
[LearnEaling@ealing.gov.uk](mailto:LearnEaling@ealing.gov.uk) or call us on **020 8825 5577**.  
We are looking forward to helping you learn!



Promoting hope & wellbeing together



## 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!

## Children's Mental Health Week

The theme of Mental health awareness week this year is: '**this is my place**' which is all about belonging and feeling supported.

Create a fun "Belonging Passport" with your child using folded paper or a small notebook. Add pages like:

- My Safe Place
- People Who Help Me
- What I'm Good At

Let your child decorate with colour, stickers or photos. Talk together as you fill it in and celebrate each answer. This simple activity builds confidence, helps children share feelings, and strengthens their sense of belonging at home and at school.

## Upcoming Workshops

- Why Is My Child So Anxious & How Can I Support Them? **Thursday 22<sup>nd</sup> January 12:30 - 13:30**
- What Is My Child's Behaviour Really Telling Me? **Tuesday 27<sup>th</sup> January 12:00 - 13:00**
- How Can I Support My Child With OCD? **February 5<sup>th</sup> 10:00 - 11:30**
- How Can I Help My Child Cope With Exam Stress? **February 13<sup>th</sup> 12:00 - 13:00**
- Is My Child Low in mood or Depressed & What Can I Do to Help? **Wednesday 4<sup>th</sup> March 12:00 - 13:00**
- How Can I Help My Anxious Child Make Friends? **Monday 16<sup>th</sup> March 12:00 - 13:00**
- How Do I Look After Myself While Parenting? **Wednesday 22<sup>nd</sup> April 12:00 - 13:30**

### Specialist Workshops

- Introduction to Autism (primary school age) **Friday 30<sup>th</sup> January 12:30 - 13:30**
- Understanding Behaviour in SEN(D) **Monday 13<sup>th</sup> April 12:00 - 13:00**
- Autism and Adolescents **Thursday 30<sup>th</sup> April 12:00 - 13:00**

If you would like to sign up to one of our workshops, please do so using the link below or scan the QR code.



[MHST Workshop Sign up](#)



Your paragraph text

Promoting hope & wellbeing together



**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.



## 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!

## Children's Mental Health Week

The theme of Mental health awareness week this year is: '**this is my place**' which is all about belonging and feeling supported.

Create a fun 'Belonging Passport' with your child using folded paper or a small notebook. Add pages like:

- My Safe Place
- People Who Help Me
- What I'm Good At

Let your child decorate with colour, stickers or photos. Talk together as you fill it in and celebrate each answer. This simple activity builds confidence, helps children share feelings, and strengthens their sense of belonging at home and at school.

## Upcoming Workshops

- Why Is My Child So Anxious & How Can I Support Them? **Thursday 22<sup>nd</sup> January 12:30 - 13:30**
- What Is My Child's Behaviour Really Telling Me? **Tuesday 27<sup>th</sup> January 12:00 - 13:00**
- How Can I Support My Child With OCD? **February 5<sup>th</sup> 10:00 - 11:30**
- How Can I Help My Child Cope With Exam Stress? **February 13<sup>th</sup> 12:00 - 13:00**
- Is My Child Low in mood or Depressed & What Can I Do to Help? **Wednesday 4<sup>th</sup> March 12:00 - 13:00**
- How Can I Help My Anxious Child Make Friends? **Monday 16<sup>th</sup> March 12:00 - 13:00**
- How Do I Look After Myself While Parenting? **Wednesday 22<sup>nd</sup> April 12:00 - 13:30**

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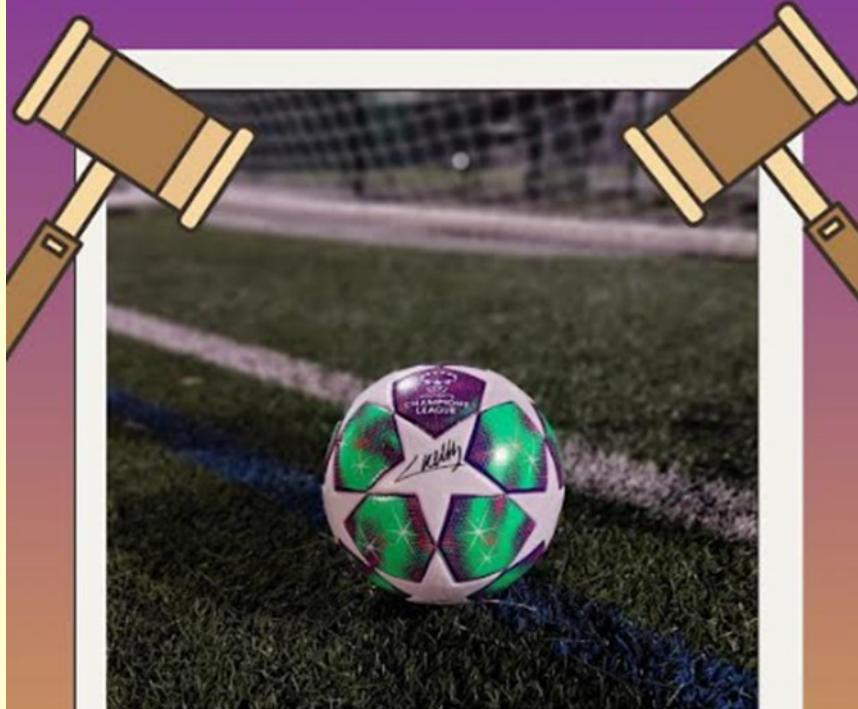
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# Silent Auction Time



BIDDING CLOSES  
@9PM FRI 6TH FEB

An Official Champions  
League football signed  
by Hanwell's very own  
Chloe Kelly!



Please email your bid to:  
[committee@hanwellbunnies.com](mailto:committee@hanwellbunnies.com)

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