



# St Joseph's Catholic Primary School

## Weekly Newsletter

### 31st January 2025



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#### Coffee Morning

On Monday morning (8.45am), we will be holding a coffee morning on advice on children's mental health. If your child seems particularly anxious, or they have been sad for a while or if you are beginning to find their behaviour challenging then this could be the opportunity for you to get some support in a supportive environment. Thank you to Miss Sasenarine for organising the event. There is a flyer at the back with more details.



#### Sunday 2nd February 2025

Gospel: Luke 2:22-40



*The child Jesus is recognised and welcomed by Simeon and Anna*

Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law Simeon took him in his arms and praised God, saying, "Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel." And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, "This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed — and a sword will pierce your own soul too."

#### Dangerous Toys

This past week, we have had two instances of children bringing in wrist watches and compasses with hidden, small blades in them. These are not to be brought into school and I would caution against buying them in the first place as the tiny blades can also be a choking hazard for younger children.



## Jubilee Prayer for Schools

God, our loving Father,  
In this Jubilee year,  
you remind us of our call to love creation.  
Help us to work together  
to replant, repair, and renew.

### Guide us on our journey as Pilgrims of Hope.

Jesus, our light,  
In this Jubilee year,  
you remind us of our call to love our neighbours  
and to set free those who suffer.  
Help us to treat everyone with dignity;  
to be fair, forgiving and kind.

### Guide us on our journey as Pilgrims of Hope.

Holy Spirit, our inspiration,  
In this Jubilee year, you remind us of our call to grow in faith and love.  
Help us to hear you in scripture, to see Jesus in others,  
and to be united as God's global family.

### Guide us on our journey as Pilgrims of Hope.

Amen.



## Knights of St. Columba

Congratulations to all the children who took part in the Knights of St. Columba Easter scene. Lots of wonderful variety in the styles. Some won certificates as runners up and others won a prize as a winner in their age group. Well done to all! We now await the outcomes of the Nativity scene competition. Good luck!



## Airport Bowl

I have been given 8 complimentary game vouchers for Airport Bowl. They are valid for anyone at any time (excluding Bank holidays) between 1<sup>st</sup> February and 31<sup>st</sup> May 2025. They are available from the office, maximum of 1 voucher per request.

**Love Learn Believe**

### **Speech and Language Therapy Workshops for Parents - Spring term 2025**

These workshops can be accessed by any parents – their child does not need to be known to speech and language therapy. This term we have online workshops via Zoom on the following:

- The Pronunciation of Speech Sounds: Monday 10 February 1-2pm
- Supporting your Child with Friendships Tuesday 25 February 12-1pm
- Supporting children who are speaking at home but not at school: Thursday 6 March 10.30-11.30am
- An Introduction to Social Stories Thursday 13 March, 10.30am-12pm
- Secondary School: Supporting Friendships and School Learning Monday 17 March 12-1pm.

Parents can book a place by emailing [wlm-tr.sltuniversalservice@nhs.net](mailto:wlm-tr.sltuniversalservice@nhs.net) (link sends e-mail) with your name, the workshop title and the name of your child's school.

### **Ealing Speech and Language Therapy Parent/Carer Workshops 2025**

We have been sent through several flyers but there are too many to attach to the newsletter. I will email them to you, look out for them.

### **Local SEND Walk**

Please see the flyer at the back for a local SEND walk in Bunny Park/Brent Valley. A chance for parents to meet up and share tips and ideas. Register by using the bar code.

### **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 4<sup>th</sup> March (4.30pm – 7pm) and Thursday 13<sup>th</sup> 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.

### **Free Online Workshops or help**

Please look at the back of the newsletter for workshops and help on all manner of topics including:

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	Martin	For re-telling the story of Jesus welcoming the children.
RB	Zachary	For fantastic understanding of the story of 'Jesus Feeds the 5000'. Well done!
RL	Eluzai	For being a wonderful role model to his peers.
1AP	Tello	For his excellent writing when retelling the story of 'Jesus Lost in the Temple'.
1EB	Weronika	For her work when we were learning about the Presentation of Jesus.
1SR	Yonathan	For beautiful singing in Hymn Practice.
2CF	Nela	For her wonderful retelling of Jesus' baptism.
2AF	William	For his brilliant re-enactment of what happens during a Gospel reading.
2JB	Asena	For supporting children with their task.
3AR	Daisy	For her contributions in our lessons on why we honour Mary throughout the year.
3DB	Oliver	For his detailed research into Lent.
3SM	Sebastian	For sharing a great understanding of the seasons of the Church and how they are celebrated.
4AS	Lilly	For completing a fantastic piece of work about the logo for the Jubilee Year of Hope.
4GS	Sandor	For sharing his experience of being an altar server and how he serves his Parish community. Thank you!
4S	Mary	For a good understanding of the importance of how different roles serve our Parish community.
5AL	Gega	For understanding the symbolism of Cardinal Vincent Nichols' Coat of Arms.
5AS	Joshua	For writing a wonderful letter to the Diocese about ways we can unite.
5CR	Olivia	For including brilliant ideas in her own Coat of Arms!
6LI	Alan	For writing some super advice to Year 2 in a "St Paul" style letter.
6MS	Nikodem	For writing an excellent letter to Year 2 in the style of St. Paul, advising them how to behave as they grow up in the school community.
6WL	Maria	For using the Bible effectively to find relevant scripture quotes for her letter.

## 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	Achim	For his enthusiastic approach to learning.
RB	Iga	For her great improvement in her reading. Keep it up!
RL	Morgan	For super efforts and progress with his writing.
1AP	Sara	For trying her best to use her phonics in writing.
1EB	Jennifer	For great improvement in her writing.
1SR	Teddy	For working and contributing brilliantly when making a castle in History.
2CF	Antoni	For going above and beyond by researching the Titanic for History.
2AF	Omojade	For always being kind and a great role model to her peers.
2JB	Daniel	For trying his best during History lessons.
3AR	Aleksandra	For her continued improvement with her handwriting and presentation of her work.
3DB	Mikaela	For writing a great opening for her adventure story.
3SM	Elly	For using excellent description, including similes to create an engaging beginning to her adventure story.
4AS	Asher	For his continuous hard work and commitment to learning in all subjects.
4GS	Kayden	For being a sensitive, thoughtful pupil who follows all the class rules. Well done!
4S	David	For writing a fantastic poem using similes about a dragon!
5AL	Xuanshi	For creating an informative time traveller's guide to a Mayan city.
5AS	Oliwia	For writing excellent advice in your informal email.
5CR	Noar	For using informal language successfully in his email.
6LI	Louis	For a fantastic diary entry, in character as William, on the day war was declared.
6MS	Manna	For writing an excellent diary entry from the point of view of Willie in Goodnight Mister Tom.
6WL	Michael	For super planning, drafting and editing of his diary entry.

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	Sophia Nur.	For showing empathy towards others.
Middle	Max 2CF	For always displaying school values and for helping others to display those values.
Upper	Zara 6LI	For always being ready to help and make a positive contribution.



# Coffee Morning

for parents of St. Joesph'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. Joesph's Primary are hosting an art themed coffee morning for parents and carers.

### When?

The coffee morning will take place on **Monday, 3rd February** at **8:45-9:45am** at **St. Joesph'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!



### 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!

### 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

# WORKSHOPS FOR PARENT/CARERS

SPRING TERM 2024

West London  
NHS Trust



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](mailto: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 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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## 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 6<sup>th</sup> February, 7-9pm

**Session 2:** Thursday 13<sup>th</sup> February, 7-9pm

**Session 3:** Thursday 20<sup>th</sup> February, 7-9pm

**Session 4:** Thursday 27<sup>th</sup> 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](mailto:earlystartparenting@ealing.gov.uk)**

January 2025

# Ealing Mental Health Support Team

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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## 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 kind'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.**

## 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.



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](http://ealingtrailfinders.org.uk/camps)  
e: [community@etprm.com](mailto:community@etprm.com)**

**Sessions led by Trailfinders  
Womens Pro Players**

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# DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS OR SEND?

**Join us for a gentle walk around beautiful Brent River / Bunny  
Park with other parents and carers!**

A chance to catch up with other parents as well as Contact team members to  
share joy or frustrations and maybe even get a few tips

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**Meet other parents | Enjoy gentle exercise  
Get support | Share tips and ideas**

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**Wednesday 19 March at 10.30 am**

Meet at the Church Road entrance to the park next to St Mary's Church

To join us please **register your interest**

**contact** *For families  
with disabled children*

