



Newsletter

08 February 2019

Catholic Life of the School

In the Gospel reading on Sunday, we will hear the familiar story of how Simon Peter was called by Jesus to follow him in ministry.

Jesus also calls us to follow him in the way that we live our lives and how we treat each other.

It is only by following Jesus and obeying God's commands that we will be able to live full lives that bring satisfaction.

In following Jesus' example, we will find peace in our lives and be an example ourselves to others around us.

In your family prayer time this week, you may wish to reflect on how you can be a good example to others.

Praying for others is one good way to follow Jesus as he always prays for us.

Jesus taught us how to pray with the Lord's Prayer:

Our Father who art in Heaven, Hallowed be thy name, Thy kingdom come, Thy will be done, On earth as it is in heaven. Give us this day our daily bread, And forgive us our trespasses As we forgive those who trespass against us, And lead us not into temptation, But deliver us from evil.

St Valentine's Day

On 14 February we celebrate St Valentine's Day.

While little is known about the saint, we do associate this day with symbols and gifts of love.



Celebrations

We are always very happy to share news about the children's achievements outside of school.

Please email details and photos to:

info@stjo.brent.sch.uk

Safeguarding

If you have any concerns for the safety and well-being of any child, please make an appointment to see Mrs Studd who is our Designated Safeguarding Lead.

In an emergency, please call the police without delay. To contact Brent Social Services, please call 020 8937 4300.

We can also help parents through Brent's Early Help Assessment process. If you are having difficulties with housing, finances or health, please speak with Mrs Studd who can signpost you to appropriate support and services.

[Click here](#) for information from the NSPCC on **Positive Parenting**

[Click here](#) for Brent **Citizens Advice**

Useful Contacts:

NSPCC: 0808 800 5000

Brent Social Services:
020 8937 4300

Community Dates

10 Feb Vasant Panchami (Hindu)

11 Feb Our Lady of Lourdes

14 Feb St Valentine's Day

St Joseph's Roman Catholic

Primary School

020 8965 5651

admin@stjo.brent.sch.uk

www.stjosephsrc.co.uk

Physical Education

Physical Education is a very important part of our curriculum at St Joseph's.

Physical Education (PE) is fundamental to every child's development and wellbeing.

Mr Tier is our specialist PE Teacher. He works with children from Early Years to Year 6 to ensure each child has the opportunity to play and learn a variety of sports and disciplines.



In addition to the lessons from the PE Teacher and Class Teachers, our school maintains strong links with outside sports organisations.

In the last year, our children have been taught by professional coaches from the Football Association, Pineapple Dance Studios, Middlesex Cricket, Irish Dance Academy and Full Court Connections.



St Joseph's prides itself on high quality extra-curricular sporting activities. There are after school sports clubs running from Tuesday to Friday throughout the year. These are delivered by Mr Tier or by a professional coach.

We also have school teams in a variety of sports, ranging from athletics, tennis, cricket, football, netball and basketball.

The boys' football team take part in competitions, leagues and friendly fixtures. Currently they are in 3rd place in the Brent Football League. The school football team is managed by Mr Tier and coached by Mr Studd who is a Professional Academy Football Coach.

New Nursery

The children have settled into their new Nursery building and are really excited about it! There are so many learning activities for the children to enjoy.

The reading area is really popular with all the children. They can select their favourite book and immerse themselves by dressing as the characters or by using props to re-enact the stories.

The children are also enjoying areas where they can create and build using a number of materials.



Attendance

The classes with the best attendance last week were:

Class 1N, Class 3W and Class 4H

If your child is not going to be in school please call the office on 020 8965 5651 or email the school at: admin@stjo.brent.sch.uk before 9.00am on every day of absence.

In addition to making a telephone call by 9.00am on every day of absence, this must be followed up in writing. Parents may complete a **Reason For Absence** form (available from school office or school website) or you may write a letter / email to confirm the reason for the absence.

When you know in advance that your child will be absent, please inform the school in advance and provide appropriate documentation such as the medical appointment letter.

Please remember that all school policies are in place for a reason with the main purpose being to ensure the safety, well-being and secure development of your child.

If we have any concerns about a child's absence, we may carry out a home visit. We may also contact Brent Education Welfare and Social Services.

Please remember term time leave for family holiday and celebrations are not permitted in line with our Attendance Policy. Unauthorised absences are referred to Brent Education Welfare who have the authority to issue Education Penalty Notices of £120 per child, per parent. This reduces by 50% if paid within 21 days.

Safer Internet

This year, Safer Internet Day took place on Tuesday 5 February. This was organised to help increase awareness about the safest ways in which to engage with and enjoy all types of online activity.

At St Joseph's, we frequently communicate with our children and parents about online safety to help reduce the risk of children accessing inappropriate websites or becoming engaged in unsuitable communications online.

The school computers and digital equipment have been protected to prevent children and any other persons on site from accessing any inappropriate materials.

Therefore, we encourage parents to ensure that their own home equipment has the same protections. Please also check regularly what your child is doing online.

Our website contains a number of links to resources for parents.

Please [click here](#) for direct access to the information.

Parent Communication

Parents are reminded that it is very helpful for school to be kept informed of any factors that may impact on your child's learning or well-being.

This is to ensure that we are all doing everything we can to support your child and family.

Please make an appointment to see our Education Support Manager, Mrs Studd, to discuss any matters that school should be aware of so we can make informed decisions together.

School Uniform

Please ensure that children wear full school uniform at all times.

In this colder weather, please ensure that your child comes to school every day with their school coat, school hat, school scarf and gloves.

All items should be clearly labelled.

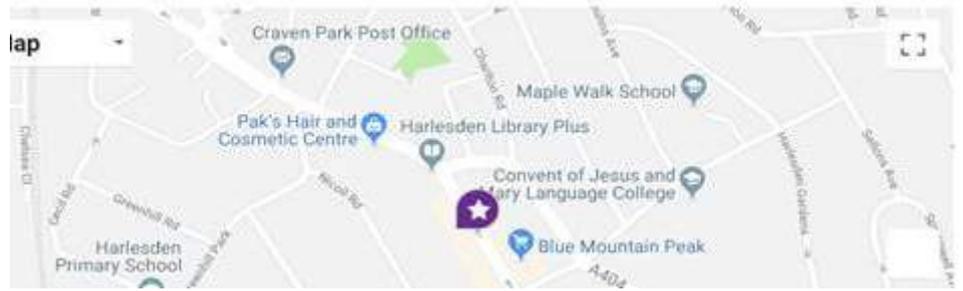
Harlesden Library Celebrations

The library in Harlesden will be 125 years old on Thursday 14 February, that is Valentines Day!

Harlesden Library are having a day of celebration and would like as many members of the community to join them and have some fun with their activities on the day:

- 10.30am Under 5s Story and Rhyme Time*
- 11.00am Coffee Morning to reminisce and chat about Harlesden Library*
- 2.45pm Cake Cutting Ceremony with the Mayor of Brent*
- 3.30pm - 5.00pm 'Love your Library' Craft for Children*

All activities are free for library members who have borrowed a book on the day of the event.



Sacramental People - Year C

Linking School, Parish and Home



Religious Education

Key Idea:

Having learned something of the nature of God we now ask where God is - and find out that God is with us in our world, hidden or not! Being sacramental means that we can know God in our everyday lives - the highs and lows, the joys and fears. There is nowhere that God is not! In this resource we look for God in the world and come to understand that knowing God in our everyday helps us to see how the Sacraments celebrate and express this. In this resource our need for healing, physical and social, in the Sacraments of Healing, is studied.

Attitudes and Spiritual Dispositions

Spiritual Outcomes: It is hoped that pupils will develop:

- | | |
|--|---|
| <ul style="list-style-type: none"> a. An appreciation of God's presence in the world b. A respect for relationships which bring God's presence to us | <ul style="list-style-type: none"> c. An attitude of openness to the Sacraments: words, actions and symbols d. A willingness to seek God in their own lives e. A recognition of the need for healing in the world. |
|--|---|

Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much greater if you and the school are engaged in talking about the same ideas and beliefs.

- Healing is for the both body, mind and soul. It settles our fears, it takes away the sadness or our wrong-doing and it clear the way of obstacles which bind us. The best way to teach your children about healing is to be open and generous in your healing: your gift of it and your reception of it from those who love you.

An idea for prayer at home



Prayer Activity

Loving God, At every moment of our lives you are present to us, God, in gentle compassion, in strengthening guidance and in and loving forgiveness. Help us to recognize you around us, especially in our actions and words so that our being in the world helps heal it of fear and hurt and doubt. We ask this through Jesus who taught us to love. Amen.

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM



@BELIEVEPHQ



ROLE MODEL
Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



TALKING
Support your child to talk about their problems and how they are feeling



SLEEP
Support your child to build positive sleep habits. Develop a good sleep environment with your child



WELLBEING
Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety

PLAY

Promote play and creativity among your child. Allow them to explore



SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

RELATIONSHIPS

Support your child to build positive relationships with friends and family



RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



Parents' Mental Health and Emotional Wellbeing



It's OK for parents to say when they don't feel great and want to talk about things.

That's why Brent Council and Brent Clinical Commissioning Group have organised an event for parents to find out more about better emotional wellbeing and to recognise mental health issues which they or their children may experience.

The evening will feature talks by parents, discussion and offer information about emotional wellbeing and mental health.

The evening is for parents or carers in Brent but other family members over 18 are also welcome.

Book your place at this free event.

Grand Hall, First Floor
Brent Civic Centre
Engineers Way
Wembley HA9 0FJ

Tuesday 12 February
6.30pm for a 7pm start



Brent
Clinical Commissioning Group



020 8937 1068

Strategypartnerships@brent.gov.uk
Visit eventbrite.co.uk

