



Newsletter

15 February 2019

Catholic Life of the School

The Gospel reading on Sunday is one with which we will all be familiar as it tells of Jesus' Sermon on the Mount.

In part of this significant event, Jesus gives blessings that we commonly refer to as Beatitudes.

Jesus says:

Blessed are you who are poor, for yours is the kingdom of God.

Blessed are you who are hungry now, for you will be filled.

Blessed are you who weep now, for you will laugh.

The Beatitudes remind us that however bad things may seem, we can always trust in God and in his promises of eternal love and blessings.

Trusting anyone, even God, is not always easy but

we know that trusting in God brings genuine security and hope.

God calls us to speak with Him when we are unsure or worried about something. In your family prayer time this week, you may wish to share your worries, seeking God's comfort and guidance.

Trust the past to God's mercy, the present to God's love and the future to God's care.

St Augustine of Hippo

Put your trust in God! The Beatitudes are Jesus' way of life.

Pope Francis

We wish all our families a very happy and safe half term break next week.

Children return to school on Monday 25 February.

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

15 Feb Int'l Childhood Cancer Day

17 Feb Triodion (Orthodox)

20 Feb World Day of Social Justice

St Joseph's Roman Catholic

Primary School

020 8965 5651

admin@stjo.brent.sch.uk

www.stjosephsrc.co.uk

Personal Safety

Parents are reminded to frequently speak with their children about personal safety.

Many of our older children travel to and from school without their parents. This is a very normal part of preparing children for independent travel.

However, there can be issues that may present danger so please prepare your children for such situations.

Please [click here](#) to view a booklet prepared by the NSPCC to support parents with these conversations.

Library Events

During the half term break, a number of local libraries are holding special events for children and families.

For further information please [click here](#).

Some of the highlights include puppetry, 3D frames, International Mother Language Day activities, and story-telling.

All events are free but children will have to be library members and borrow 2 books to join in with these activities.

The Family Learning activities will need to be reserved in advance.

Ace Clothing Sale

The school uniform providers, Ace Clothing, will be in school on Wednesday 13 March from 3.00pm.

Ace will be selling St Joseph's uniform with a 10% discount on this day.

Payments must be made immediately by cash or card.

We do hope parents will take advantage of this opportunity to purchase new items for next year at a discounted price!



Sea Cadets

This week, the Year 5 and Year 6 children had a wonderful assembly with some representatives from the Sea Cadets.

We learned about their great work in creating adventures for children including raft building, rowing, sailing, code breaking, cooking, survival skills, abseiling, rock climbing and first aid.

There are many projects across the country with a local unit at Welsh Harp.

Please contact Jo Murray, the London Area Development Worker at email address: jmurray@ms-sc.org and visit their website www.sea-cadets.org/units for further information.



Attendance

The classes with the best attendance last week were:

Class 3C and Class 3W

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.

Brent Parent Carer Forum

Working together for change

You are invited to join us at our next forum meeting



On:

Thursday 28th February

At:

10.00am to 12.00pm

Venue:

CVS Brent Training/Meeting room

7 Rutherford Way
Wembley
LONDON
HA9 0BP



The Local Authority wants to find out what works well and where improvements could be made within the Brent Special Educational Needs Inclusion services.

We will be looking at the Suffolk County Council Transition Guide for parents and carers of young people with special educational needs. Come along whatever the age of your child to gain an insight on the changes planned to improve yours and your child's journey within SEND services.

Join us and meet with other parents or carers in the same position to:

- opportunities to socialise
- share experiences
- information and advice
- emotional support
- Provide you with updates

A key role of Brent Parent Carer Forum (BPCF) is to work in partnership with commissioners and service providers to represent the views of parents and carers in order to influence services and get the best provision for children and young people aged 0-25 with SEND in Brent. Brent Parent Carer Forum are keen to know if things are getting better, what is working and where the gaps are. This will enable us to continue to understand the needs of families living in Brent and their experiences of using services. **Your involvement, views and voice are important!**

Contact us: e-mail: bpcfoffice@gmail.com

Office Tel: 07852101492 <http://brentpcf.org>

Like us on our Facebook!

<https://www.brent.gov.uk/localoffer>



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



COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging



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



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, bidden 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:

- a. An appreciation of God's presence in the world
- b. A respect for relationships which bring God's presence to us
- 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.