



# Newsletter

22 March 2019

## Catholic Life of the School

On Tuesday, the school celebrated the feast of St Joseph, with children from Year 3 to Year 6 enjoying Mass at Our Lady of Willesden.

We remembered Joseph's very important role as a foster father to Jesus and a husband to Mary. We also reflected on Joseph's trust and obedience in doing what God asked of him.

At Mass on Sunday we will hear a story from Luke's Gospel that explains how we are all called to change so we enrich the world around us.

One of the images we have of Jesus is as a gardener; He is patient, nurturing, and wants us to make changes so we can draw closer to Him, mature and bear fruit.

During Lent, many of us have made a commitment

to change something to help us grow in our faith.

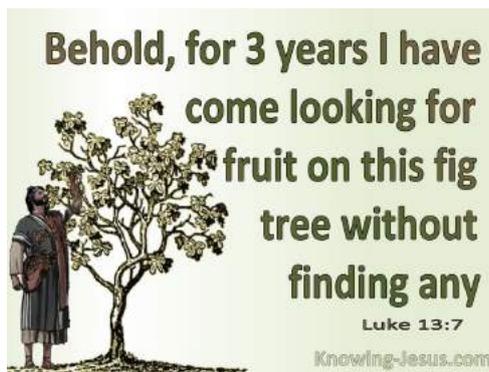
It is never too late to make changes so you may want to think about something you can start to change now.

**To live is to change, and to be perfect is to have changed often.**

Blessed John Henry Cardinal Newman

**Our friendship with God changes our life - filling us with passion, with joy.**

Pope Francis



## 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](mailto: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

- 22 Mar World Water Day
- 24 Mar World TB Day
- 25 Mar Annunciation to the Theotokos (Orthodox)

St Joseph's Roman Catholic

Primary School

020 8965 5651

[admin@stjo.brent.sch.uk](mailto:admin@stjo.brent.sch.uk)

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

### *Science Week*

*From 3 to 5 April, we will have a particular focus on Science at St Joseph's.*

*EYFS and KS1 pupils will be learning about fossils and dinosaurs; they will also enjoy a special surprise on Friday 5 April!*

*KS2 pupils will enjoy 'Forensic Science' workshops, looking for clues as part of an investigation into how we can use and protect evidence to solve problems.*

*For further information, please see the letter sent home this week.*

### *Lenten Boxes*

*We do hope that our families have been giving generously to the Cath Child Lenten Appeal. There are just 2 weeks remaining to raise funds for this charity and support their significant work with children and families.*

*Please return the Lenten Boxes on Friday 5 April.*

### *National Autism Week*

*It is World Autism Week from 1 April to 7 April 2019.*

*If you would like to be involved in raising funds for this organisation or would like to help raise awareness, you may find some helpful ideas by [clicking here](#).*

*The National Autistic Society website also has a resource section for parents and families who require support or further information.*



**National  
Autistic  
Society**

### *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.*



*Please remember that children should not be left unsupervised at the school gates before 8.30am. The school cannot take responsibility for your children before they enter the premises.*

*Please also be mindful that the roads around the school are very quiet before 8.30am so children should not be arriving before this time and left without adult supervision.*

## **Attendance**

The classes with the best attendance during week beginning 11 March were:

**Class 2H, Class 4H and Class 6M**

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](mailto: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.

## **Parental 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.

# Shine Your Light

How can you use your talents to make someone's day brighter?



**My Talents**

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1 Ash Wednesday	2	3	4	First Sunday of Lent	5
6	7 Today I will learn about Abdi and pray for his family	8	9	10	Second Sunday of Lent
11	12	13 Today I will learn about Joseph and pray for his family	14	15	16
Third Sunday of Lent	17	18	19 Today I will learn about Lily and pray for her family	20	21



22	Fourth Sunday of Lent (Laetare)	23	24	25 Today I will learn about Zara and pray for her family	26
27	28	Fifth Sunday of Lent	29	30	31 Today I will learn about Annie and pray for her family
32	33	34	Palm Sunday	35	36
37 Today I will learn about Max and pray for his family	38 Holy Thursday	39 Good Friday	40 Holy Saturday	Easter Sunday	

Thank you for brightening the lives of local children and families this Lent!





# From Lent to Easter - Year C

## Linking School, Parish and Home

### Religious Education

#### Key Idea:

This framework is intended as the second in the Spring Term 2019- leading from the beginning of Lent to Good Friday. It continues to focus on the Gospel of Luke in inviting pupils to read and study Luke's account of the Passion of Jesus. During this unit, pupils will also learn about the Stations of the Cross.

#### Attitudes and Spiritual Dispositions

Spiritual Outcomes: it is hoped that pupils will develop:

- A sense of reflection and prayer
- An openness to the presence of God in the Eucharist

- A willingness to be part of Lent and Easter celebrations

#### 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.

- Adopt some Lenten practices at home this Lent. Pray; give alms (give to charity) and give up something. As a family decide to give up a negative attitude or behaviour this Lent such as being critical, thoughtless, nagging or avoiding responsibilities.

#### An idea for prayer at home

#### Prayer Activity



Lord,

As we begin (continue) this journey with you to Easter, help us to remember to stay close to you in what we do, and what we think and what we say.

Make us mindful of those around us, particularly those who suffer, and help us to give generously of our time our thoughtfulness and our gifts, this Lent.

We ask this prayer through Christ our Lord, Amen.

# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM



@BELIEVEPHQ



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



**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



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



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



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

**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

