Catholic Life of the School

This Sunday we celebrate the feast of St Peter and St Paul.

Peter was one of Jesus’ first disciples and was described by Jesus as the one on which the church will be built.

It is for this reason that Peter is recognised by the Catholic community as the first leader of the church. This task is undertaken today by Pope Francis.

When Jesus asked his disciples “Who am I?”, Peter replied “You are the Messiah, the Son of the living God.”

Peter had realised just how important Jesus is; that he came from God to bring salvation and to invite us all to enjoy God’s presence forever.

In your family prayer time this week, you may wish to think about why it is so important to belong to a church community.

You may wish to thank God for all that he provides for us through the family of church. It is wonderful to belong to a community where we can learn more about God’s love for us and how we can live in peace with each other.

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.

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

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

Community Dates

28 Jun Sacred Heart of Jesus
29 Jun Feasts of St Peter and St Paul
04 Jul US Independence Day

Newsletter

28 June 2019

St. Joseph’s Roman Catholic Primary School
020 8965 5651
admin@stjo.brent.sch.uk
www.stjosephsrc.co.uk
Summer Term Sports Mornings

Parents are invited to join us for the annual sports mornings this term:

- **Thursday 4 July**  Year 4 at 9:30 - 10:30
- **Thursday 11 July** Year 5 at 9:30 - 10:30
- **Friday 12 July**  Reception at 9:30 - 10:15
- **Thursday 18 July** Year 6 at 9:30 - 10:30

Dates may be changed at short notice due to weather or other unforeseen circumstances.

Please ensure your child is provided with their full PE Kit on the day of their sports activities and that they have a water bottle. As the children will be outside for up to an hour, please also ensure you have applied protective sun cream on your child’s skin before they come to school.

The Year 3 children enjoyed their Sports Morning this week.

Thank you to all the parents who were able to join us in encouraging the children and celebrating their achievements.
Stay and Read
The Nursery parents have been enjoying the ‘stay and read’ sessions on Thursday mornings where they have the opportunity to enjoy reading a book together.

Children learn through reading so it is important to develop a love for this skill from an early age.

Parents have a wonderful opportunity to share with their children the stories they learned. So please remember that you already have fascinating stories from your own childhood that will engage all your family in storytelling too.

Nursery Ducklings
The Nursery children have enjoyed lots of visitors this week but the most popular must be these beautiful ducklings!

The children have enjoyed this opportunity to think about what humans and animals need to develop, such as food, warmth and love.

10 Ways to Help Your Child Look After Their Mental Health

- Role Model: Be a positive mental health role model. Demonstrate positive behaviors 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.
- Wellbeing: Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety.
- 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.
- Play: Promote play and creativity among your child. Allow them to explore.
- Sleep: Support your child to build positive sleep habits. Develop a good sleep environment with your child.
- Relaxation: Help your child to relax. Teach them relaxation skills such as deep breathing.

www.believeperform.com @believephq

Play
Sleep
Talking
10 Ways to Help Your Child Look After Their Mental Health
Coping Skills
Wellbeing
Self Care
Autonomy
Relationships

Support your child to build positive relationships with friends and family.
**Attendance**

The class with the best attendance during week beginning 17 June was **Class RS**

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.

**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.

**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.

**School Uniform**

Please ensure that children wear full school uniform at all times. All items should be clearly labelled.

As we are now experiencing warmer weather, please ensure you apply an ‘all day’ sun protection cream on your child’s skin before they come to school. Children may also wear the St Joseph’s sun cap at break times this term.
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.
Brent Educational Psychology Service

Parent Drop-In Sessions with an Educational Psychologist (EP)

Venue: St Mary’s Cof E Primary School, Garnet Road, Willesden London NW10 9JA
Date: Wednesday 10th July, 2019
Book a 45 minute session* between 9.00am and 12pm

The EP parent drop-in sessions are offered to any parent or carer who has a child in a Brent school and who would like to have some time to discuss any concerns with an educational psychologist (examples may include: your child’s emotional well-being, challenging behaviours, learning progress, your relationship with your child or some of your own worries). The sessions aim to be supportive, confidential and informal. Each session is up to 45 minutes.

To book a session contact the Brent EPS on 0208 937 3200/07867 189440 or email: eps@brent.gov.uk