



Executive Head Teacher Mrs. A. Whelan

Deputy Head Teacher Infant School Ms. K Gaynor
Saint Joseph's Infant, School Waverley Ave, Wembley, HA9 6TA

Deputy Head Teacher Junior School Mr. S Nicklin
Saint Joseph's Junior School, Chatsworth Ave, Wembley, HA9 6BE

Saint Joseph's Infant and Junior Schools Parental Newsletter Friday 13th February 2026 Value for February – Understanding

Breakfast Club Daily
7:45-8:30 a.m.
Junior/Infant School
Halls- registration
required
After School Club
Junior School
Monday-Friday
3:00 -4:15p.m

Monday 23rd February
Dance Club
3:30-4:30 p.m.

Tuesday 24th February
Year 5 Reading Club
3:30-4:15
Gym Club
Chess Club
Archery Club
3:30-4:30 p.m.

Wednesday 25th February
Football Club
Film Making Club
3:30-4:30 p.m.

Thursday 26th February
Year 3 Computing Club
3:30-4:15 p.m.
Fencing
3:30-4:30 p.m.

Friday 27th February
Gym Club
3:30-4:30 p.m.

Reminder:

We break up for the half term holidays today Friday (13th February 2026)
School is closed 16th February – 20th February
We start back again on Monday 23rd February.

I am sure that you are all aware of the serious incident that happened in Kingsbury High on Tuesday. It has naturally been worrying for families and for some students who have become aware of this. The Brent Director of Education, Partnership and Strategy has written to all parents to reassure and to give suggestions of practical support. Please see her letter on pages 8 and 9.

In assembly this week we were thinking about why Jesus said his disciples were like salt and light. We thought about Jesus wanting his followers to be like salt enhancing people's lives by being a positive influence. We also thought that he wanted them to be like light and light up the world through their good deeds. Our mission was to also try to be like the salt of the Earth. We will try to improve the lives of others through our words and actions. This linked well with this week's class assembly.

Saint Joan of Arc led a wonderful assembly on spreading love in our whole community through our words and actions. We thought about the parable of the 'Good Samaritan' and the sacrifice of Saint Valentine.



Our mission was to look for one person each day who needs our kindness and we should try to help or cheer them up.

Class Assemblies

Assemblies take place in either school hall from 9a.m.
Thursday 5th March Saint Teresa

Class Masses

Thank you to Father Joseph for leading Saint Francis' class Mass this afternoon. Many thanks also to those parents and family members who were able to join with us.

Please join with your child and our staff for their class Mass which will take place at 2p.m. in your child's classroom.

The Masses scheduled for this term are as follows:

Saint Mary Friday 27th February

Saint Catherine Friday 6th March

Saint Jude Friday 13th March

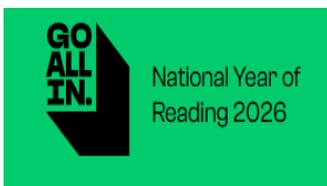
Parental Workshops

Mathematics parental workshops will take place in either school hall from 9a.m on the following dates:

Thursday 26th February Year 2

Wednesday 4th March Year 4

Tuesday 24th March Year 3 **(please note change of date)**



Year of Reading

2026 is the National Year of Reading. The Department for Education has launched a UK-wide campaign designed to help people rediscover the joy of reading. The 'Go All In' campaign aims to bring reading to everyone through their passions.

To celebrate this, we have launched a special Reading Café. Parents and children are invited to enjoy a shared reading experience in the school halls, which will be magically transformed into a café. You can choose a book to read together and enjoy some quiet time with your child.

Parents are warmly invited to attend on the following afternoons this term **from 2:30 p.m.:**

Wednesday 4th March Saint Catherine

Wednesday 11th March Saint Angela

Wednesday 25th March Saint Christopher

We look forward to welcoming you for this special celebration of reading.



Reading Café

Thank you to everyone who joined us for Saint Mary's Reading Café this week.



World Book Day

We will be celebrating World Book Week from Monday 2nd March with World Book Day on Thursday 5th March. A letter has been sent home this week giving details of a special 'Story sack' activity for you to work with your child on. This will encourage them to orally retell a favourite story supported by simple story props.

Brent Library Events

Please see all of the wonderful, activities that are going on across the Brent Library Service across the half term holiday. It would be wonderful for the children to visit the library next week. Please see the events on pages 12 to 17.

Royal Academy of Arts Young Artists Summer Show

Details of an exciting competition have been emailed home to you this week. All children are being encouraged to submit one piece of artwork to the Royal Academy of Arts. There is no theme so children can submit whatever artistic contribution that they would like- allowing free range on creativity.

Submissions need to be in after half term on Monday 23rd February. Selected artwork will be displayed at the Royal Academy of Arts in the summer term. Good luck!

When submitting their artwork, we will ask for:

- A **photo of the finished piece**
- The **title** of the artwork
- The **size** of the piece
- A short written explanation from the artist, which may include why they created the work and what it means to them

Mental Health Week

Some classes took part in workshops led by Cathchild who provide our in school counselling service. Other pupils took part in class based activities to raise their awareness about mental health and wellbeing. Safer Internet Day was also on Tuesday 10th February and the children had assemblies and activities to promote internet safety and making safe online choices.

As part of 'Mental Health Week' the Prayer Leaders are supporting the Food Bank 'Healthy Smiles Campaign'. Thank you to those of you who have already donated toothbrushes and toothpaste to support this campaign. We will extend this collection until after the half term holiday.



Dementia Forum

There will be an intergenerational Dementia Forum in Brent on Thursday 26th February from 11am – 1.30pm at the Civic Centre. All are invited including young carers. Please see the poster on page 19 for more information.

Dental Health Reminder

A reminder if your child does not have a dentist or has not seen one in over a year, **local dentists are offering a free service.** Four different dentists are offering this opportunity. It is so important that children have regular dental checks. Please see the posters on pages 10 and 11.

Admissions

We currently have vacancies in Years 3 and 5 so if you know any families with children in non-Catholic schools in these year groups, please encourage them to apply

OPAL Play

Thank you if you have already sent a donation in as part of our OPAL bingo competition. We are also requesting any donations of waterproof clothing that you may have and no longer need. Many thanks.



Half Term Welly Clean

The children have taken their wellies home this week to clean them as they have gotten quite muddy. Please send the clean wellies back in after half term. Thank you.

Uniform Change

We are continuing to try different suppliers for our uniform to get better value for money as well as maintaining the uniform quality. We have found a cheaper polo top which we will be moving across to. The only difference will be there will be no stripe on the sleeve.

Safeguarding

Safeguarding is everyone's responsibility and we try our best to support you particularly in terms of the dangers that children may encounter online. If you have any concerns, please contact me. All school staff have regular training. I remind you of the Designated Safeguarding Staff who have had additional higher-level training in safeguarding.



Online Safety

Each week we will include a link to an information sheet which helps us navigate the online world, this week the National Online Safety guide is on 'Social Media and Mental Health' and can be found on page 20.

House Points



House point totals 13th February 2026

Weekly Attendance Award

Congratulations to the class winners for last week.

Junior School- Saint Vincent De Paul with an incredible 100%

Infant School- Saint Christopher with an excellent 99%



Star Reader Award

Saint Patrick- Amora Saint Bernadette- Kyler

Saint Teresa- Archer Saint George- Erica

Saint John Paul- Nestor Saint Christopher- Berwin Saint Angela- Kaia

Saint Catherine- Tommy Saint Jude- Lois

Saint Mary- Rayven Saint Francis- Precious

Saint Joan of Arc- Sherwyn Saint Maximillian Kolbe- Dilivio

Saint Faustina- Iga Saint Vincent De Paul- Ruben C

Star Writer Award

Saint Patrick – Krizel Saint Bernadette- Velrick

Saint Teresa- Philiana Saint George- Edma

Saint John Paul- Shane Saint Christopher- Kaleb Saint Angela- Brion

Saint Catherine- Vania Saint Jude- Arian

Saint Mary- Abiel Saint Francis- Ella

Saint Joan of Arc- Addison Saint Maximillian Kolbe-Leah

Saint Faustina- Phares Saint Vincent De Paul-Linsey

Star Speller Award

Saint Patrick – Valenco Saint Bernadette- Mysha
Saint Teresa- Myler Saint George- Spencer
Saint John Paul- Arica Saint Christopher- Eline Saint Angela- Zane
Saint Catherine- Alexis Saint Jude- Edelfia
Saint Mary- Victoria Saint Francis- Savio
Saint Joan of Arc- Kyara Saint Maximillian Kolbe- Ariston
Saint Faustina- Alexander Saint Vincent De Paul- Adriel

Star Handwriting Award

Saint Patrick – Melantha Saint Bernadette- Sanjes
Saint Teresa- Elsa Saint George- Alyssia
Saint John Paul- Oskar Saint Christopher- Esau Saint Angela- Sinora
Saint Catherine- Alicia Saint Jude- Eleanor
Saint Mary- Avia Saint Francis- Anaya
Saint Joan of Arc- Eleni Saint Maximillian Kolbe- Kaion
Saint Faustina- Nacia Saint Vincent De Paul- Santana

Star Oracy Champion Award

Saint Patrick – Milosz Saint Bernadette- Abner
Saint Teresa- Blasia Saint George- Jacob
Saint John Paul- Stella Saint Christopher- Marissa Saint Angela- Zac
Saint Catherine- Chris Saint Jude- Annslina
Saint Mary- Kamille Saint Francis- Jakub
Saint Joan of Arc- Rikhil Saint Maximillian Kolbe- Lilly
Saint Faustina- Lisanne Saint Vincent De Paul- Celton

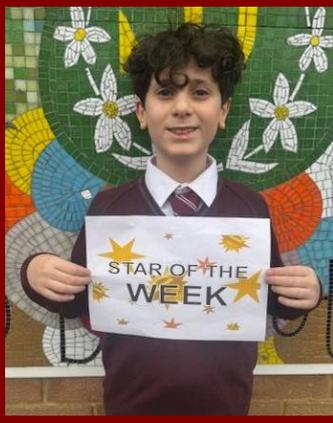
Star Mathematician Award

Saint Patrick – Kacper Saint Bernadette- Anaya
Saint Teresa- Tristan Saint George- Graycen
Saint John Paul- Felicia Saint Christopher- Amelia Saint Angela- Velrica
Saint Catherine- Seanna Saint Jude- Filton
Saint Mary- Milosz Saint Francis- Biyona
Saint Joan of Arc-Princely Saint Maximillian Kolbe- Stelia
Saint Faustina- Nathan Saint Vincent De Paul- Darius

Star of the Week

Saint Bernadette- Veloshka
Saint Patrick- Hana
Saint George- Graycen
Saint Teresa- Dale
Saint John Paul- Arica
Saint Angela - Adriel
Saint Christopher- Hania

Saint Catherine- Riona
Saint Jude- Anthony
Saint Mary- Olivia
Saint Francis- Lyza
Saint Joan of Arc- Aaron
Saint Maximilian Kolbe- Krizley
Saint Vincent De Paul- Christian
Saint Faustina- Lisanne



A Prayer for Ash Wednesday

Loving God,
on Ash Wednesday we pause and remember You.

As we receive ashes,
help us to turn our hearts back to You.

Teach us to say sorry,
to choose what is right,
and to grow in kindness and love.

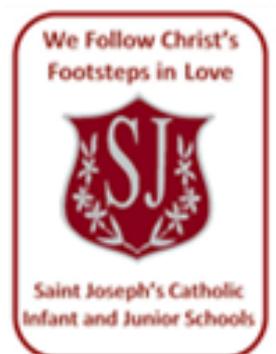
Amen.



Ash
Wednesday

Have a lovely half term.

Mrs. Whelan





Educational Psychology Service
Brent Civic Centre
Engineers Way
Wembley
Middlesex HA9 0FJ

TEL 020 8937 3200
EMAIL eps@brent.gov.uk
WEB www.brent.gov.uk

Dear Parents and Carers,

You may be aware of the serious incident that occurred yesterday at a Brent secondary school. We know that news of events like this can naturally lead to worry or uncertainty for families across the borough, even when their own child was not directly involved. At times like these, it is important to support children in understanding and managing any feelings they may experience. Children respond to frightening or unsettling events in very individual ways. Some may want to talk openly about what they've heard, while others may become quieter, more clingy. Most will be unaffected or not concerned. All of these reactions are completely normal.

We write to relay the above message and provide you with some practical steps of support, in the event that your child does want to talk about the event, has questions to ask, or appears otherwise affected.

1. Keep routines steady and predictable

Children feel safest when everyday routines—mealtimes, bedtimes, and attending school—remain consistent. Predictability provides reassurance and helps them feel secure.

2. Offer calm, honest reassurance

If your child has questions, answer them in clear, age-appropriate language. What matters most is that they feel heard and supported. You do not need to have all the answers—your presence and calmness are what help them feel safe.

3. Let them express their feelings in their own way

Some children will want to talk; others may express their feelings through play, drawing, or simply wanting to be close to trusted adults. Allow children to respond in the way that feels natural for them.

4. Watch for short-term changes in behaviour

It is normal for some children to show brief changes in behaviour—such as difficulty sleeping, irritability, clinginess, or becoming quieter than usual—after hearing about an upsetting event. These reactions usually settle quickly with reassurance and a return to familiar routines. However, it's important to emphasise that the **vast majority of children are unlikely to be overly affected** and will continue with daily life as normal. If you do have any ongoing worries about how your child is coping, please contact the school.

5. Limit exposure to rumours and social media

Children can become more anxious if they hear unverified or dramatic information from peers or online. Gently correct misunderstandings and encourage them to speak to trusted adults if they are unsure about something they've heard.

6. Take care of your own wellbeing

Children take emotional cues from the adults around them. If you are feeling unsettled, speaking to friends, family, or seeking support for yourself can help you remain a calm presence for your child.

Sources of Support

If you would find further guidance helpful, the following organisations offer excellent advice on supporting children after worrying or traumatic events:

- **YoungMinds – Supporting a Child After a Scary or Traumatic Event**
Practical strategies for managing anxiety, sleep difficulties, intrusive thoughts, and general worry.
Website: <https://www.youngminds.org.uk/>
- **NSPCC – Understanding Children’s Fears and Worries**
Clear advice on responding to children’s worries and helping them feel safe.
Website: <https://www.nspcc.org.uk/>
- **The Children’s Society – Emotional Regulation and Coping**
Resources to help young people recognise and manage strong feelings such as fear, anger, and anxiety.
Website: <https://www.childrensociety.org.uk/>
- **Kooth (for young people aged 11+)**
An online platform offering counselling, peer support, and self-help tools.
Website: <https://www.kooth.com/>
- **Childline – Trauma, Worry and Feeling Unsafe**
Child-friendly advice on grounding techniques and managing big emotions.
Website: <https://www.childline.org.uk/>

Schools across Brent continue to support their pupils sensitively and thoughtfully. If you have concerns about how your child is coping, please contact your child’s school so that you can be directed to the most appropriate support.

Thank you for working with us to help keep our school communities safe, supported and connected.

Yours sincerely



Shirley Parks

Director, Education, Partnerships and Strategy
Children, Young People and Community Development



An information leaflet about the new NHS dental clinics for children in Brent.

Seeing the dentist regularly means any small problems can be found and treated early, before they become painful or more serious. Early visits also help children get used to the dentist and feel more confident about their care.

We are here to help with a new service, designed for children/young people who have never seen a dentist or have not seen one in over a year.

What's on offer?

- ✓ NHS dental services for children under 16 in Brent
- ✓ longer, calmer appointments in a child friendly environment
- ✓ skilled, caring dental teams experienced with nervous or first time patients
- ✓ helpful advice for parents on brushing, diet, and check-ups
- ✓ local clinics near family hubs, schools, and children's centres.

Where can my child be seen?

| | | |
|----------------------------|-----------------------------------|---------------|
| Craven Park Dental Surgery | 2 Craven Park, NW10 8SY | 020 8965 3605 |
| Clocktower Dental Surgery | 1B Wendover Road, NW10 4RX | 020 8965 3665 |
| Cape House Dental Practice | 57 Harrow Road, HA9 6DG | 020 8903 6971 |
| Harlesden Dental Clinic | 16A Saint Thomas's Road, NW10 4AJ | 020 8965 0102 |

How to access

Speak to a member of staff at your local Family Wellbeing Centre for help booking an appointment, or contact your chosen dental practice directly to make an appointment for your child. **Please bring this leaflet with you to your child's appointment** as it helps the team know you're part of the centre's dental pathway.

For staff use

Stamp/write the name of your hub here:

Date:



A healthier smile starts here

New NHS dental clinics for children in Brent.

Free, friendly and local.

Is your child aged 0 -16 and living in Brent? Have they seen a dentist in the last 12 months?

We're here to help with a new service, designed for children/young people who have never seen a dentist or have not seen one in the last 12 months.

What's on offer?

- ✓ new NHS dental services for children in Brent
- ✓ longer, calmer appointments in a child-friendly environment
- ✓ skilled, caring dental teams used to working with nervous or first time patients
- ✓ free NHS dental treatment
- ✓ helpful advice for parents on brushing, diet and check-ups
- ✓ local clinics near family well-being centres & schools

How to access

Speak to a member of staff here in the Centre and get a leaflet or attend a monthly outreach session for advice and guidance.

Hello Parents and Carers

Here is your School Newsletter from Brent Libraries for the Spring half term 2026. We have many exciting FREE events coming up for your children. Have a look below to see which events you would like to come to. Some events require booking, all details are below.

Wembley Library

Lights, Camera, Action – Create your own self portrait.

Tuesday 17 February

2.30 - 3.30pm

Arts and craft activity

Ages 5 – 11 years

Beezee Families: Portion Patrol: Mission Nutrition!

Wednesday 18 February

12noon – 1pm

Join us for a fun, interactive session where families learn how to serve smarter, eat better, and feel great! We'll explore portion sizes in playful ways — perfect for children and grown-ups alike. This isn't just about food — we'll also get everyone up and active with a **fun movement break** to energise the room! Expect music, laughter, and easy exercises / dancing that everyone can join in with.

- Discover how much is *just enough*
- Get hands-on with food models and games
- Learn simple tips for healthy eating at home

Ages 5 – 11 years

Thursday 19th Feb

Lunar New Year art and craft

2:30 - 3:30pm

For ages 5 – 11

Build and Code: Robotics Workshops

Friday 20 February 11am - 1pm

Join us for a fun and creative workshop where children build their own LEGO robots completely from scratch, with no instructions! Using motors, sensors, and simple coding, they'll bring their creations to life and explore real STEM skills in a fun, creative way. No experience needed!

Booking essential strictly children 8 - 11

<https://forms.office.com/e/MG7i2XPZxi>

Creative Art Workshops: Let's make Optical illusions and Hanging Circles

Saturday 21 February

11am – 12noon and 1 –2 pm

Crafty workshops delivered by Learning Through The Arts .

For ages 5 – 11

Telling Tales - Where Imaginations Come To Life!

Our wonderful six week Free course, STRICTLY for **children aged 8-11** is back.

Your child will develop, create and perform stories and poems with poet, performer and creative practitioner Arji Manuelpillai <https://www.arji.org/>

Telling Tales is funded by the arts Council. At the end of the six weeks there will be a live performance for friends and families to come along and see.

Telling Tales will be happening every **Saturday at 11.30am to 1.00pm at Wembley Library. Please be on time! Children must come to every session. Booking essential the link is after the dates of the event.**

Saturday 21 February

Saturday 28 February

Saturday 7 March

Saturday 14 March

Saturday 21 March

Saturday 28 March

Telling Tales is free and your children are expected to attend every week

<https://forms.office.com/e/9eWT7Ez464>

Ealing Road Library

Ealing Road Library STEM Club

Wednesdays 4 – 5.30pm

28 January, 25 February, 25 March, 29 April

Science, Technology, engineering and mathematics workshops for children aged 8-11.

Advanced booking required at <https://tinyurl.com/jjhjrrzs>

Build and Code: Robotics Workshops

Saturdays: 14, 21, 28 February, 7 March

2.30 - 4.30pm Ages 8 – 11 only

Join us for a fun and creative workshop where children build their own LEGO robots completely from scratch, with no instructions! Using motors, sensors, and simple coding, they'll bring their creations to life and explore real STEM skills in a fun, creative way. No experience needed!

Booking essential

<https://forms.office.com/e/MG7i2XPZxi>

Beezee Families: Portion Patrol: Mission Nutrition!

Monday 16 February

12noon – 1pm

Join us for a fun, interactive session where families learn how to serve smarter, eat better, and feel great! We'll explore portion sizes in playful ways — perfect for children and grown-ups alike. This isn't just about food — we'll also get everyone up and active with a **fun movement break** to energise the room! Expect music, laughter, and easy exercises / dancing that everyone can join in with.

- Discover how much is *just enough*
- Get hands-on with food models and games
- Learn simple tips for healthy eating at home

Ages 5 – 11 years

Crafting with Barnardos

2.30 – 4pm

Come and craft with Barnardos making something really exciting to take home. Let your imagination soar as you use different materials to make something really special
Family event

Lights, Camera, Action – Create your own self portrait.

Tuesday 17 February

2.30 - 3.30pm

Arts and craft activity Ages 5 – 11 years

Ealing Road Film Club

Zootropolis

Thursday: 19 February

2.30 – 4.30pm

Zootropolis is an animated adventure film about a rabbit police officer named Judy Hopps and a cynical fox con artist, Nick Wilde, who team up to solve a mystery in the modern, all-animal city of Zootropolis.

Family Film Fun

Ages 5 – 11

Image No

Creative Art Workshops: Let's make Zines and Poems from old newspaper

Friday 20 February

11am – 12noon and 2 – 3pm

Crafty workshops delivered by Learning Through The Arts .

For ages 5 – 11

Harlesden Library

Carnival de Livro

Saturday 14 February

12 noon – 4pm

To celebrate the Rio de Janeiro carnival in Brazil there will be an explosion of colour, music and fun with a carnival themed programme for the Brazilian community and all Harlesden residents.

Children, families, adults, all ages

Beezee Families: Portion Patrol: Mission Nutrition!

Monday 16 February

2.30 - 3.30pm

Join us for a fun, interactive session where families learn how to serve smarter, eat better, and feel great! We'll explore portion sizes in playful ways — perfect for children and grown-ups alike. This isn't just about food — we'll also get everyone up and active with a **fun movement break** to energise the room! Expect music, laughter, and easy exercises / dancing that everyone can join in with.

- Discover how much is *just enough*
- Get hands-on with food models and games
- Learn simple tips for healthy eating at home

Ages 5 – 11 years

Creative Art Workshops: Let's make Pen holders and Paper fish

Tuesday 17 February

11am – 12noon and 2 – 3pm

Crafty workshops delivered by Learning Through The Arts .

For ages 5 – 11

Colourful Creations: Mosaic Art Workshop

Wednesday 18 February

2.30 - 3.30pm

Join us to create a colourful mosaic using a variety of materials. Perfect for young artists of all abilities, come along and get creative! Ages 5-11, drop in.

Lights, Camera, Action – Create your own self portrait.

Thursday 19 February

2.30 - 3.30pm

Arts and craft activity

Ages 5 – 11 years

Build and Code: Robotics Workshops

Friday 20 February 2.30 – 4.30pm

Join us for a fun and creative workshop where children build their own LEGO robots completely from scratch, with no instructions! Using motors, sensors, and simple coding, they'll bring their creations to life and explore real STEM skills in a fun, creative way. No experience needed! [Special Brent Council funded digital project aimed at children attending Brent schools](#)

Adv booking essential strictly ages 8 - 11

<https://forms.office.com/e/MG7i2XPZxi>

Kilburn Library

Lunar New Year Craft

Monday 16 February

2.30- 3.30pm

Ages 5 – 11

Lights, Camera, Action – Create your own self portrait.

Tuesday 17 February

2.30 - 3.30pm

Arts and craft activity

Ages 5 – 11 years

Beezee Families: Portion Patrol: Mission Nutrition!

Thursday 19 February

12 noon – 1pm

Join us for a fun, interactive session where families learn how to serve smarter, eat better, and feel great! We'll explore portion sizes in playful ways — perfect for children and grown-ups alike. This isn't just about food — we'll also get everyone up and active with a **fun movement break** to energise the room! Expect music, laughter, and easy exercises / dancing that everyone can join in with.

- Discover how much is *just enough*
- Get hands-on with food models and games
- Learn simple tips for healthy eating at home

Ages 5 – 11 years

Kilburn Library Launch Day

Saturday 28 February

12 – 4pm

Celebrate the grand reopening of Kilburn Library with storytelling, arts and crafts, face painting, raffles and green workshops plus plus!

Kingsbury Library

Crafting with Barnardos

11.30am – 1.00pm

Come and craft with Barnardos making something really exciting to take home. Let your imagination soar as you use different materials to make something really special
Family event

Lights, Camera, Action – Create your own self portrait.

Tuesday 17 February

2.30 - 3.30pm

Arts and craft activity

Ages 5 – 11 years

Creative Art Workshops: Let's make Bug Badges and Creative Shoes Thursday 19 February

11am – 12noon and 2 – 3pm

Crafty workshops delivered by Learning Through The Arts .

For ages 5 – 11

Beezee Families: Portion Patrol: Mission Nutrition!

Friday 20 February

12noon – 1pm

Join us for a fun, interactive session where families learn how to serve smarter, eat better, and feel great! We'll explore portion sizes in playful ways — perfect for children and grown-ups alike. This isn't just about food — we'll also get everyone up and active with a **fun movement break** to energise the room! Expect music, laughter, and easy exercises / dancing that everyone can join in with.

- Discover how much is *just enough*
- Get hands-on with food models and games
- Learn simple tips for healthy eating at home

Ages 5 – 11 years

Build and Code: Robotics Workshops

Saturdays: 14, 21, February

11am - 1pm

Join us for a fun and creative workshop where children build their own LEGO robots completely from scratch, with no instructions! Using motors, sensors, and simple coding, they'll bring their creations to life and explore real STEM skills in a fun, creative way. No experience needed!

Booking essential strictly ages 8 - 11

<https://forms.office.com/e/MG7i2XPZxi>

The Library at Willesden Green

Creative Art Workshops: Let's make Bug Badges and Creative Shoes

Monday 16 February

11am – 12noon and 2 – 3pm

Crafty workshops delivered by Learning Through The Arts .

For ages 5 – 11

Build and Code: Robotics Workshops

Saturdays: 28 February, 7 March

11am - 1pm

Join us for a fun and creative workshop where children build their own LEGO robots completely from scratch, with no instructions! Using motors, sensors, and simple coding, they'll bring their creations to life and explore real STEM skills in a fun, creative way. No experience needed!

Booking essential strictly ages 8 - 11

<https://forms.office.com/e/MG7i2XPZxi>

Lights, Camera, Action – Create your own self portrait.

Tuesday 17 February

2.30 - 3.30pm

Arts and craft activity

Ages 5 – 11 years

Create Wonderful Portraits

Wednesday 18 February

2.30 – 4.30pm

Family craft activity fun delivered by Brent Heritage Team

Beezee Families: Portion Patrol: Mission Nutrition!

Thursday 19 February

2.30 - 3.30pm

Join us for a fun, interactive session where families learn how to serve smarter, eat better, and feel great! We'll explore portion sizes in playful ways — perfect for children and grown-ups alike. This isn't just about food — we'll also get everyone up and active with a **fun movement break** to energise the room! Expect music, laughter, and easy exercises / dancing that everyone can join in with.

- Discover how much is *just enough*
- Get hands-on with food models and games
- Learn simple tips for healthy eating at home

Ages 5 – 11 years

There's nothing quite like sharing a story.

Discover more at goallin.org.uk



**GO
ALL
IN.**

National
Year of
Reading
2026

Dear Parents, Carers and Young Carers
We are delighted to invite you and your elders to the Dress to Remember Dementia Forum in February. These are the details and I have attached the poster.

An intergenerational discussion on dementia

Thursday 26 February, 11am – 1.30pm,
Conference Room, Brent Civic Centre, Engineers Way, Wembley Park, HA9 0FJ

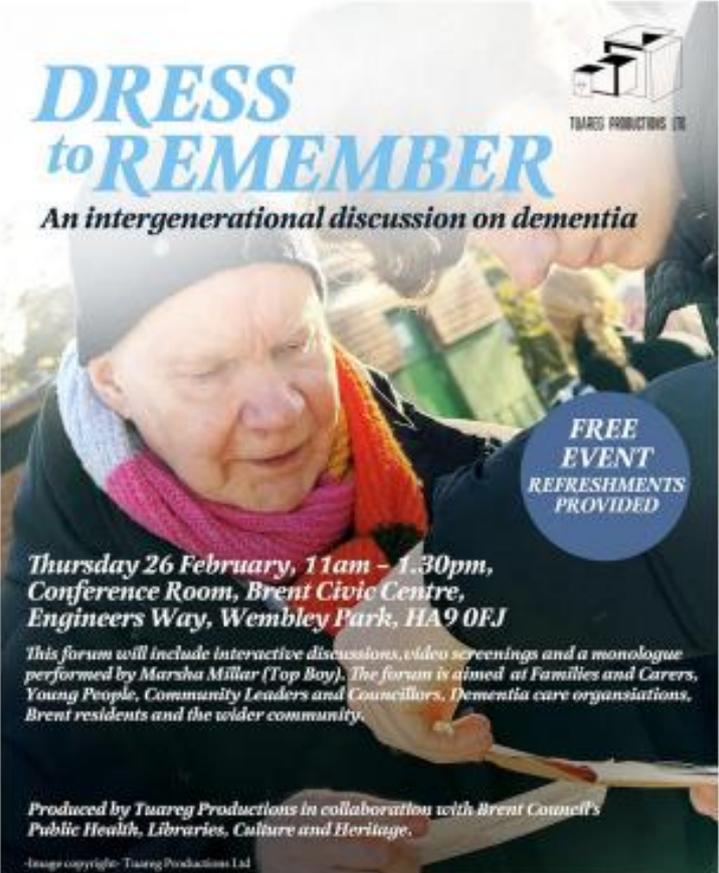
This forum will include interactive discussions, video screenings and a monologue performed by Marsha Millar (Top Boy). The forum is aimed at Families and Carers, Young People, Community Leaders and Councillors, Dementia care organisations, Brent residents and the wider community.

Produced by Tuareg Productions in collaboration with Brent Council's Public Health, Libraries, Culture and Heritage.

There is an Eventbrite link to book for the session:

<https://www.eventbrite.co.uk/e/dress-to-remember-an-intergenerational-discussion-on-dementia-tickets-1980550569067>

We hope that you can join us.



**DRESS
to REMEMBER**

An intergenerational discussion on dementia

**FREE
EVENT
REFRESHMENTS
PROVIDED**

**Thursday 26 February, 11am – 1.30pm,
Conference Room, Brent Civic Centre,
Engineers Way, Wembley Park, HA9 0FJ**

This forum will include interactive discussions, video screenings and a monologue performed by Marsha Millar (Top Boy). The forum is aimed at Families and Carers, Young People, Community Leaders and Councillors, Dementia care organisations, Brent residents and the wider community.

Produced by Tuareg Productions in collaboration with Brent Council's Public Health, Libraries, Culture and Heritage.

Image copyright: Tuareg Productions Ltd

**ELDERS
VOICE**



NTU Nottingham Trent
University
LONDON

Brent

A regular safeguarding update will be provided with this newsletter to ensure that you have access to current useful information and guidance.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



NOS National Online Safety®
#WakeUpWednesday

Source: <https://www.bbc.com/news/technology-53249205>
<https://www.2022.com/analysis/social-media-usage-2021/>

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022



Never miss school notifications

Download the School Jotter Mobile App today and you'll get:

- News and message notifications
- School calendar access
- Other links to useful resources



Scan this code to download the App.



Search for our school by searching st jos. It is labelled the infant school but it is for both the infant and junior schools.



HA9 6TA
St Joseph's Rc Infant School -
19/07/2024

