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Saint Joseph's Infant and Junior Schools Parental Newsletter Friday 6th 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 9th February
Dance Club
3:30-4:30 p.m.

Tuesday 10th February
Year 5 Reading Club
3:30-4:15
Gym Club
Chess Club
Archery Club
3:30-4:30 p.m.

Wednesday 11th February
Football Club
Film Making Club
3:30-4:30 p.m.

Thursday 12th February
Year 3 Computing Club
3:30-4:15 p.m.
Fencing
3:30-4:30 p.m.

Friday 13th February
Gym Club
3:30-4:30 p.m.

In assembly this week we were thinking about the Beatitudes and what makes us happy. We learnt about Saint Pier Giorgio Frassati and how he devoted his life to helping those in need. We also thought about our February value of 'Understanding'. The children were asked to reflect on a time when they showed understanding towards someone. Our mission was to try to put others first just like Saint Pier Giorgio Frassati did.

Class Assemblies

Assemblies take place in either school hall from 9a.m.
Thursday 12th February Saint Joan of Arc
Thursday 5th March Saint Teresa

Class Masses

Thank you to Father Jose Mathews for leading Saint Maximilian's 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 Francis Friday 13th February
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)

Reminder:

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

Residents Complaints- Parking on the local roads

I am getting an increasing number of complaints from local residents on nearby roads about parents parking across their drives and restricting access to their properties. In addition, when residents ask for the vehicle to be moved, they have reported that adults are quite rude in response and in some instances have refused to move. This is totally unacceptable behaviour. We want to continue to have good relationships with our local community and this is really giving a very poor impression of our Catholic community. Parents must not park across drives or park across lower kerbs – they must remain accessible at all.

Elderly residents have been unable to access their parking and this has caused additional distress I would hope that we would always treat each other respectfully but this is not what residents are reporting. Unfortunately, in some instances this has been reported to the police and Brent for further action. Car registration numbers have been reported.

Please park responsibly and behave respectfully. I remind you that parking is available in the Parish car park. Please contact the office to register your car.

Holiday Dates 2026-2027

As you may be aware some schools have introduced a two-week October half term holiday. Governors have been considering this for some time. They have thought about the benefits to pupils, families and staff. We are hoping that the opportunity to have two weeks in October will reduce the level of term time leave that a large number of our families have been taking particularly around Christmas and Easter which we are finding very disruptive to children's learning. The opportunity to take an additional week will hopefully mean the tickets are at a reduced cost and families will benefit from this. We are also aware that families are experiencing difficulties when one child's school has a one week half term whereas their sibling has two. This is an issue as so many of our families have siblings in Saint Gregory's and staff also have children attending schools with a two week half term, so childcare becomes an issue. Taking this all into consideration we have decided that **we will trial** this from the next academic year. This is only a trial year which will allow us to assess any positive or negative impacts this change has. We will have to make up the lost learning time to cover the week and we are currently looking into different ways to achieve this. It is likely that the school day would be extended by ten minutes each day. I will however confirm this in due course in the summer term. In the mean time please find the term dates sent out alongside this newsletter. If you wish to discuss this in any further detail, please make an appointment with the office. I remind families again of the importance of adhering to our term dates.

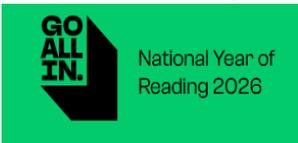
Reading Café Launch

A huge thank you to everyone who joined us for the launch of our Reading Café, it was such a joy to see the hall buzzing with families sharing books together!

[Reading Cafe | St Joseph's Catholic Junior School click here to see all our pictures](#)



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 will be launching a special Reading Café. Parents and children will be 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 11th February Saint Mary

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.

Mental Health Week

Next week is 'Mental Health Week'. The children will be completing awareness raising workshops across the week. Safer Internet Day is also on Tuesday 10th February and we will be having a special assembly and activities to support online safety which sadly has a high link to impacting mental health.

As part of 'Mental Health Week' the Prayer Leaders have decided to support the Food Bank 'Healthy Smiles Campaign'. They are asking for donations of toothpaste and toothbrushes to support the Foodbank's campaign. As I am sure that you are aware tooth decay in children is very high within our borough so any encouragement to ensure children are brushing their teeth twice a day will have a beneficial health impact.



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 8 for more information.

Admissions

You should have by now submitted admissions applications for nursery, reception and Year 3 for September 2026. If you have not yet managed to do so, please speak to someone in either school office as soon as possible and we will try to support your late application.

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

Message From Saint Joseph's Church Wembley New Altar Servers Meeting

NEW ALTAR SERVERS RECRUITMENT AT ST JOSEPH'S CHURCH

There will be an introduction and registration meeting for children wishing to join the Altar Servers, together with their parents, on Saturday, 7th February at 11:30am in the Church. It is mandatory for at least one parent to attend this meeting, as we will be providing the requirements and guidelines. Only children who have received their First Holy Communion are eligible.

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 need to take their wellies home next week to clean them as they have gotten quite muddy. This will also allow us to clean the welly storage areas. Please send in a plastic bag with your child's name on for them to carry their wellies home in. Please send the clean wellies back in after half term.

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 'Mental Health Misinformation Online' and can be found on page 9.

House Points



Mark 1 st 6836 points	John 2 nd 6283 points	Luke 3 rd 6211 points	Matthew 4 th 6011 points

House point totals 6th February 2026

Weekly Attendance Award

Congratulations to the class winners for last week.

Junior School- Saint Vincent De Paul 100%!

Infant School- Saint Christopher 100%

An amazing achievement by both classes.



Star of the Week

Saint Bernadette- Clyde

Saint Patrick- Yohan

Saint George- Lisa

Saint Teresa- Myler

Saint John Paul- Jinil

Saint Angela - Victoria

Saint Christopher- Borys

Saint Catherine- Fely

Saint Jude- Lestra

Saint Mary- Keslin

Saint Francis- Simeon

Saint Joan of Arc- Amora

Saint Maximilian Kolbe- Rayshawn

Saint Vincent De Paul- Erica

Saint Faustina- Cyrus



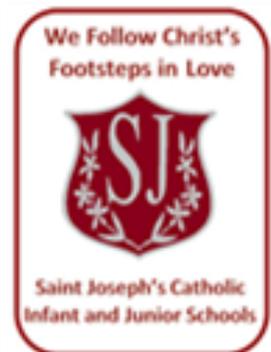
A Prayer for Mental Health Week

Dear God,
Thank You for loving us just as we are.
When we feel worried, sad, or overwhelmed,
Please give us peace and courage.

Help us talk about our feelings,
Be kind to ourselves and others,
And remember we are never alone.

Amen.

*Have a lovely weekend.
Mrs. Whelan*



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**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.



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

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like Tik Tok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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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

