

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 Letter Friday 17th October 2025

Value for October- Curiosity

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

Monday 20th October
Dance Club
3:30-4:30 p.m.
Taekwondo
3:30-4:30 p.m.

Tuesday 21st October
Gym Club
3:30-4:30p.m.
Chess Club
3:30-4:30 p.m.
Archery
3:30-4:30

Wednesday 22nd October
Football Club
3:30-4:30 p.m.

Thursday 23rd October
Art Club
3:30-4:30 p.m.
Year 3 Computing Club
3:15-4:15 p.m.
Fencing
3:30-4:30 p.m.

Friday 24th October
Gym Club
3:30-4:30 p.m.
Break Up Half Term

We break up for half term on Friday 24th October
School re-opens on Monday 3rd November

Saint John Paul led a beautiful assembly all about Mary and how she said yes to God. They reminded us about the importance of the rosary particularly in October. Our mission was to try to follow in Mary's footsteps by saying yes to God and trying to live like Mary by being kind, sharing, spreading love and spending time in prayer.



Class assemblies – 9 a.m. in either school hall

Thursday 20th November Saint Christopher

Year Groups attending Parish 9:30 a.m. Mass

Wednesday 12th November Year 4

Wednesday 19th November Year 3

School Awards

I am delighted to announce that we have received two awards this term! The children were awarded the prestigious Eco Schools Award at the highest level of distinction. This was in recognition of our environmental projects led by the School Council last academic year.



The second award was the renewal of our gold accreditation. This award is from TFL and is in recognition of our health and wellbeing initiatives such as encouraging cycling, scooting, road safety and promoting sustainable travel.

Brent Mental Health Support Team

Mental health continues to be a high priority within our schools and education as a whole. The government would like all schools and families to have support for pupil mental health. The Brent Mental Health Support Team (MHST) is an early intervention service which works in partnership with primary and secondary schools to support children, their families and school staff build on their emotional understanding, wellbeing and resilience. They aim to work with difficulties which can be a common part of childhood and provide support early to reduce the need for further support later in life. On Monday 20th October from 3:10 p.m. our link practitioner from the MHST will be handing out leaflets on the Infant School Playground. If you have any questions about the service please come along and ask. Ahead of this please have a look at the leaflet on page 8 giving more detail and speak to your child's class teacher, Ms. Gaynor, Mr. Nicklin or myself if you feel this is a service you would like some support from.



Nursery Stay and Play Day

There will be a stay and play morning and afternoon on Wednesday 22nd October at 8:30 a.m. (morning nursery) and 12:15 p.m. (afternoon nursery) This is an opportunity for parents to stay with their child for the beginning of the session. You will experience playing alongside your child in the nursery environment and experience some of the activities they enjoy across the week.

Forward Notice Parental Workshops- Reading and Phonics Workshops

These will take place at 8:45 a.m. in either school hall- workshops usually last about an hour.

Thursday 23rd October Year 4

Thursday 27th November Year 3

Parental Prayer Group

The next prayer group will take place on Friday 7th November from 8:30a.m. in the Prayer Room.

Nursery, Reception and Year 3 Applications for September 2026

Father Joseph will be signing the Certificate of Catholic Practice for applications for nursery, reception and Year 3 from 3:30-4:30 p.m. for entry next September 2026 on:

Monday 10th November- Year 3

Tuesday 11th November- Reception

Wednesday 12th November - Nursery

You will need to bring a copy of your child's baptismal certificate and also please bring your child with you.

The application packs will be sent home next Wednesday with current nursery and Year 2 pupils and nursery applications are available from the school office as well as the school website.

Parent Meetings

We will be holding parental meetings after half term on Monday 10th and Wednesday 12th November from 2:30-5:30p.m. This will give you the opportunity to meet with your child's class teacher and have a look at their work so far this term.

Appointments will be booked on the School Cloud Parent System **but meetings will be in person in school**. The booking system will open from 7p.m today Friday 17th October and will close on Friday 24th October. You will be sent a letter with full booking instructions. Alternatively, you can scan the QR codes.

Infant School Bookings:



Junior School Bookings:



School will end an hour earlier on both of these days so please ensure that you pick your child up as below on both days not just the day of your appointment:

Monday 10th and Wednesday 12th November children will be dismissed at the following times:

Reception 2:10 p.m.

Year 1 2:15 p.m. Year 2 2:20 p.m. Saint John Paul 2:20 p.m.

Year 3 2:10 p.m. Year 4 2:20 p.m.

Year 5 2:10 p.m. Year 6 2:20 p.m.

If they are in after school club or an extended day club, they will attend this as usual and do not need to be picked up at the earlier time.

Parental Meetings for Nursery Children

Nursery children will also have appointments scheduled on Monday 10th and Wednesday the 12th November. However, nursery children will have **their full day on Monday 10th ending at 3:15 p.m.** as usual but will need to be **picked up at 2:15p.m. on Wednesday 12th November.**

Notice from Saint Joseph's Parish

First Holy Communion Programme for pupils attending Catholic schools are invited to attend a Parent's Meeting on **Wednesday, 5th November 2025** at 5:30pm in the Pastoral Centre.

Class Prayer and Liturgy

We are offering parents a really special opportunity to attend one of your child's class liturgies across the term. This is a special class liturgy organised and led by the children. These will take place on the following days at 2:50p.m in your child's classroom.

Saint John Paul Thursday 20th November
Saint Teresa Wednesday 26th November
Saint George Wednesday 26th November
Saint Angela Thursday 27th November
Saint Catherine Monday 1st December
Saint Maximilian Kolbe Tuesday 2nd December
Saint Joan of Arc Tuesday 2nd December

Saint Faustina Wednesday 3rd December
Saint Vincent De Paul Wednesday 3rd December
Saint Christopher Thursday 4th December
Saint Jude Friday 5th December
Saint Bernadette Monday 8th December
Saint Mary Tuesday 9th December
Saint Francis Tuesday 9th December
Saint Patrick Monday 15th December

OPAL Playtimes

Please make sure that you have sent in your child's wellies and also a waterproof coat. All personal items should always have your child's name on. Please see the poster on page 13.

School Nurse Team- Flu Vaccination

Many children received their nasal flu vaccination this week. **There will be a second vaccination day on Tuesday 18th November. It is not too late to register your child to receive this.** It is really important that children are vaccinated. If you have any questions, please ask the office or email the team directly. See the flyer on page 10 which has links to registration.

School Dinner Meal

The school dinner menu is due to change after half term. Thank you to those parents who have already responded. Please click on the links below to choose your child's menu. Please also see the menu on page 9. The form will remain open until 20th October 2025.

Junior children menu link <https://forms.gle/ZkqDpXQ6AouHWVpC6>

Infant children menu link <https://forms.gle/b3MDHQXBxqZXNc29A>

Christmas Dinner Menu- Junior Pupils



Our catering company have requested that we order Christmas dinner food by next week- I agree it seems very early! Please click on the link below if you do not want your child to have a Christmas festive dinner on Wednesday 17th December. This only applies to junior school pupils as all infant pupils will have a school dinner as usual. Please complete this by Wednesday 22nd October. **Please note if you do not opt out of a Christmas dinner request, we will assume your child is having dinner and not bringing in a packed lunch. School dinners remain free of charge currently. Menu page 9.**

<https://forms.gle/YpNPxhix8ApN6FGx8>

Annual Parental Questionnaire

Thank you to those parents who completed the questionnaire last week. We now have 84 responses. We will keep the questionnaire open until half term. We will repeat the questionnaire at the end of the summer term again. Please find the link and QR code. I would appreciate you taking a moment to complete the form so that we can gather your views on any areas that you may wish to give us feedback on. This will help us to ensure that we continue to provide the best possible school experience for your child.

Many thanks in advance for completing this. <https://forms.gle/JprMJZK9zS19qqU6A>



Magic Breakfast

The School Council are taking on the role of breakfast champions and will be leading an assembly to promote this next week. They will be launching a special competition next week. They are asking everyone to make a poster on the importance of having breakfast. This should be completed on an A4 page and can be decorated however they wish. The winning entries will be displayed around the schools. The deadline for entries is Friday 24th October.



School Coats

Please can you ensure that children have a coat in school as the weather is very changeable at the moment. We do not sell school coats but the school fleeces are available at a cost of £18.50. They look very smart.

Balance Bike Training

Reception pupils will be having balance bike training on the 5th, 6th and 7th November. More details have been sent directly to reception parents today.

Year 6 Secondary School

Year 6 applications for admission to secondary school need to be submitted by October 31st 2025. I include the link below to further information on the Brent website. Remember to submit an application to the individual school and also to complete your online eAdmissions application.

<https://www.brent.gov.uk/education-schools-and-learning/school-admissions/apply-for-a-secondary-school-place#planandprepare>

Swimming

Vale Farm our swimming provider are running 'October Crash Courses' in swimming. These will be taking place across half term from Monday 27th to Friday 31st, priced at £29.50 for the week. I would encourage you to consider signing your child up for this as swimming is such an important life skill. Please see the flyer on page 11.

Online Safety

Each week we will include an information sheet which helps us navigate the online world. This week the National Online Safety guide links to World Mental Health Day and is about what parents and carers need to know about 'Using and Reviewing Parental Controls' please see page 12.

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 and Governors have regular training. I remind you of the Designated Safeguarding Staff who have had additional higher-level training in safeguarding.



At Saint Joseph's we are committed to the safety and happiness of all our children and adults in our school family. If you are concerned about a child, please talk to our designated safeguarding officers.



Weekly Attendance Award

Well done to the winners of the attendance award for last week.

Junior School –

Saint Vincent De Paul 99%

Infant School- Saint Angela with an amazing 100%!



House Points

Luke 1 st 4155 points	Matthew 2 nd 3997 points	Mark 3 rd 3987 points	John 4 th 3650 points

House point totals 17th October 2025

Star of the Week

Saint Bernadette- Clana
Saint Patrick- Amora
Saint George- Graycen
Saint Teresa- Blasia
Saint John Paul- Felicia
Saint Angela - Kieran
Saint Christopher- Reuben

Saint Catherine- Jelansiya
Saint Jude- Jason
Saint Mary- Kamille
Saint Francis- Maeve
Saint Joan of Arc- Ethan
Saint Maximilian Kolbe- Crizelle
Saint Faustina- Nacia
Saint Vincent De Paul- Jovan

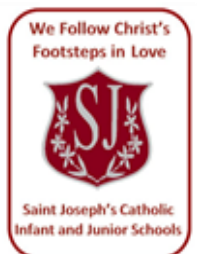


Prayer for Saint John Paul II

Dear God,
Thank You for giving us Saint John Paul II,
who showed us how to be brave, kind, and loving.
Help us to follow his example every day,
to be good friends, to help others,
and to trust in Your love.
Guide us at school and at home,
so we can make good choices
and care for everyone around us.

Saint John Paul II, pray for us
and guide us to live with joy and hope.
Amen.

Have a lovely weekend.
Mrs. Whelan





Brent MHST

(Mental Health Support Team)



Who are we?

The Mental Health Support Team (MHST) is an early intervention service which works in partnership with primary and secondary schools to support children, their families and school staff build on their emotional understanding, wellbeing and resilience. We aim to work with difficulties which can be a common part of childhood and provide support early to reduce the need for further support later in life.

What do we do?

1

We support parents 1:1 for 8 weeks when their child might be feeling particularly worried or stressed at this time or having challenges with their behaviour, using approaches that are proven to work.

2

We support schools with developing their whole school approach to mental health. This includes providing parent/carer coffee mornings on a range of wellbeing topics, group sessions (4 weeks+) for parents of children who may be experiencing similar difficulties, and educational workshops/ groups for primary school children. Some examples of wellbeing topics we might cover are transition/ change, exam/ academic stress, sleep hygiene, healthy routines, emotional regulation, friendships and many more.

3

We provide advice to school staff and liaise with other services to help young people get the right help and stay in education. This takes place through case discussions, consultation and signposting to other resources and organisations. We can also provide staff workshops, e.g. staff wellbeing.

If you are interested in making a referral to our service for 1:1 support please speak to your child's class teacher, Mrs Whelan or Miss Gaynor.



**On Monday 20th October during pick-up at 3.10pm-
your schools practitioner from the MHST will be
handing out leaflets on the Infant School
Playground. If you have any questions about the
service please come along and ask.**



Menu commencing November 2025 Autumn Winter 2025/2026 Saint Joseph's Infant and Junior School

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 03/11/2025 24/11/2025 15/12/2025 19/01/2026 09/02/2026 09/03/2026	Plant Balls in Tomato Sauce with Rice Autumn Vegetable Lasagne Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Cheese and Crackers	Beef Lasagne with Garlic Bread Beetroot and Lentil Burger in a Bun with Potato Wedges Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Apple Crumb Cake with Custard	Roast Chicken, Stuffing, Roast Potatoes and Gravy Vegetarian Wellington with Roast Potatoes and Gravy Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Fruit Medley	Chicken Biryani BBQ Vegan Sausage, Pasta with Garlic Bread Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Jelly with Mandarins	Fishfingers with Chips & Tomato Sauce Cheese and Bean Pasty with Chips and Tomato Sauce Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Syrup Sponge with Custard
Week Two 10/11/2025 01/12/2025 05/01/2026 26/01/2026 23/02/2026 16/03/2026	Spaghetti Bolognese Vegan Spaghetti Bolognese Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Chocolate and Beetroot Brownie with Chocolate Sauce	Cheese and Tomato Pizza with Wedges Mild Mexican Chilli with Rice Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Gingerbread Cookie	BBQ Chicken with Seasoned Potatoes and Sweetcorn Salsa BBQ Quorn with Seasoned Potatoes and Sweetcorn Salsa Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Fruit Salad	Beef Meatballs in Tomato Sauce with Rice Creamy Chickpea and Coconut Curry with Rice Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Sticky Toffee Apple Crumble with Custard	Breaded Fish with Chips & Tomato Sauce Cheese Whirl with Chips and Tomato Sauce Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Vanilla Shortbread
Week Three 17/11/2025 08/12/2025 12/01/2026 02/02/2026 02/03/2026 23/03/2026	Macaroni Cheese Chefs Special Lentil Curry with Rice Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Oaty Cookie	Chicken Enchilada Bake with Paprika Wedges Tomato Pasta Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Pear Crumble with Custard	Pork Sausage with Roast Potatoes and Gravy Vegan Sausage and Roast Potatoes and Gravy Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Fruit Salad	Mild Caribbean Chicken with Golden Rice Vegetable Caribbean Stew with Golden Rice Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Jamaican Ginger Cake with Custard	Fishfingers with Chips & Tomato Sauce Red Pepper Frittata with Chips & Tomato Sauce Jacket potato with cheese or beans or tuna mayo Vegetables of the Day Cornflake Tart

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection – yoghurt or fruit.

Christmas Menu 2025

Roast Turkey and pork sausage
-or-
Christmas Vegetable Wellington
(Vegan)

With roast potatoes, peas, Carrots
and gravy.

Followed by
Gingerbread Biscuit and Ice cream.

Christmas Menu

 turkey	 vegetable wellington	 peas and carrots	 roast potatoes
 sausage	 gravy	 fruit	 gingerbread cookie and ice cream

STOP THE FLU! VACCINATE YOUR CHILD! PROTECT YOUR COMMUNITY!

Vaccinating your child will
STOP them from being seriously ill this winter and
protect vulnerable friends and family.

THE INJECTION

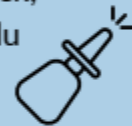


We offer a **PORK-FREE,**
GELATINE-FREE injection
considered a
faith-friendly alternative.

OR

NASAL VACCINE

No needles - just quick,
painless, effective flu
protection
(contains gelatine)



IT'S QUICK



IT'S FREE



**GIVEN AT
SCHOOL**



**IT PROTECTS
YOUR LOVED
ONES**

To complete a
consent form



Scan Here!

✉ brent@v-uk.co.uk
☎ 020 8432 7075
🌐 www.schoolvaccination.uk/flu
📺 YouTube: @vaccinationuk



SWIMMING CRASH COURSES

Progress your Childs Swimming by booking onto
one of our Holiday Crash Courses.



Vale Farm Sports Centre

Monday 27th October to Friday 31st October

08:30	Stage 1
09:00	Stage 2
09:30	Stage 4
10:00	Stage 3

5-day Crash Course - £29.50 per course

Please call at reception, pop down to Vale Farm Sports Centre or email

valefarmswim@everyoneactive.com



EVERYONE

everyoneactive.com

LOVES TO LEARN A LIFE SKILL

everyone
ACTIVE

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.

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including The New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



#WakeUpWednesday

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@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.08.2024

Wellington boots



Each child must have a pair of welly boots in school for wet days so their shoes do not get wet and for OPAL play. We also use them for our Forest School Sessions. A dry pair of sock must also be sent in with the wellies.

Your boots can be bought from any high-street retailer (Asda, Primark etc...)

Any colour or pattern is fine. Please clearly write your child's name on each boot, sharpie is good for this.

Outside for OPAL playtimes.

Please make sure all children have a **waterproof** coat with a hood in school with them everyday for OPAL playtimes.

The jacket should protect and keep the children's uniform dry during play.



School coat PLAIN BLACK COAT
NO PATTERNS

Your coat can be bought from any high-street retailer (Asda, Primark etc...)

But must be plain black with no patterns or pictures.



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

