

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 8<sup>th</sup> May 2026**

**Value for May – Perseverance**

- Breakfast Club Daily**  
7:45 - 8:30 a.m.
- Junior/Infant School Halls - registration required**
- After School Club**
- Junior School**
- Monday - Friday**  
3:00 - 4:15 p.m.
  
- Monday 11<sup>th</sup> May**
- Dance Club**
- Debate Club**  
3:30-4:30 p.m.
  
- Tuesday 12<sup>th</sup> May**
- Gym Club**
- Chess Club**
- Archery Club**  
3:30 - 4:30 p.m.
  
- Wednesday 13<sup>th</sup> May**
- Football Club**  
3:30 - 4:30 p.m.
  
- Thursday 14<sup>th</sup> May**
- Year 3 Computing Club**  
3:30 - 4:15 p.m.
- Fencing Club**
- Computing Club**  
3:30 - 4:30 p.m.
  
- Friday 15<sup>th</sup> May**
- Gym Club**  
3:30 - 4:30 p.m.

In assembly this week we were thinking about the Holy Trinity and how we can grow closer to God. We also thought about the meaning of 'The Way, the Truth and the Life' and where we can experience this in our day-to-day life. Our mission was to share God's love through our words and actions.

Saint Catherine led a beautiful assembly all about Mary as we are in her special month. We thought about all of Mary's many wonderful qualities and how we can grow closer to her through saying the rosary. Our mission was to go forward and to be like Mary and to say yes to God.



**May Procession**

On Friday 15<sup>th</sup> May, Prayer Leaders will be leading a May Procession. If possible, we would like every child to bring in one flower to lay before Mary during their class procession. Please only send in one flower on the morning of Friday 15<sup>th</sup> May.



**Summer Term Class Assemblies – 9 a.m. in either school hall**

- Thursday 21<sup>st</sup> May - Saint Mary
- Thursday 11<sup>th</sup> June - Saint Jude
- Thursday 18<sup>th</sup> June - Saint Patrick

**Ascension Day Mass**

The children will be attending Mass on Thursday 14<sup>th</sup> May at 1:30 p.m. in Saint Joseph's Church.

**School's Association Meeting- Summer Fayre – Save the date**

The Summer Fayre will take place on **Friday 3<sup>rd</sup> July from 4:30 p.m. until 6:30 p.m.** We are planning lots of exciting activities for you all to enjoy. As always, we need lots of volunteers to help make this a successful event for everyone. Parents will be on the playground over the next couple of weeks asking you to sign up to help on a stall. Please give up a little time to help if you can. More details will be shared over the next few weeks.

## International Day

On **Friday 22nd May**, we will be having a special International Day to celebrate our amazing ethnic diversity. This will also link to the feast of Pentecost. Children may dress in the colours of the flag of a country of their choice or heritage on that day. **No football shirts please.** If your child has **P.E.** that day, please ensure they are dressed appropriately.



For International Day this year, we are hoping to share our varied home recipes with the whole school again. We are asking volunteers to make, donate and help sell international food items after school in the playground, or in the **Infant School Hall** if it is raining, to raise money for the school. Food items need to be **hand-held** — no bowls or plates, napkins only — and must be **nut-free**.

Parents helping at this event will be asked to bring in their food items at **2:30 p.m.** on Friday 22nd May, ready to set up and start selling at **3:15 p.m.**

We are asking volunteers to make, donate and help sell international food items after school in the playground (or Infant School Hall if raining) to raise money for the school.



Scan here to join  
in with the  
International  
food fair

Please help us if possible. If you would like to save a space on one of the tables, please click on the link or QR code so Miss Gaynor can contact you about taking part.

<https://forms.gle/fs9tUZ5Hkc9Sxqbu6>

Children will only be able to buy items to eat with parents present to ensure they are suitable for any other food allergies present. Thank you in advance to everyone willing to help out at this event.

## Parental Prayer Group

The next prayer group will take place on Friday 5<sup>th</sup> June from 8:30 a.m. in our Prayer Room or the Prayer Garden depending on the weather.

## Reading Café

The reading café has been very successful across the year in this special year of reading.

These will take place in the school hall from 2:30 p.m.

The remaining dates for the reading cafés are as follows:

Wednesday 20<sup>th</sup> May Saint Joan of Arc

Wednesday 3<sup>rd</sup> June Saint Patrick

Wednesday 10<sup>th</sup> June Saint John Paul

Wednesday 17<sup>th</sup> June Saint Bernadette

Wednesday 1<sup>st</sup> July Saint Teresa

Wednesday 8<sup>th</sup> July Saint George



## Year 6 SATs Testing

Year 6 tests will be taking place next week from Monday 11th to Thursday 14th May. Year 6 pupils will be able to come into the Junior School from 8:00 a.m. each morning that week to enjoy a snack and a chat with their friends before their tests. This will help them feel relaxed and hopefully less anxious about their examinations. There will be no charge for any Year 6 pupil who wishes to attend SATs Week Breakfast Club. Please keep all of our Year 6 pupils in your prayers for the week ahead.

## Year 5 Tombola

Come along and support our Year 5 fundraising tombola next Thursday and Friday after school in the Junior School top playground. There will be lots of fun prizes to win and every ticket sold will help raise money towards the Year 5 school trip. Tickets are just **3 for £1**, so please bring along your spare change and join in the fun. Thank you for supporting our Year 5 pupils!

## Sun Safe School



As you know we are a Sun Safe School. We are now in the summer term and we will again be encouraging the children to be sun safe and to raise their awareness. **We would also ask for your support with this by making sure that your child has their hat (with their name on) in school every day and ensuring that your child has sunscreen applied each morning before school.** Please also send in a bottle of sunscreen lotion with your child's name on which will stay in school for them to use. They will apply this as necessary



so please practice with them. **A reminder if the UV index is 3 or above the children must wear their sun-hat at playtimes if they do not have a hat they have to stay in the shade.**

Please click on the link below to give permission for your child to be involved in this important health and safety initiative. If you have any questions please talk to us at the gate, email or call. Many thanks.

Please complete the permission form using the link below: <https://forms.gle/LCREoDS7w5A7YUis8>



## Coming Soon- School Council Eco Hero Shop

The School Council will be opening their Eco Hero Shop on **Friday 22<sup>nd</sup> May from 3p.m.** in the junior playground. Please bring your own 100 ml bottles to purchase their fabulous eco-friendly bubble bath, soap and washing up liquid.

Please keep sending in your donated 100ml bottles for us to use in the shop. Thank you.

## Safeguarding Online Safety

Each week we will include an information sheet which helps us navigate the online world. This week's National Online Safety guide is linked to mental health week and is on 'Digital Devices and Wellbeing.' Please see page 6.



## Weekly Attendance Award

Congratulations to the class winners for last week.

Junior School - Saint Joan of Arc and Saint Vincent De Paul both with an amazing 100%!

Infant School - Saint Bernadette with a brilliant 99%!



## House Points



|   |  |  |  |
|---|--|--|--|
|   |  |  |  |
| <b>Matthew</b><br>1 <sup>st</sup> 5181 points | <b>John</b><br>2 <sup>nd</sup> 4317 points | <b>Luke</b><br>3 <sup>rd</sup> 4176 points | <b>Mark</b><br>4 <sup>th</sup> 3935 points |

House point totals 8<sup>th</sup> May 2026

## Star of the Week

Well done to the children below for their positive approach to learning and to school life in general.

Saint Patrick - Angel  
Saint Bernadette - Crivo  
Saint George - Shanaya  
Saint Teresa - Dion  
John Paul - Shawn  
Saint Angela - Enoch  
Saint Christopher - Shiran

Saint Catherine - Elkan  
Saint Jude - Deidra  
Saint Mary - Leo  
Saint Francis - Jakub  
Saint Joan of Arc - Petrina  
Saint Maximilian Kolbe - Joel  
Saint Vincent De Paul - Shivonne  
Saint Faustina - Eugene



Prayer for Sir David Attenborough on his 100<sup>th</sup> Birthday

Heavenly Father,  
we thank You for the life  
of David Attenborough on his 100<sup>th</sup> birthday.  
Through his eyes and voice,  
many have come to marvel at the beauty of Your creation.  
Bless him with peace, strength, and joy,  
and guide us to be faithful stewards of the world You made  
protecting the earth, the seas, and every living creature.  
Amen.



*Please keep all the children making their First Holy  
Communion over the weekend in your prayers.*

*Saint Joseph, pray for them.*



*Have a lovely  
weekend.  
Mrs. Whelan*



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](http://nationalcollege.com).

# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

@wake\_up\_weds

/wuw.thenationalcollege

@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: 14.01.2026

# There's nothing quite like sharing a story.

Discover more at [goallin.org.uk](https://goallin.org.uk)


**GO  
ALL  
IN.**

National  
Year of  
Reading  
2026




## Never miss school notifications

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

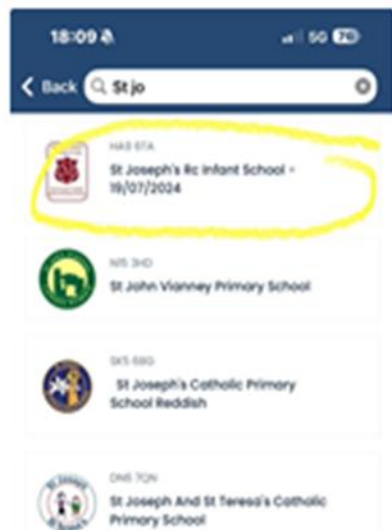
 News and message notifications

 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

