

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

Executive Head Teacher Mrs. A. Whelan

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 10th 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 13th October
Dance Club
3:30-4:30 p.m.
Taekwondo
3:30-4:30 p.m.

Tuesday 14th October
Gym Club
3:30-4:30p.m.
Chess Club
3:30-4:30 p.m.
Archery
3:30-4:30

Wednesday 15th October
Football Club
3:30-4:30 p.m.

Thursday 16th 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 17th October
Gym Club
3:30-4:30 p.m.

Saint Vincent De Paul led a wonderful assembly on Tuesday about Black History month that is celebrated nationally in October each year.

They gave us lots of examples of black people from around the world who have championed many great causes improving the lives of others. The children linked this to our school monthly value which this month is curiosity. Our mission was to be curious about one of the people mentioned in their assembly and



research into them finding more about the special work they have completed and think about how this may impact on their choices when dealing with others.

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

Thursday 16th October Saint John Paul

Thursday 20th November Saint Christopher

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

Wednesday 12th November Year 4

Wednesday 19th 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.

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.

Tuesday 14th October Year 5

Thursday 23rd October Year 4

Thursday 27th November Year 3

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 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

Harvest Festival

Thank you for all of the donations of food for the Prayer Leaders collection for Brent Food Bank as part of their harvest festival and Family Fast Day collection. Brent Food Bank collected our donations on Wednesday and were very appreciative to all of our community for their generous donations. Our Head Boy, Head Girl and Deputies from Year 6 also donated their fund-raising cheque of £347.14, which was from the summer term when they were in Year 5 as part of their Caritas Ambassador's community project.



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 12.

School Nurse Team- Flu Vaccination

You should have received information about the nasal flu vaccination with the first session next week on Monday 13th October. It is really important that children are vaccinated so please ensure that you sign up for this. If you have any questions, please ask the office or email the team directly. See the flyer on page 8 which has links to registration.

School Dinner Meal

The school dinner menu is due to change after half term. Please click on the links below to choose your child's menu. Please also see the menu on page 7. The forms will remain open until 17th October 2025.

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

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



World Mental Health Day

Today was World Mental Health Day. Many of the children wore an item of yellow clothing into school to help to raise awareness. They completed wellbeing activities including conversation cards and activities linked to expressing their feelings.



Reception Stay and Play Day

There will be a stay and play morning on Wednesday 15th October from 8:45 a.m. This is an opportunity for parents to stay with their child for the beginning of the session and experience a phonics session. There will also be tips on how you can support your child in developing their phonics and reading knowledge.

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.

Coffee morning Brent Parent Carer Forum

PINS – (Partnership for inclusion of neurodiversity in schools) are working in Partnership with Saint Joseph's Infant and Junior Schools. **They are holding a Brent Parent Carer Forum Parents Coffee Morning on Monday 13th October 2025, in the Prayer Room and they invite all parents to join them from 8.30am onwards. Further information on page 11.**

Annual Parental Questionnaire

Thank you to those parents who completed the questionnaire last week. We now have 75 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>



Balance Bike Training

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

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 9.

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 'Dealing with Traumatic and Challenging Events' please see page 10.

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.

 **Safeguarding**  **Saint Joseph's Catholic Infant and Junior Schools**

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.

 Safeguarding Governor Mr. A. Hellington	 Infant School Designated Safeguarding Lead (DSL) Mrs. A. Cooper Designated Head Teacher	 Junior School Designated Safeguarding Lead (DSL) Mr. A. Hellington Designated Head Teacher
 Deputy DSL Mrs. A. Hellington DSL - Infant School	 Deputy DSL Mrs. A. Hellington DSL - Junior School	 Deputy DSL Mrs. A. Hellington DSL - Junior School

Weekly Attendance Award

Well done to the winners of the attendance award for last week.
Junior School – Saint Francis and Saint Joan of Arc with 99.4%
Infant School- Saint Christopher and Saint Teresa with 98.7%



House Points

	 Mark 1 st 3569 points	 John 2 nd 3120 points	 Luke 3 rd 2941 points	 Matthew 4 th 2803 points
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Star of the Week

House point totals 10th October 2025

Saint Bernadette- Dylan
Saint Patrick- Riaan
Saint George- Hania
Saint Teresa- Emily
Saint John Paul- Oskar
Saint Angela - Sinora
Saint Christopher- Amelia

Saint Catherine- Venfia
Saint Jude- Mayzie
Saint Mary- Vanito
Saint Francis- Bijona
Saint Joan of Arc- Eleni
Saint Maximilian Kolbe- Areya
Saint Faustina- Gavin
Saint Vincent De Paul- Amanda



Prayer for World Mental Health Day

Dear God,

Thank you for our wonderful minds
and the thoughts that make each of us special.

Help us to be kind to ourselves and to others,
especially when someone feels sad, worried, or lonely.

Give us the courage to talk about our feelings
and the hearts to listen with love and care.

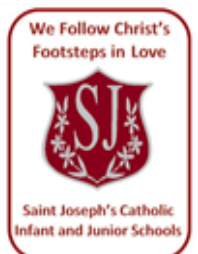
May our school be a place of peace,
understanding, and support for everyone.

Amen.



Have a lovely weekend.

Mrs. Whelan





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

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

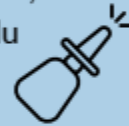


We offer a **PORK-FREE, GELATINE-FREE** injection
considered a
faith-friendly alternative.

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

LOVES TO LEARN A LIFE SKILL

everyoneactive.com

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 DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The
National
College

PINS in Brent in Partnership with Saint Joseph's Infant and Junior Schools.

Brent Parent Carer Forum Parents Coffee Morning



**Join us on
Monday 13th October 2025
At 830-10am**



**In
The Prayer Room
(Junior School on Chatsworth Ave)**

Partnerships for inclusion of neurodiversity in schools (PINS)

Working together with our health and local authority colleagues, we developed a "team around the school" approach. This initiative aims to create a neurodiversity-friendly learning environment where children's needs are met. It also focuses on empowering parents as their child's primary educator, helping them become more knowledgeable, confident, and engaged in their child's education.

- General scene setting- find out more about PINs
- Tell us what you feel your school does well
- Tell us what you feel your school could or would like to do more of
- Identifying internal or external barriers
- Exploring the idea of developing school parent champions

Mobile 07852101492

e-mail: admin@brentpcf.org

www.brentpcf.org

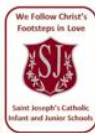
BPCF whats App <https://chat.whatsapp.com/FkK5ph5qGXe692WsSqK6Xu>

Follow us on Tuesday

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Instagram: Brentparentcarers |

Visit Brent's Local Offer for SEND: www.brent.gov.uk/localoffer



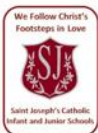
Wellington boots



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

