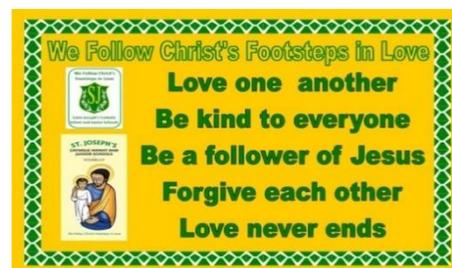


Diary Dates:
4th – 8th March

Saint Joseph's Infant School
Saint Joseph's Junior School
We Follow Christ's
Footsteps in Love



Breakfast Club Daily-
7:45-8:30
Junior School Hall
Registration and pre
booking required.
After School Club
Infant School
Monday-Thursday 3-4:15
Junior School Homework
Club in 3:1
Daily 3:10-4:15

Please log onto our school websites each week to access this newsletter.
We will not be sending paper copies home so please check the website each week.
www.sjinf.brent.sch.uk www.sjnr.brent.sch.uk

SCHOOL DINNER MENU Week 3- change due to Ash Wednesday

March Value: Compassion



Collective Worship- Class Masses

The full Collective Worship Schedule for the Spring Term can be found on the website.

Thank you to Father Joseph for celebrating Mass with Saint Francis on Tuesday. Many thanks also to the parents and family members who attended.

Class Masses begin at 2p.m. in your child's classroom. Please ensure that you enter through the main office door to be signed in if you are attending.

Tuesday 5th March Class 4:1 Class Mass

Forward Notice –Assemblies

Tuesday 12th March 9am Junior hall - Class 6:2 Saint Vincent De Paul

Tuesday 26th March 9am Junior hall -Class 5:1 Saint Joan of Arc

Thursday 28th March 9:10 am Infant hall- Class 4 Saint George

Year 4 Easter Reflection- Thursday 4th April 9am Junior hall

Reception Spring Concert Friday 5th April 9:10 am Infant hall

Forward Notice- Parental Meetings are scheduled to be on Monday 11th March and Thursday 14th March- Appointment letters have been sent out this week.

Parental Workshops- There will be two Religious Education workshops for parents with pupils in EYFS and KS1 (Years R, 1 and 2) and KS2 (Years 3-6). KS1 will be on Monday 25th March 9-10 am in the infant hall and KS2 will be on

Wednesday 27th March 9-10 am in the junior school hall.

K.S.1 Year 2 – Sat's Meeting- There will be a meeting on Thursday 21st March at 2:30 p.m. in the infant hall for parents of pupils in Year2 who will be taking SAT's tests in May. A letter with more information will be sent home.

Schools Association Event- Unfortunately we have not had much interest in the 'Quiz Night' so have made the decision to cancel the event. The next event will be a 'Mother's Day Coffee Morning' on Friday 29th March from 9am in the New Build and will continue until after Prayer Group in case they would like to attend.

Tesco Donation- Tesco's have kindly donated some of their Christmas stock to our Schools Association. We will be having a table top sale on Friday 8th March in the New Build from 2:45 p.m.

Welcome back to Miss. Mc Andrew who rejoins reception after being off for an operation. We are glad to have her back!

Monday 4th March

Infant:

Year 2 Football 3-4

Yoga 3:15-4:15

Junior: Football Years

4,5,6 3:15-4:15

Tuesday 5th March

Infant: Gym Club 3-4

Junior: Yoga Years 5&6

3:15-4:15

Gym Club 4-5

Wednesday 6th March

Infant: Dance Club 3-4

Junior: Dance Club 4-5

Computer Explorers

Year 5-3:15-4:15

Chess Cub Years 3&4

3:15-4:15

Thursday 7th March

Junior: Football Year 3,

3:15-4:15

Drama Club: Year 5

3:15-4:15

Friday 8th March

Forward Notice- We will be celebrating National Book Week and having dress as a book character day on Friday 8th March. A letter with more information has been sent home.

Reminder- We have made the decision that we will not have birthday sweets in school any longer as parents have raised concerns that the children are having birthday sweets from school regularly as opposed to on an occasion. Pupils can wear their own clothes on their birthday or the closest Monday or Friday if their birthday is on a weekend. If their birthday is during the holiday they can wear their own clothes on the last day before we break up or the first day back.

Attendance and Punctuality Awards-The winners for the week 25th February – 1st March are: 5:2 with an attendance of 99% and 4:2, 5:2 and 6:2 win the punctuality award with the 0 number of late marks. Well done to those classes.

Value Awards February Loyalty

Saint Patrick – Jayan, Victoria Saint Bernadette- Darragh, Zaneta
Saint Teresa- Emmanuel, Kay Saint George- Carlito, Ailish
Saint John Paul- Elliot, Adonica Saint Christopher- Vernon, Khourtney Saint Angela- Leo, Abby
Saint Catherine- Leonardo, Defila Saint Jude- Aloysius, Oliwia
Saint Mary- Eva, Kacper Saint Francis- Nathan, Jasmine
Saint Joan of Arc- Calum, Janicia Saint Maximillian Kolbe- Maja, Brayden
Saint Faustina- Norwin, Emilia Saint Vincent De Paul- Blanca, Calvyn

Star Awards

Star Maths

Saint Patrick-- Michalina Saint Bernadette- Jolon
Saint Teresa- Jacob Saint George- Alicia Saint John Paul- Darrien
St Christopher- Lionel Saint Angela- Macbeth
Saint Catherine- Aysel Saint Jude- Fabiano
Saint Mary- Alex Saint Francis- Frazer
Saint Joan of Arc- Damauri Saint Maximillian Kolbe- Jasmin
Saint Faustina- Alan Saint Vincent De Paul- Nevin

Star Spelling

Saint John Paul- Eden Saint Christopher- Emmanuel Saint Angela- Milena

Star Phonics

Saint Patrick- Siobhan Saint Bernadette- Varick
Saint Teresa- Megan Saint George- Skyrah

Star Writing

Saint Catherine- Szymon Saint Jude- Adam
Saint Mary- Yuriel Saint Francis- Tadhg
Saint Joan of Arc- Elitheia Saint Maximillian Kolbe- Rachel
Saint Faustina- Aaron Saint Vincent De Paul- Elsie

Star Reading

Saint Teresa- - Blanka Saint George- Kaylen Saint John Paul- - Hayden
St Christopher- - Cayden Saint Angela- Liva
Saint Catherine – Rylan Saint Jude- Maria
Saint Mary- Julian Saint Francis- Crizen
Saint Joan of Arc- Benson Saint Maximillian Kolbe- Zachariah
Saint Faustina- Blessica Saint Vincent De Paul- Alinda

Well done to all of the pupils for their hard work and co-operation.

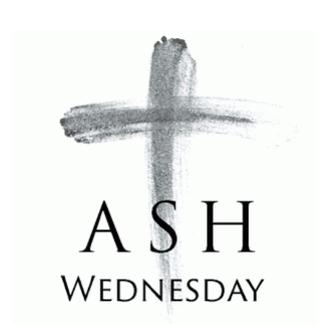
The value for March is '**Compassion**'. The value sheet will be sent home next week.

School Dinner Change- As it is Ash Wednesday next week the children will be having fish on Wednesday as well as Friday next week. The roast dinner day will be on Thursday instead of Wednesday.

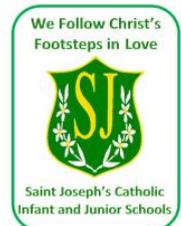
Ash Wednesday- Next week Lent begins. The children will be receiving Ashes in school this year. Father Anthony and Father Tebin will be leading prayer Services. The children will be reflecting on what they can do during Lent to grow closer to Jesus.

A Children's Prayer for Lent

Lord, please show me what I should give up for Lent
And when I've given it up
Remind me to pray to You instead
To thank You
To love You
To hear from You
Each and every day in Lent
Amen



Have a lovely weekend.
Mrs Whelan
Executive Head teacher



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



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 lead, Mrs A. Whelan, or any of our safeguarding officers, Mr. Betts, Miss K. Gaynor, Mr. Nicklin or Mrs. Jeeves.

 Mrs A. Whelan Executive Head Teacher (SLE)	 Mrs K. Gaynor Assistant Designated Safeguarding Lead (DSL)	 Mr. K. Betts Assistant Designated Safeguarding Lead (DSL)	 Mr. Nicklin Assistant Designated Safeguarding Lead (DSL)	 Mrs. Jeeves Assistant Designated Safeguarding Lead (DSL)
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Copies of our safeguarding policies can be found on the school website along with links to the latest update of 'Keeping Children Safe in Education' (DfE Statutory guidance for schools and colleges on safeguarding children and safer recruitment.) Hard copies may be found in the school office upon request.

Sleeping vs Scrolling - how to help your child sleep better

A recent Ofcom study found 70% of young people miss sleep because of online habits. Clinical psychologist Dr Elly Hanson and psychiatrist Dr Richard Graham explain how to manage your child's evening routines and sleeping patterns.

Understand the value of sleep. As parents, it's important to have a solid understanding of why sleep is so important. Discussing this with your children and explaining to them why

sleep is so vital will help them to prioritise it over other activities. Recent research shows that sleep contributes to physical health, emotional wellbeing and also learning.

Cut down on light before bed. The blue light emitted from devices can be disruptive to a night's sleep, as it confuses the body into thinking it's daytime when it should be winding down for the night. As a general rule, it's best to avoid using devices close to bedtime. Why not give a friend a call in the evening instead of chatting over WhatsApp?

Make bedrooms a device-free zone. All devices should be kept outside of bedrooms at night-time. This is easier said than done but you could try encouraging your child to use this time for something else, like reading a book.

Speak to other parents for advice. Setting rules around sleeping is made much harder when your child claims that all their friends are allowed to do what they're not. If possible, speak to the parents of your child's peers to discuss and agree the main sleeping boundaries – and stick to them! A lie in isn't always a bad thing

It's important to remember that adolescents have a different circadian rhythm than younger children and adults, naturally preferring to stay up and sleep in later. You should allow teenagers to lie in when possible in the mornings but try to avoid a huge difference between weekdays and weekends.

Dr Elly Hanson is a clinical psychologist with expertise in children, young people and digital technology.

Five tips for helping your child sleep better

Psychiatrist Dr Richard Graham on how to manage your child's sleeping patterns.

1. Establish a regular evening routine, with 30 minutes of relaxing music, a story or a bath before bedtime.
2. Avoid high stimulation activities such as TV, video games or social media for at least an hour before bedtime.
3. Cut down on caffeine or fizzy drinks during the evening – or better yet, avoid altogether.
4. Make bed and wake times regular, and take your child to bed when they are sleepy but still awake.
5. Finally, if you want to check if they are asleep, keep it short, and try to be boring!

Dr Richard Graham is a consultant psychiatrist and member of the Executive Board of The UK Council for Internet Safety (UKCIS).

“Every one of us as a child hated bedtime, when we had to leave our parents or some exciting event to get the sleep we needed. And we now know, we really do need sleep! Sleep is important for learning and behaviour, growth, and staying happy. Growth hormones are released during sleep, which means a lack of sleep can affect growth, and when a sleep problem is resolved a growth spurt can often occur.” Dr Richard Graham