

NOVEMBER NEWSLETTER 2019



St Joseph's is a joyful community which follows the example of Jesus, helping, accepting and respecting everyone, as we learn and grow together, safe in His love.

JOY

**Jesus
Others
Yourself**

Dear Parents,

Over the last few weeks in assemblies, we have been considering how we can help ourselves to control our feelings. This is part of our work to support good mental health. We have considered how we can maintain good health, physically and mentally. Links have also been made between good physical health and good mental health.

The term 'mental health' is not always viewed in a positive way and to some it suggests a problem. We have been talking about maintaining 'good mental health' in the same way that we might speak about maintaining 'good physical health'. In addition to sharing strategies to help ourselves, we have also talked about how others can help us and how there are times when we need to ask for help or be prepared to help someone else.

In school there are many ways in which we support children. This can be within the classroom, perhaps during PSHE lessons. We have Rainbows for children who have suffered a bereavement where we support children who have experienced a loss through a death and also those who are suffering as a result of a change in their lives such as the separation of their parents.

We have weekly ELSA sessions (Emotional Literacy Support) for some pupils and also weekly counselling from Brentwood Catholic Children's Society. We can request the services of the local authority's behaviour support service when needed, we have worked with AddUp to support pupils with a diagnosis of ADD/ADHD and we also make referrals to CAMHS. All of this support is provided following discussion with parents.

If you feel that you would like to discuss support for your child, please speak to the class teacher or to Mrs Wilson, our Inclusion Leader. The Rainbows programme is organised by Mrs Williams.

B.A. Matthews



Diary Dates

December 2019

DECEMBER

Thu	5 th	Reception Early Years Nativity Celebration in School Hall	9.30am
Sat	7 th	PFA Christmas Bazaar (School Hall – All Welcome)	12.00pm – 3:00pm
Mon	9 th	Yr 1 to Attend Mass in Church	9.15am
Mon	9 th	Yr R PFA Christmas Party (Home Clothes Yr R) Payment Via ParentPay	1:30pm – 3:15pm
Mon	9 th	Yrs 3&4 PFA Christmas Party (Home Clothes Yrs 3&4) Payment Via ParentPay	3:15pm – 5:00pm
Wed	11 th	Years 1&2 Nativity Celebration in School Hall (Surnames Beginning A – H)	9:30am
Wed	11 th	Children's Christmas Dinner	
Wed	11 th	Children May Wear a Christmas Jumper (Instead of Their Jumper / Cardigan)	
Thu	12 th	Years 1&2 Nativity Celebration in School Hall (Surnames Beginning I - Z)	9.30am
Fri	13 th	Yr 6 Charity Fun Day (organised by Yr 6 children) Children to Wear School Uniform	
Mon	16 th	Yr 4 to Attend Mass in Church	9.15am
Mon	16 th	Yrs 1&2 PFA Christmas Party (Home Clothes Yrs 1&2) Payment Via ParentPay	3:15pm – 5:00pm
Tue	17 th	Years 5&6 Nativity Celebration in Church	2.00pm
Thu	19 th	Yrs 5&6 PFA Christmas Party (Home Clothes Yrs 5&6) Payment Via ParentPay	3:15pm – 5:00pm
Fri	20 th	School Closes for Christmas Holiday at 3.15pm	3.15pm

Drop Box

A 'Drop Box' for lunchboxes, water bottles and all ad-hoc items which might otherwise be handed into the school office, has been placed outside the main school entrance. We have taken this measure for the convenience of parents and to alleviate the number of visitors coming into the school office.

Any item you leave must be labelled with your child's name

PFA NEWS

Donations

We would be grateful for donations of bottles and chocolate for our tombola stalls. We are also looking for donations of good quality used or new cuddly toys. No other toys or books are required this year, thank you.

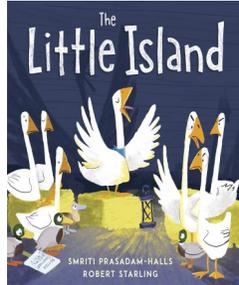
Sweet Jars

It is a St Joseph's tradition for the children to decorate filled jars of sweets, which are sold on the day of the bazaar. Prizes for the best decorated Christmas Jar in the infants and in the juniors will be given, so ensure your child's name and class are clearly labelled on the bottom of the jar.

Upminster Library Visit

Years 1 and 2 went to Upminster Library on Thursday 7th November to meet the author, Smriti Pretty Prasadam Halls.

The children enjoyed listening to her read her book, *The Little Island*, and were very enthusiastic when joining in with actions and animal noises.



Monday Morning Mass in the

Church 9:15am

Mon 6th January
Year 6
Mon 13th January
Year 5
Mon 20th January
Year 3
Mon 27th January
Year 2
Mon 3rd February
Year 1
Mon 10th February
Year 6
Mon 24th February
Year R



Wednesday 11th December

ROAST TURKEY

YORKSHIRE PUDDING

ROAST POTATOES

SEASONAL VEGETABLES

VEGETARIAN WELLINGTON

VEGAN WELLINGTON

FESTIVE ICE CREAM

£2.25

Free to KS1

Children may wear a Christmas Jumper instead of their school jumper on this day in exchange for a £1 donation for the PFA



Congratulations to St. Anne's for collecting 96 boxes for the S.M.I.L.E Christmas Box Appeal.

The house representatives took 35 to Upminster Library and the remainder were collected by a very grateful volunteer.

Clare Foster who works for S.M.I.L.E said "I hope you're extremely proud of your children. They are making such a difference in people's lives".

Thank you for your generosity



Nativity Celebrations

Thursday 5th December

Reception -9.30am in School Hall

*

Wednesday 11th December

Years 1&2 - 9.30am (Surnames beginning A-H)

School Hall

*

Thursday 12th December

Years 1&2 -9.30am (Surnames beginning I-Z)

School Hall

*

Tuesday 17th December

Years 5&6 -2.00pm in Church



Class Assemblies

Parents Welcome

Wed 15th January

6S 2.30pm

Wed 5th February

3DT 2.30pm

Wed 12th February

1D 9.00am

Anti- Bullying Week

To mark the end of Anti-Bullying Week, the School Council went on an Anti-Bullying March around Upminster on Friday 15th November.

It was the second year of this event which takes place with school councils from other Upminster Schools.

We aimed to raise awareness and to let the whole community of Upminster know that at St. Joseph's, we say no to bullying and stand together with all of the children in Upminster in stamping it out in our schools.



Year 6 Fun Day

On **Friday 13th December**, Year 6 will be holding their annual "Fun Day" charity event for some of the elderly and needy families in our local area. These families may not be able to celebrate Christmas without the help of our school.

Before The Day:

- We would like to ask for contributions of any unwanted toys and books, which are in good condition, so that we can sell them on our stalls.
- We will be holding a raffle so donations would be gratefully received.
- Please could you send in raffle, book and toy donations from **Monday 9th December**.

On The Day:

We will be selling books, toys and raffle tickets and there will be organised games on the day. The children will need money for all of the exciting activities

After school – Cake Sale, Junior Playground

CAKES: Due to the number of children with severe allergies in school, we have taken the decision not to sell cakes during the fun day event. We will, however, hold a cake sale directly after school in the junior playground. Children will only be able to purchase the cakes if they are accompanied by an adult.

All donated cakes must be stored in a sealed Tupperware-type container or similar. Please label the containers in order that we are easily able to identify and return. We thank you in advance for your support in this.

Please Note: Children to wear school uniform on this day.

Thank you for all your generosity towards the fun day. We are looking forward to raising much needed money and having an enjoyable day too. We hope that all children have a really Fun Day!

Sports News

Tag Rugby Competition and Festival

On Tuesday 5th November, the boys and girls went to a tag rugby competition and festival at May and Barker RFC.

The Competition Team won two games, drew one game and lost two. We unfortunately didn't make the quarter finals but we had an amazing day. The Festival team won a game, drew two games and lost a game.

At the end, there was a friendly game between the Festival players and Competition players. The Competition Team won.

Even though we didn't make the quarter finals, we had a good experience. The Festival Team received a certificate for teamwork. Well done to all.

Anais M 5A

Boys' Football

On Tuesday 12 November the boys' football team competed against another Upminster school, Branfil, in the first round of the cup. The weather may have been cold and damp, at least for the spectators, but that didn't dampen our spirits. We had a great start, going 1-0 up in the first play of the game, Ciaran being the goal scorer, and we quickly doubled our lead before Branfil pulled a goal back. Luckily, we soon managed to regain our 2-goal advantage and finished the first half 3-1 up.

In the second half, we played some more good football, scoring another three excellent goals, although we did concede two more, to finish the game 6-3 winners. It was a great start to our footballing season, and we played well together as a new team this year. I know we are going to improve and gain some more excellent results as the season progresses.

Ethan B, 6S

Handball Competition



Orienteering Competition



Sports News

Tag Rugby Festival and Competition Teams



Yoga Classes

Both the pupils and the staff at St. Joseph's enjoy Yoga sessions once a week to help with their mindfulness and well-being.



Boys' Football B Team

Well done on winning 4-1 against St Mary's



Attendance Policy

We would like to remind you of our attendance policy procedures relating to pupil absence. Full policy details can be found on the school website:

<https://www.st-josephs-upminster.net/wp-content/uploads/2019/02/Attendance-Policy-2018.pdf>

Absence Procedures

Our arrangements for the notification of absence and seeking approval for absence: Reporting absence (with the exception of school holidays)

- * On the first day of their child's absence parents are asked to telephone the school on 01708 220277 by 9.15am.
- * If it is unclear how long the child will be absent from school parents are asked to Contact the school on a daily basis to record the absence.
- * Absences of 5 days or more must have medical evidence.
- * If a student is absent prior to or does not return to school after a school holiday (half term, Christmas, Easter or Summer) the parent/carer will need to provide medical evidence to cover the absence. Failure to provide this evidence will result in the absence being marked as unauthorised and as such this will be referred to the Education Welfare Officer.

Illness and Medical/dental appointments

- * Every effort should be made to arrange medical appointments outside school hours
- * An appointment card or verification by the doctor/dentist/hospital is required
- * Parents are asked to inform the school in advance if their child has a medical appointment
- * Children should attend school around the appointment wherever possible
- * Children will not be allowed to leave the premises unless they are collected by an adult
- * If your child is absent due to vomiting or diarrhoea then they should not return to school for the next 48 hours after the last symptom. This is to reduce the risk of infection to other children and adults at the school
- * In the case of repeated absences, the school will require a written explanation of why a child has been absent. The member of the school office will request this when it is required.

Congratulations

Congratulations to Emma, our cook who received a S.T.A.R award on Thursday 28th November. The award was given to Emma for her outstanding Customer Service.

We are very proud of you Emma!



Congratulations

Congratulations to Chloe 3R and Niamh 4B who have been chosen to represent Essex Tennis
Well done girls!

Gold Awards

Well done to Sophie 1W and Molly 4DS who both received a Gold Award from Mrs Matthews last week.
Congratulations girls!