



# St George's School News



Dear Parents/Carers,

Next week is Laudato Si week in school and our focus is on being faith activists. Pupils will be going outside school to various places around the school community to demonstrate that children have a voice and want change.

The aim this year is to encourage our pupils to put Catholic Social Teaching into action by calling out, speaking up and taking action.

The teachers have been planning to make the week interesting so that the pupils can be fully engaged.

Some of the activities planned are: a mini protest for less pollution and walking to school by our youngest pupils in Reception.

Year 1 will 'march' to Sudbury Hill Station with their banners and posters made from recycled materials about the impact of litter on the environment.

Year 2 are going on a 'creation walk' to hang bird feeders.

Other classes will be going to different areas to pick up litter in our local neighbourhood.

Year 4 will design reusable paper bags and fill them up with heartfelt letters and poems for elderly residents at Buchanan Court.

Older pupils will be writing to local MPs and many more activities will be taking place inside school as our timetable for all of next week will be based on the message of climate change and Laudato Si.

We will be following the CAFOD Live Simply ideals – pupils will write a Live Simply Pledge.

Each child will also be given a pledge card as part of the CAFOD Young People Demand Change campaign. Please encourage the children to use what they have learned and turn it into actions around the home as well, and if you would like to join classes on any of their walks, please contact the class teachers.

Enjoy the weekend.

Yours sincerely,

Mrs D Monaghan

**Headteacher**





# LAUDATO SI' WEEK 2024

20<sup>th</sup> MAY





# LAUDATO SI' WEEK 2024

20th May



We know  
things  
can change.



Thank you to The Alcorn family for installing St George's Sharing Library at the front of the school.

We really appreciate the craftsmanship, work and time that it involved. It is so lovely to see it being used so well and the children absolutely love it.

Thank you parents and children for your kind donations so we can recycle books. Keep donating and returning so all our children can have more access to books. Thank you.



Feeding Hungry Minds

## Re: Menu changes to school meals

Feeding Hungry Minds will email parents if there are changes to the school menu. This means that parents must then make some changes to the food choices you have selected for your child and please let your child know. This is important as some children are becoming upset as they don't know their meal has changed.

## The Cardinal Wiseman Catholic School

Mr Coyle, Headteacher of The Cardinal Wiseman Catholic School has asked us to share a copy of their recent Ofsted Report via the link below:

<https://www.wiseman.ealing.sch.uk/page/?title=OFSTED%2FSEF%2FSGP&pid=50>

## St George's Day Competition Winners 2024



Pupils were asked to reflect on the qualities of St George, what makes him a saint and how we can practice some of these qualities in our daily lives.

Congratulations to our competition winners!

# What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

## UNDERSTANDING SCHOOL AVOIDANCE

### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

## IMPACT OF SCHOOL AVOIDANCE

### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and Interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/school-avoidance](https://nationalcollege.com/guides/school-avoidance)

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Class 5M is holding a food drive to help support those in the Harrow community who may struggle with poverty.

Each year group has been assigned a set of items which they can bring in to their class teacher as a donation. These items have been set in accordance with the current demands that Harrow Food Bank is requesting.

If possible, we ask if each child can bring to school an item from the list - see below - as a donation. All items are to be donated by Monday 20th May.

We thank you for being The Good Samaritan in our community,

Mr Murray, Class 5M



# Help Us Help Them

Be the Good Samaritan in your community.

## YEAR GROUP MISSIONS:

- Reception - toothbrush, toothpaste, crackers, tinned peas, tinned custard, tinned meat.
- Year One - nappies, baby toiletries, jarred hotdogs, tinned fruit, tinned fish, sponge pudding.
- Year Two - cleaning products, carrier bags, chocolate spread, tinned ravioli, tinned vegetarian meals
- Year Three - deodorant, honey, packet mash potatoes, tinned stew, packet meat soup, tinned carrots.
- Year Four - shampoo, cooking oil, jam, ketchup, tinned macaroni cheese, fruit juice, coffee.
- Year Five - toilet roll, shaving gel, tinned mixed veggies, tinned chicken meals, chopped pork/ham, squash.
- Year Six - washing powder, washing liquid, tinned beef, pasta sauce, long life skimmed milk, tinned potatoes.

Items can be dropped off in class until  
Monday 20th May.



# VCYM

## The Vaughan Centre for Young Musicians



### a chance for your son to benefit?

The Vaughan Centre for Young Musicians, held from 4.30-6.30 pm, on ten Mondays each term offers Primary School age boys (Years 4-6, ages 8-11) the opportunity to extend their music curriculum and receive specialist instrumental and choral tuition

### Auditions to join in September 2024 will be held in July 2024

Further details and apply online by clicking [HERE](#) or visit [www.cvms.co.uk](http://www.cvms.co.uk)

### Closing Date for Applications Friday 28 June 2024



The Cardinal Vaughan Memorial School  
89 Addison Road, London, W14 8BZ

LEARN HARROW

## Family Numeracy course!

Years 1, 2 & 3

Join up and learn how to make Maths interesting for your children.

Online course for parents.

Book here

www.LEARNHARROW.AC.UK

# HOLIDAY CAMP

JOY SPORTS ACADEMY

AGES 4-16 May Half Term Camp 28th - 31st May 2024

PAID 9am - 1pm = £25 9am - 5pm = £35

FREE HOT VEGETARIAN MEALS

## Multi Sports Camp

Places Available For Children

The Joy Sports Academy team will host a fun-packed program to provide a safe, friendly and secure environment where a variety of activities are offered. The Holiday camp promotes healthy lifestyles and positive social interactions.

REGISTER ONLINE USING QR CODE OVER PAGE

Remember, these places are open for all the year groups & other local schools. Once you complete the form, your children's placement will be secure. You can make the payment online.

For more information, please contact:  
Mr Patel on email: [joysports00@gmail.com](mailto:joysports00@gmail.com)

REGISTER ONLINE USING QR CODE BELOW

If you would like to enrol your child/ren in our Holiday Programme, please fill out the online application form and submit it before the first day of the camp. Please note that places are limited, and priority will be given to those booking for the entire week.

CGPS Tax FREE childcare vouchers & CGPS are accepted Childcare Choices

Sudbury Primary School  
Watford Road,  
Wembley  
HA0 3EY

SCAN ME

Gymnastics, Dance, Different Sports, Quizzes, Coding, Karate, Problem Solving, Origami, Soft Archery, Talent show, Treasure Hunt, Life Skills, Invasion Games, Painting, Team Building, Orienteering, Nutrition, Science experiments, Art & Craft, Yoga, Circuit Training, Leadership, Competitions, Drills and much more...

Tuesday	Wednesday	Thursday	Friday
28/05	29/05	30/05	31/05

COST PER DAY PAID: 9am-1pm = £25 9am-5pm = £35

For more information, please contact:  
Mr Patel on email: [joysports00@gmail.com](mailto:joysports00@gmail.com)

## First Holy Communion Celebration Mass

Unfortunately due to our two priests being unavailable, our First Holy Communion celebration mass has to be postponed on Thursday 23rd May. We will advise a new date as soon as possible in liaison with the Parish Office.

## EARINGS ON PE DAYS

Earrings should be removed or covered with plasters on PE days.

Please note that children are not allowed to wear necklaces on any day to school.

### DATES FOR YOUR DIARY

#### MAY

**Fri 17** - PSA Spring Disco 6:30-8pm

**Mon 20** - Rosary with Class 6H

**Wed 22** - 3M Class Assembly

**Wed 22** - Year 4 & Year 5 Sustainability Workshop

**Thurs 23** - 9:15am School Song Performance in the Main Field, parents are welcome to remain after drop off to hear the children sing.

**Mon 27 May - Fri 31 May HALF TERM**

#### JUNE

**Mon 03** - Staff Inset Day

**Tues 04** - Children return to school

**Tues 04** - Class 3M to Perivale Woods

**Tues 04** - Year 5 Met Police Awareness Course

**Wed 05** - Parents Creative Well-being Workshop 9am

**Fri 07** - Year 2 trip to Windsor Castle

**Tues 11** - Year 5 Whitmore Science Day

**Tues 11** - Class 3OS to Perivale Woods

**Thurs 13** - 5R Class Assembly

**Tues 18** - Year 5 Met Police Awareness Course

**Wed 19** - Sports Day at St George's

09:15-10:30 KS1

10:40-11:30 Dragon's Nursery

13:00-14:30 KS2

**Fri 21** - 2OH Class Assembly

**Mon 24** - Year 6 Graduation Photos

**Wed 26** - 4J Class Assembly

**Thurs 27** - 1N Class Assembly

#### JULY

**Wed 03** - New Reception Parents Meeting at 5:30pm

**Sat 06** - PSA Summer Fair

**Mon 08** - Year 5 Taster Day at The Sacred Heart Language College and Salvatorian College

**Thurs 11** - Year 6 Production at The Ryan Theatre

**Mon 15** - Year 6 Leavers Mass - 6pm at St George's Church followed by a BBQ at school

**Fri 19** - Last Day of Term - Early Finish

On the last day of term, children finish at the following times:

**1.10pm Reception**

**1.15pm Year 1 & Year 2**

**1:25pm Year 3 & Year 4**

**1:30pm Year 5 & Year 6**

**4:45pm After School Club**

**Please be aware that there may occasionally be a change to dates due to circumstances beyond our control**

### HEADTEACHER'S DROP IN SESSION—EVERY FRIDAY AT 2.45PM

This is a time when the Headteacher is available if you want to discuss any matters.

Mrs Monaghan is also available at other times if you wish to make an appointment through the School Office.