



St George's School News



YEAR OF PRAYER 2024

Dear Parents/Carers,

In preparation for the 2025 Jubilee Year 'Pilgrims of Hope', 2024 has been designated a Year of Prayer by Pope Francis. There is a particular focus on the Lord's Prayer (Our Father) this year, and this presents us with a great opportunity to reinvigorate the centrality of prayer within our school.

The Pope has called for a Year of Prayer to help the Church prepare for the Jubilee, to help us to walk together in hope and joy.

"I would greatly desire that we devote 2024, the year preceding the Jubilee event, to a great "symphony" of prayer. Prayer, above all else, to renew our desire to be in the presence of the Lord, to listen to him and to adore him". (Pope Francis)

Next week, your child will bring home a prayer card as a gift from school to enable you to begin the conversation with them about the importance of prayer.

This prayer card is for you to use as a family; to take time to listen to your child saying The Lord's Prayer and to pray with them.

Being quiet and still for a few moments as a daily activity will not only assist their own faith journey, but will also be good for their well-being.

God Bless and have a lovely weekend.

Mrs D Monaghan
Headteacher





“Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help others”

INCONSIDERATE PARKING

We have received further complaints about bad parking by parents from our school. A resident from Park Lodge on the Greenford Road has experienced inconsiderate parking and witnessed unwanted behaviour from parents.

It is very sad that our neighbours have to ring us to report these matters. As a Catholic school, it is highly important that we uphold our reputation with the local community and neighbours. We would expect all our parents to show more consideration and respect to others, as this is what we teach the children.

PARKING OUTSIDE SCHOOL ENTRANCE ON ZIG –ZAG LINES.

Some parents are still parking outside the main school entrance on the zig- zag lines.

The school would appeal to these parents to stop doing this for the following reasons:

- We are situated on a busy road at a major traffic light junction and any stationary cars in the area will obscure the view of oncoming drivers.
- The zig- zag lines are near the pelican crossing for our children and parking on the zig-zags, blocking the line of vision for pedestrians, is putting other people’s children at risk.
- There is no need to park immediately outside the school gate as there is free parking all the way along Sudbury Hill and a short walk is good for your child.



In the first week of this half term our Girls Football Team took part in the "tier one league finals" with 8 other schools from Harrow. It was a really tight and competitive setting for our girls but they showed some great character to battle against the odds. They came joint 3rd overall which is a great achievement following on from last years trophy.

We now look forward to the girls taking part in the Barnet Cup final later in March.

We are super proud of the girls and how far they have come over the last 18 months.

Mr Lewis, Sports Instructor

PARENTS AND STAFF ASSOCIATION

Valentine's Disco

Thank you to all the parents who helped organise and run the **Valentines Disco** – everyone had a lot of fun and it was a great evening.

Joining the PSA

The PSA raises important money to allow the school to give our children skills, opportunities and fun that would not be possible though the funding given by the Government.

Helping the school raise this money is **not a chore but a rewarding activity that strengthens the community** we are all part of. Members of the PSA have said joining the PSA helped them make new friends, it boosted their self-confidence, and the **pleasure of doing something positive for their community was personally very rewarding.**

Many of the current active PSA members will be leaving the school at the end of this year and to keep the good work going we need more parents from Reception, Years 1, 2, 3, 4 and 5 to join and participate in the organising and running of fundraising events.

If you can help, please get in touch on the PSA WhatsApp using this link, thank you

<https://chat.whatsapp.com/E1E8By99nNrGXOPm6Q5c8d>

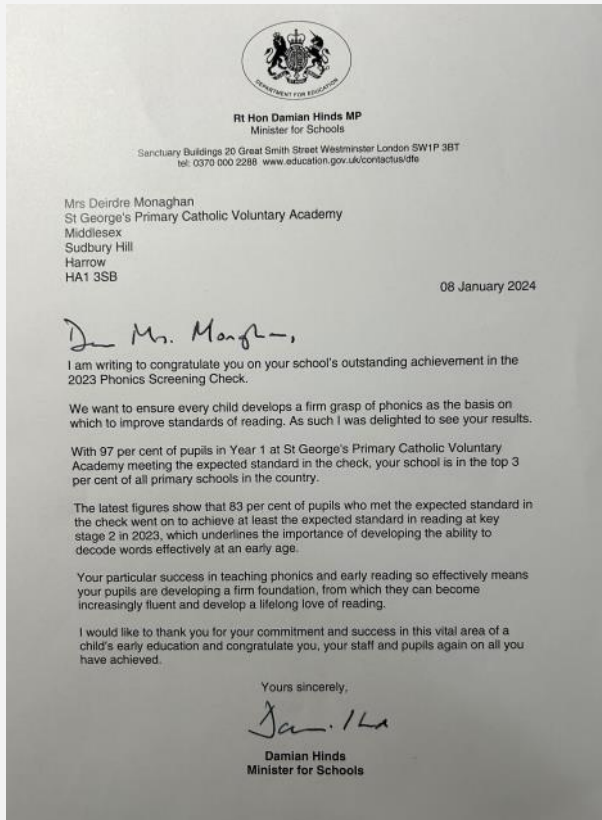
Welder Wanted

The PSA storage container is letting in rain and desperately needs to be fixed – if you have the tools and the time please speak with Dorota or Martina. Any help would be greatly appreciated.

Next PSA Events

MARCH	APRIL	MAY	JULY
<ul style="list-style-type: none">• Quiz Night – 22nd• Bend the Rules – 22nd	<ul style="list-style-type: none">• Easter Egg Hunt – 19th• St George's Picnic – 23rd	<ul style="list-style-type: none">• Spring Disco – 17th	<ul style="list-style-type: none">• Summer Fair – 6th

We are extremely proud to have received this letter placing us in the top 3% of schools in the country following our 2023 Year 1 phonics results.



Invitation to join a webinar for parents and carers....for some parenting 'TLC'

When?

March 5th at 2pm (for about 30/40 minutes)

Where?

Online (we will share a link to join in nearer the time)

Why?

A group of schools in Harrow are working with the team at [Art of Brilliance](#) on an 'Outstandingly Happy Schools' project and we would like to offer everyone the chance to hear a little more about the key ideas that underpin the programme...because we think they are brilliant!

Find out more via [this link](#)



Fit4Life Harrow Charter

Primary School Charter

Schools pledge to:



Include health and fitness at the centre of our curriculum



Provide healthy food across the school day



Ensure all packed lunches are healthy



Complete the school's part of Active 30:30 (an extra 30 minutes of exercise a day)



Achieve the Healthy Schools London Award



Ensure that interventions are in place to support pupil mental health and wellbeing

Family Charter

Families pledge to:



Reduce the amount of sugary foods and drinks



Provide healthy snacks at the end of the school day



Exercise with children outside of school for at least 30 mins a day (Active 30:30)



Sign-up and regularly attend an NHS Dentist and ensure children brush teeth at least twice a day



Ensure children are up to date with vaccinations



Talk each day to children about how they are feeling and how their day went



A guide to physical activity opportunities in Harrow - including for children and families - can be found here: <https://www.harrow.gov.uk/stayactive>

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation': rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE A DYSREGULATION DETECTIVE

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



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BRILLIANT PARENTS – March 2024

Parent Support Programmes for the London Borough of Brent, Harrow & Hammersmith and Fulham

PROGRAMME TITLE	WHO IS IT FOR	DELIVERY DATE	BOROUGH/TIME	LOCATION
Managing Fighting & Aggression	Parents/Carers with 2–11-year-olds	Monday 11 th March 2024	Brent/H&F/Harrow 10-12noon	Zoom
Coping with Teenagers' Emotions	Parents/Carers with Teens (11+)	Tuesday 12 th March 2024	Harrow 10-12noon	Zoom
Dealing with Disobedience	Parents/Carers with 2–11-year-olds	Friday 15 th March 2024	Harrow 10-12noon	Plinner Park Primary School
Developing Good Bedtime Routines	Parents/Carers with 2–10-year-olds	Monday 18 th March 2024	Brent/H&F/Harrow 10-12noon	Zoom
Building Teenagers' Survival Skills	Parents/Carers with Teens (11+)	Tuesday 19 th March 2024	Brent/H&F/Harrow 10-12noon	Zoom
Reducing Family Conflict	Parents/Carers with Teens (11+)	Tuesday 19 th March 2024	Brent/H&F/Harrow 6-8pm	Zoom
Managing Fighting & Aggression	Parents/Carers with 2–11-year-olds	Friday 22 nd March 2024	Harrow 10-12noon	Whitchurch Primary & Nursery School
Hasle Free Shopping with Children	Parents/Carers with 2–10-year-olds	Monday 25 th March 2024	Brent/H&F/Harrow 10-12noon	Zoom
Getting Teenagers to Cooperate	Parents/Carers with Teens (11+)	Tuesday 26 th March 2024	Brent/H&F/Harrow 10-12noon	Zoom

To register for any or all the Discussion Groups, kindly complete and submit both the registration form and parenting experience survey at these links:

<https://www.brilliantparents.org/brilliant-parents-bl-registration-form/>
<https://www.brilliantparents.org/triple-p-parenting-experience-survey/>

DATES FOR YOUR DIARY

MARCH

- Mon 04** - World Book Day Workshops
Tues 05 - World Book Day Workshops
Thurs 07 - RY Class Assembly
Thurs 07 - Year 6 SATs Parents Meeting at 5pm
Fri 08 - Year 6 Junior Citizenship Scheme
Fri 08 - Wear pj's to school for World Book Day
Wed 13 - Year 6 Extended Writing Workshop at Whitmore High School
Thurs 14 - RL Class Assembly
Tues 19 - Year 6 Poetry Workshop with BREIS
Wed 20 - 1P Class Assembly
Fri 22 - 3M Class Assembly
Fri 22 - PSA Bend the Rules Day
Fri 22 - PSA Quiz Night
Thurs 28 - **HOLY THURSDAY**
Thurs 28 - **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



Harrow Cricket Club Calling Women & Girls of all ages and abilities

REGISTRATION NOW OPEN FOR THE SUMMER SEASON 2024

MORE INFORMATION
Visit: www.harrowcricketclub.co.uk
Email: womenandgirls@harrowcricketclub.com

Harrow Cricket Club,
Wood End Rd, Harrow, HA1 3PP

We currently have u12 (Softball), u15, u17, u19 & Women Teams



CONTACT DETAILS

If you have recently changed any of your contact details (address, mobile number or email address) please send an email to: office@stgeorges.harrow.sch.uk so that we can update your child's record.

It is important that we have up to date information in case we need to contact a parent if their child is unwell.

Also, our message service through SchoolPing uses parent's mobile numbers to send any correspondence.

Thank you.

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.