

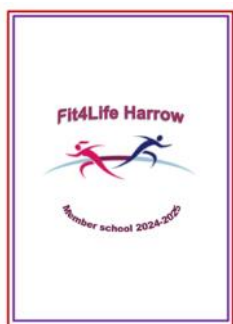


St George's School News



Dear Parents,

It has been a busy first half term at school. The children are well and truly settled into the school routines, behaviour and the high standards we expect from them. Pupils have had many enriching experiences to enhance the curriculum already. We have had workshops from The Iroko Theatre group as part of our various activities to celebrate Black History Month, some children have visited our neighbours at Buchanan Court Care Home to participate in art activities and the boys football team have scored success already in the Charles Alcock Cup at Harrow School. We are delighted to announce that we have received The "Fit 4 Life" award recognising our commitment to health education.



All our pupil groups are in place and the children are enjoying their positions, with some showing very impressive leadership and organisational skills. The pupil Chaplains have presented on the theme of Peace to The Blessed Holy Family Trust Board and have also led their first Rosary prayer with staff, children and parents at our Stay & Pray session last week. The school council members will be making worry boxes over half term for each class. This is following on from their "Yellow Day" initiative for Young Minds encouraging children to be able to express their emotions and mental health needs.

Thank you for your high attendance at Parents' Evenings, I hope you found the opportunity to speak with the class teacher useful and productive, in order to support your child at home with next steps for learning and progress.

Please take time to visit our school website as we have updated the section entitled "Our Catholic School". Click on this tab on the home page and it will give you a wealth of information about what happens for Religious Education in our school.

Have a wonderful half term.

Yours Sincerely,

D Monaghan

Headteacher

Mrs D. Monaghan

Headteacher



“Let us treat others with the same passion and compassion with which we want to be treated”.

The Rosary Service



On Wednesday 16th October 2024, our Pupil Chaplains led a beautiful Rosary service.

Thank you to everyone who joined us in this meaningful prayer experience.

Mrs Ryan

Smartphones



Calls are growing to ban smartphones in schools in England by law, as education experts and unions back an MP's attempt to push a new law through Parliament.

The government said the move was part of a plan to "minimise disruption and improve behaviour in classrooms".

St George's already has a total ban on phones on the school premises for pupils, and rules requiring that handsets are given in at the start of the day. Year 6 are the only year group who are permitted to have a phone and this is only if they are walking to and from school alone.

We know that you want to stay in touch with your child. But we don't want them to be exposed to all the potential dangers of unrestricted smartphones in their pockets. I have seen some year 6 children on their phones as they are walking to school. They are looking down at their phone, not concentrating on their journey and they are also raising the potential of having their phone snatched from them. Please speak to your child about avoiding this behaviour on route to and from school.

Alternatives to smartphones:

Known as simple phones or brick phones, we would encourage parents to buy these phones for your child. These alternative phones for children offer them what they need for you to stay in touch without the world of the internet and social media for which they are still too young.

Safety First for St George's Children Please



Please ensure that you drive safely near the school grounds. On Wednesday 23rd October we received reports of unsafe driving outside the school gates, by a parent driving a black Toyota RAV4 – license NH07NWE. Sudbury Hill is a busy road with an extremely busy junction, it is not safe to turn or reverse into driveways as it is putting children at risk!

Football

Girls' Football

On Monday 14th of October 2024 our girls took part in the Barnet Cup 7-aside competition. It was a really good learning experience for our girls in preparation for the league season ahead. We are really proud of how the girls played!

Well done to all involved.

Boys' Football

On Thursday 17th of October our boys took part in the Charles Alcock Cup at Harrow School.

It was a great afternoon for the team with them showing some great team work and football skills which led to really impressive performances! With all of this hard work it paid off with us winning 6 out of 7 games, scoring over 30 goals. This included a great Final where the boys won 3-0. This is a great way to get prepared for the long season ahead. WELL DONE BOYS!!



Christmas Jumper sale

We would be most grateful if you could donate any old Christmas jumpers.

All donations must be in before for the sale which is on **Wednesday 20th November 2024.**



Donations for The Passage



Thank you for your generous donations for The Passage. In giving, we have coincided with two important International Days last week -

World Food Day (16th October) and International Poverty Eradication Day (17th October).

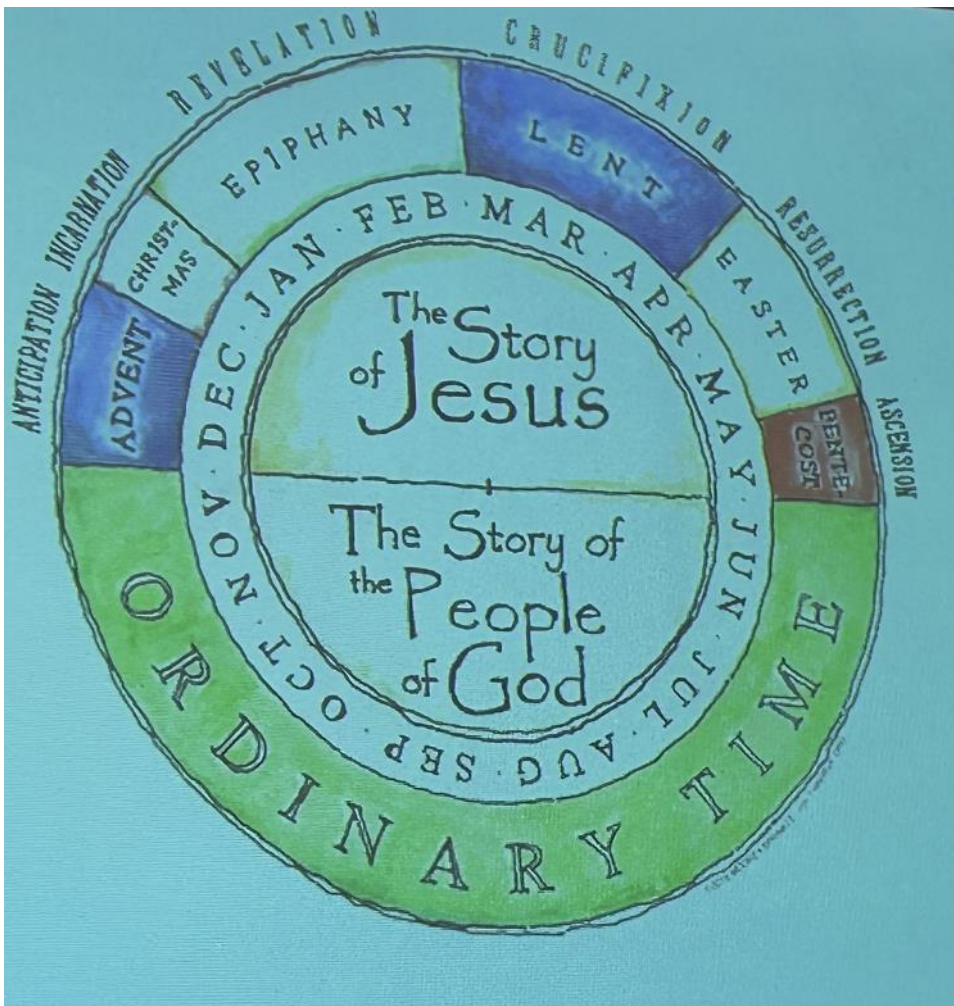
Liturgical Year Calendar

Please share this Liturgical Year calendar wheel with your child to strengthen their knowledge of the liturgical year, the colours and months when certain events occur.

Change of Details

Please inform the School Office by email on office@stgeorges.harrow.sch.uk if you change any of your contact details, including home, work or mobile numbers or email address.

Thank you,
The School Office.



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

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College®

Autumn/Winter Menu

Please see below for the new Autumn/Winter menu, a copy can also be found on the school website.

Please do make a note of the following dates, when each menu will be served. As this is on a weekly rotation.

Week 1	Week 2	Week 3
04/11/2024	11/11/2024	18/11/2024
25/11/2024	02/12/2024	09/12/2024
16/12/2024	23/12/2024	30/12/2024
06/01/2025	13/01/2025	20/01/2025
27/01/2025	03/02/2025	10/02/2025
17/02/2025	24/02/2025	03/03/2025
10/03/2025	17/03/2025	24/03/2025
31/03/2025	07/04/2025	14/04/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Veggie Rice & Flatbread V	Beef Burger & Wedges	Macaroni Cheese & Garlic Bread V	Chicken Fajitas & Mexican Rice	Cheesy Bean Puff & Roast Potatoes V
	Sweetcorn & Broccoli	Green Beans & Coleslaw	Peas & Carrots	Sweetcorn & Mixed Salad	Peas & Baked Beans
	Chocolate Tiffin	Strawberry Jelly	Fruit Flapjack	Pear & Berry Crumble with Custard	Shortbread
WEEK 2	Veggie Stir Fry & Rice PB	Greek Style Beef Pasta Bake & Focaccia	Mushroom Carbonara & Garlic Bread V	Sausage & Mash with Gravy	Veggie Curry & Coriander Rice PB
	Sweetcorn & Green Beans	Peas & Mixed Salad	Carrots & Broccoli	Sweetcorn & Coleslaw	Peas & Baked Beans
	Apple Crumble with Custard	Strawberry Jelly	Apple & Berry Cookie	Vanilla Ice Cream with Toppings	Chocolate & Beetroot Brownie
WEEK 3	Veggie Chili with Rice PB	Chicken Meatballs in Tomato Sauce & Spaghetti	Moroccan Tagine & Couscous PB	Beef & Veggie Pie with Mash	Veggie Sausage with Crispy Potatoes, Yorkshire Pudding & Gravy V
	Roasted Veggies & Sweetcorn	Green Beans & Carrots	Peas & Cauliflower	Sweetcorn & Coleslaw	Peas & Baked Beans
	Strawberry Angel Delight	Custard Biscuit	Strawberry Jelly	Toffee Apple Crumble with Custard	Golden Coconut Crispie Cake

MEAT FREE

Available Daily: Milk, Salad Bar, Fresh Bread, Fresh Fruit & Yoghurt

Menu Key: PB Plant Based | F Fish | V Vegetarian

Look out for Chef's Special Jacket Potato

THE SNOWMAN

WITH LIVE ORCHESTRA
NEW! SECOND SHOW ADDED!

EXPERIENCE RAYMOND BRIGGS' TIMELESS ANIMATED CLASSIC WITH LIVE ORCHESTRA

6PM & 7.30 PM (NEW)
TUESDAY 10 DECEMBER

THE NEW HALL, CAROLINA VAUGHAN SCHOOL, 89 ADDISON ROAD, LONDON W14

TICKETS (£10 ADULTS / £5 CHILDREN) AVAILABLE AT WWW.CVMS.CO.UK



Details

Elliott Hall

Approx 2hrs with a short interval

£20 / £17 Concessions / £68 family or group ticket (2 standard & 2 under sixteens)

Children ages 2+ need their own seat tickets. Under 2's are permitted on parent/guardians laps free of charge!

£5 'Panto For All' Ticket Scheme available (see 'Booking Info' tab to find out more)





St George's School Dates



DATES FOR YOUR DIARY

NOVEMBER

- Mon 04** Pupils return to school
- Mon 04** St Martin's House Mass
- Tues 05** London Fire Brigade Workshop (Year 2 and Year 5)
- Tues 05** 12:30-3:30pm Boys Football at Brent FC
- Wed 06** School Photographs
- Thurs 07** School Photographs
- Fri 08** Gunnersbury Museum trip-Stone Age (Year 3)
- Fri 08** RAF Museum (Year 6)
- Tues 12** Great Fire of London Workshop (Year 2)
- Wed 13** 9-10am Reception Parents comprehension workshop
- Wed 13** 8:50am-2:30pm Pupil Chaplains to visit Inner space Wembley.
- Fri 15** 11-3pm Girls' Football at Grimsdyke
- Tues 19** God's Planet workshop (Whole School)
- Wed 20** 9:30am Open morning for new parents 2025/2026
- Wed 20** C.S.I Road Safety Workshop (Year 5-6)
- Wed 20** Uniform and Christmas Jumper sale
- Thurs 21** St Celia's Day Prayer service
- Fri 22** Flu Vaccinations 2nd session Years 4,5 and 6
- Wed 27** Anti Bullying workshop (Whole School)

DATES FOR YOUR DIARY

DECEMBER

- Tues 03** Advent Mass
- Wed 04** Girls' Football
- Fri 06** Wizard Theatre- Emperor's New clothes
- Tues 05** Choir to St Johns School
- Wed 11** Christmas Dinner day
- Fri 13** 9:15am Year 2 Nativity for parents
- Mon 16** 9:15am Year 1 Nativity for parents
- Mon 16** 2:30pm Blessing of the Bambinelli-Baby Jesus from the crib
- Tues 17** 1:30pm Carol Service at St George's Church
- Wed 18** 9:15am Reception Nativity for parents
- Thurs 19** 2-3pm Nursery Nativity and party
- Fri 20** End of Term- Bend the Rules (**Early finish**)
- 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**
- Christmas Holiday Monday 23rd -Monday 6th January 2025**
- Pupils to return Tuesday 7th January 2025**

HEADTEACHER'S DROP IN SESSION—EVERY MONDAY AT 2.40PM

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.