



# St George's School News

*Community – we are all connected  
and  
responsible for each other.*

As a Catholic school, we aim to deliver the highest standards of care to all and especially anyone who is disadvantaged, vulnerable or marginalised. The call to community and participation are at the heart of the Social Teaching of the Church. Our school should be a place where all members can seek support from each other when needed. At St George's we have a school care fund – made up from kind donations.

We are able to access help for families in the form of financial help, food help or even access to furniture should you need it. It is heartening that we can do this together and the PSA at St George's donate a % of their fundraising to the school care fund.

There are other ways too that we can tap into support for you. We have a link with The St Vincent De Paul Society (SVP) at St George's Church. We can make an application to The Westminster Crisis Fund on parents' behalf for emergency needs. At Christmas, we access gifts for children from the Catholic Children's Society.

Parents should never be embarrassed or shy about approaching school if they need support. We respect your privacy and dignity at all times. You can ask at the school office for an appointment with myself or Mrs Arthur or alternatively, you can leave a note or letter for either of us at the school office marked confidential and we will get back to you. Miss Emma Smith, our Learning Mentor, is also available for parents to speak to.

This may also be a good time to send a call out to any companies out there that you work for, that may have the capacity to support in the local community, as donations are always welcome to our care fund.

Yours Sincerely,

Mrs D Monaghan





**“Brothers and sisters, the first form of care needed in any illness is compassionate and loving closeness”.**

**EQUAL ACCESS AWARD**

We are proud to have received the Equal Access School Award for inclusive sports for girls, as well as boys.



**Birdwatch 2025**



Our School councillors visited Buchanan court Residential Home, to take part in Birdwatch 2025.

It is an event organized by the RSPB where people are asked to spend an hour watching and

counting birds in their garden, local park. The children observed the birds and created bird feeders with the residences.

*Goodbye!*  
**& THANK YOU**



We said farewell and thank you to Mrs Mary Sinnathamby.

Mary is taking retirement from the school kitchen after working at St George's for 25 years.

During this time Mary has prepared and cooked 1,000s of meals for the pupils!

Her kindness and patience with the children has not gone unnoticed.

Thank you Mary, we really have appreciated it.

**Jubilee 2025-Pilgrims of Hope**

Pope Francis has declared that 2025 will be a Jubilee, a Holy Year, and the theme he has chosen is 'Pilgrims of Hope'.

The Jubilee logo shows figures coming from the four corners of the earth. They embrace each other showing the solidarity and fraternity which should unite us all.

The Children wonderfully recreated this image in celebration of this special event.





# TIPS FOR FAMILIES

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](http://Here4You.co.uk)





Central and  
North West London  
NHS Foundation Trust



# CHILDREN'S MENTAL HEALTH WEEK WORKSHOP



**TUESDAY 4TH  
FEB**

**2PM REGISTRATION &  
REFRESHMENTS  
2.15PM START**

This workshop is to help mark  
Children's Mental Health Week 2025  
through the theme:

***'Know Yourself, Grow Yourself'***.

It will cover ways to help you support  
your child to express themselves, using  
mindfulness to take notice of their  
emotions and consider self-care  
activities for both you and your child to  
get involved with.

It will also include useful tips and  
information about services to help you,  
help your child look after their mental  
health.



**BROUGHT TO YOU BY HARROW MENTAL HEALTH  
SUPPORT TEAM**





# St George's School Dates



## DATES FOR YOUR DIARY

### FEBURARY

- Mon 3** Children's Mental Health Week
- Tues 4** PINS coffee morning
- Tues 4** Know yourself, grow yourself workshop Year 2 and 3 children
- Tues 4** 2:00pm Know yourself, grow yourself workshop Year 2 and 3 Parents
- Wed 5** 9:00am Year 1 Maths Workshop
- Wed 5** Year 6 to London Zoo
- Thurs 6** Hockey match away
- Fri 7** PSA Valentines Disco
- Mon 10** St Bernadette's House Mass
- Thurs 11** Reception, Year 1 & 2 Drama workshop SPLASH!
- Tues 11** Safer Internet day
- Tues 11** 3:30pm Parents Evening
- Wed 12** Last Year 5 Swimming session
- Thurs 13** Author Gareth Jones workshops for all years
- Thurs 13** 3:30pm Parents Evening
- Half term Monday 17th February– Friday 21st February 2025**
- Mon 24** Pupils return to school
- Tues 25** 2:00pm Blessing of the prayer garden
- Tues 25** 9-10am Reception Maths Parent workshop
- Wed 26** 9:00am Year 3 Maths workshop for parents
- Thurs 27** 9:00am Year 4 Maths workshop for parents

## DATES FOR YOUR DIARY

### MARCH

- Wed 5** 10am-12pm Harrow Junior Citizenship for Year 6
- Wed 5** Ash Wednesday Service
- Thurs 6** 9:10-9:40am Year 6 Maths workshop
- Mon 10** Science Week
- Tues 11** Nature workshop KS2
- Thurs 13** Reconciliation
- Mon 17** Sublime Science workshop for KS1
- Mon 17-18** Junior Road watch for Year 5
- Tues 18** Whole school Jubilee Mass
- Tues 18** Online Safety workshop for parents
- Thurs 20** Reconciliation
- Tues 25** 3:00pm Uniform sale
- Thurs 27** Reconciliation

## 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.