



St. Joseph's Catholic Primary School

Commerell Street

Greenwich, SE10 9AN

Tel: 020 8858 4182

www.stjosephs.greenwich.sch.uk

**TO LEARN TOGETHER AND GROW
IN GOD'S LOVE**

Headteacher: Miss Suzanne Long

Acting Chair of Governors: Susan Bush
sbush@stjosephs.greenwich.sch.uk

St Joseph's RC Church

103 Pelton Road, Greenwich, SE10 9AN

Priest's House

2 Commerell Street, Greenwich

Telephone: 020 8858 1845

Dear Parents/carers,

This week we welcomed R.E. Inspectors to St Joseph's to meet our children and staff. Their aim is to see how we work and how we spread God's love.

Thank you to all the parents/carers who completed the questionnaire.

Next week is the feast of St Joseph. We look forward to celebrating our patron saint with you.

Have a lovely weekend
Miss Long

As a school we aim for pupils to achieve 100% attendance or as close as possible. Evidence shows strong attendance directly links to a child achieving their full potential. Through working together, we can ensure that your child receives a full-time education, through regular and structured attendance.

While it is understandable that there may be a number of legitimate reasons why your child's attendance may be affected, it remains essential that all children attend school as often as possible and are not absent for minor coughs and colds.

Keeping attendance above 95% allows pupils to achieve their potential.



Winners last week

Year 3 – 97.1%

School attendance last

Week 92.7%

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



Dates for your Diary

Tuesday 19th March 2024 – St Joseph's Feast Day

Tuesday 19th March 2024 – Parents evening (please remember to book your appointment). Mayor of Greenwich visit.

Thursday 21st March 2024 – Scholastic Book Fair after school

Thursday 21st March 2024 – Stations of The Cross 9.30 in St Joseph's Church, Parents evening

Friday 22nd March 2024 – Easter Egg Hunt 3.30pm-4.30pm, Easter Egg Hunt 3.30 – 4.30

Sunday 24th March 2024 – Palm Sunday Mass – Choir to sing – All Welcome



Mrs Openshaw was presented a Royal Borough of Greenwich Civic Award in the sports category, in recognition of her four gold medals and five world records at the World Crossbow Championships. This was awarded by the Mayor of Greenwich, the head of the Council and the executive of the council. Well done Mrs Openshaw on your fantastic achievements and inspiring St Joseph's pupils.



Charlton Athletic Family Fun Day

Wednesday 3rd April 12pm – 4pm

West Stand car park

Bring all the family to meet the men's and women's first team and enjoy a variety of activities including face painting, mini-football games and a special funfair!



FREE FOOTBALL TICKETS



SUNDAY, MARCH 24TH
KICK-OFF 2PM
AT THE VALLEY STADIUM
SE8 7BL
GATES OPEN FROM 12PM

FAMILY FRIENDLY

FOOD AND DRINK

27,111 SEAT STADIUM!



SCAN HERE
FOR TICKETS!



This Week

Francis - Y3

Miss Wilson

Miss Kavanagh



Charlton Athletic Women Football Club

Scan the QR code fill out the details and select up to 16 tickets per scan of the qr code collect ticket at our ticket office at the valley on matchday

St Joseph's School Prayer

Heavenly Father -

Let us aim to be the very best we can be, at all times.

May St Joseph's be full of happiness.

Fill our hearts with love, respect and compassion for all who are part of our school, local and global community.

Help us to make good choices, and guide us in understanding when we don't.

Let us remember, in learning together, we grow together and succeed together, in God's love.



THE GOSPEL IN CHURCH Sunday 17th March 2024



Jesus said, "Now the hour has come for the Son of Man to be glorified. I tell you, most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest.

Anyone who loves their life loses it; anyone who hates their life in this world will keep it for the eternal life. Whoever serves me, must follow me; wherever I am, my servant will be there too. If anyone serves me, my Father will honour them. And when I am lifted up from the earth, I shall draw all people to myself.* By these words he indicated the kind of death he would die.

Adapted from John 12: 20-33
The 5th Sunday of Lent, Year B

Everyone can learn more about this Gospel in church: all are very warmly invited.

<https://www.paperturn-view.com/uk/wednesday-word/enthusiasm?pid=MTA101634&v=120.4> Click link to read more.

Free School Meals – Holiday Club

Children and young people who are eligible for or receiving benefits-related free school meals can get a free holiday club place this Easter.

Young people aged 4 and 16-years-old can sign up at camps all over the borough through the Council's Holiday Food and Fun scheme.

Every club will provide a healthy lunch as well as activities ranging from dancing to football – and everything in between.

Clubs are inclusive to children and young people with SEND, and some clubs can provide additional support such as small groups, 1:1 or specialist support.

Holiday Food and Fun will run between 2 April and 12 April. Families should contact clubs directly to book their space via the below link.

royalgreenwich.gov.uk/holidayfoodandfun

Please note details of St Joseph's holiday club are below and also offer free places for free school meal children.

Easter Raffle

Raffle tickets are on sale after school.



Rainbow Awards

15th March 2024



Rec – Asiah, Kalani

Year 1 – Heran, Bluebell

Year 2 – Jayden, Xavier

Year 3 – Madalyn, Penda

Year 4 – Tomi, Anayah

Year 5 – Amira, Freda

Year 6 – Fatima, Ryan

WELL DONE TO YOU ALL!

Important Information

Is your child protected against measles?



Childhood infections can be serious, even life-changing. Check your child's Red Book or contact your GP surgery to find out & book in any missed doses.

livewellgreenwich.org.uk/child-immunisations/

**FREE PARK TENNIS
@BOSTALL GARDENS**

Saturday and Tuesday

STARTS THIS SATURDAY. BOOK NOW!

Saturday:	Tuesday:
9.00am-9.30am	4.00pm-4.30pm
9.30am-10.00am	4.30pm-5.00pm
10.00am-10.30am	5.00pm-5.30pm
	5.30pm-6.00pm

Abbey Wood Tennis Club
FIND OUT MORE TODAY

0783 589 6557 0792 383 7746

abbeywoodtennisclub@gmail.com clubspark.lta.org.uk/AbbeyWoodTennisClub

@abbeywoodtennisclub @abbey_club abbeywoodtennisclub

SEN Coffee Morning

A coffee morning was well attended by parents and carers. Philomena Francis, our school CAMHS link worker delivered the session which was about the power of relationships. Parents found the session helpful and the opportunity to come together with other parents.

"It was really good to get reminders. Life takes over and you forget."

Parent Comment

"It's a learning a process. Sometimes you need to go back to basics and build on it again."

Parent Comment

"Sometimes its okay not to be okay."

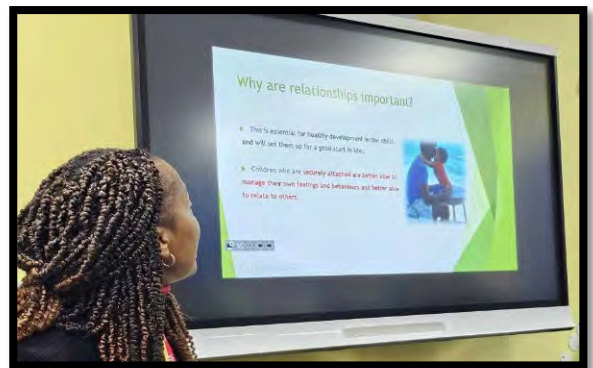
Parent Comment



"It's really good as everyone is going through similar experiences."

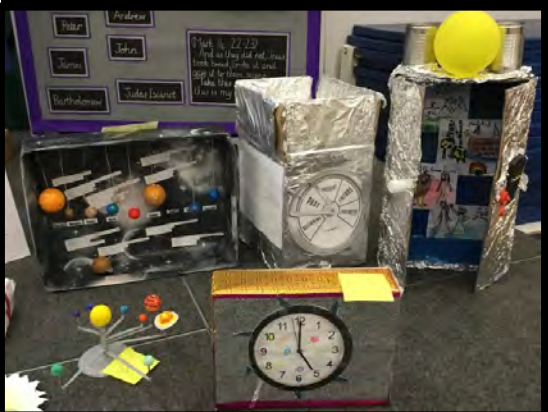
Parent Comment

We have a further CAMHS session booked for Tuesday 2nd July 9am-10am. It is a really good opportunity to meet with other parents over tea, coffee and biscuits - all are welcome!



Science Competition 2024

Just some of the wonderful creations submitted for our Science Week competition. Congratulations to KS1 winner Athena with runners up Phoebe and Kamilla and KS2 winner Georgie and runners up Maddie and Francis.



In partnership with



PROSPER
SPORTS ACADEMY



Different Sports | Fun Games | Football Tournaments | Healthy Lunch



**St Joseph's Catholic Primary School, Commerell Street,
Greenwich, SE10 9AN**



10am-2pm



Tuesday 2nd - Friday 5th April



Book Now

FREE places and lunches are available during the Easter holidays for children and young people entitled to Pupil Premium (Benefit-related Free School Meals).



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07960 589704



[@prospersportsacademy](https://www.instagram.com/prospersportsacademy)



[@Prospersports_](https://twitter.com/Prospersports)



COST

FREE places and lunches are available during the Easter holidays for children and young people entitled to Free School Meals (Pupil Premium), subject to availability and eligibility.

The cost for non-eligible children and young people is stated below. Please provide a packed lunch (no nuts) and a drink if paying for a place.



£12 per day



£40 for all 4 days

We are proud to work in partnership with the Royal Borough of Greenwich to improve the lives of children and young people.



*Unless a grain
falls to the ground and dies...*



Jesus knew He was going to die soon. It made Him sad, but He knew that He had to do it. He told the apostles, "Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit." Because Jesus died, we can be freed from our sins and live!

Have you ever tried planting seeds? The little seeds are hard and dry and seem to be dead. We put them into some damp soil, and cover them up. After a few days you can see little sprouts coming out of the soil, and soon there are little plants growing! Maybe your Mom or Dad can help you plant some seeds this spring.

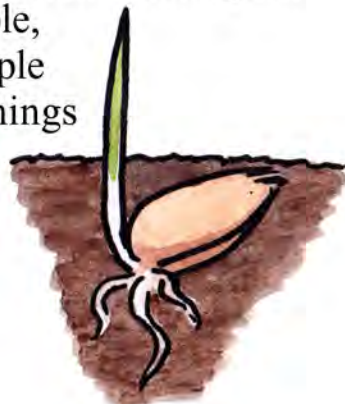


Our Lord was telling His friends that He had to be like a seed. He would die and be buried, and then after a few days, come back to life! And like a plant that grows and produces more seed, the Church would grow from Jesus and bring other holy people, saints, into the world. Saints are people that are ready to give up their good things and even their lives for love of God, just like Jesus.

Are you ready to be a saint?

Answer to Word Find:
Salvation.

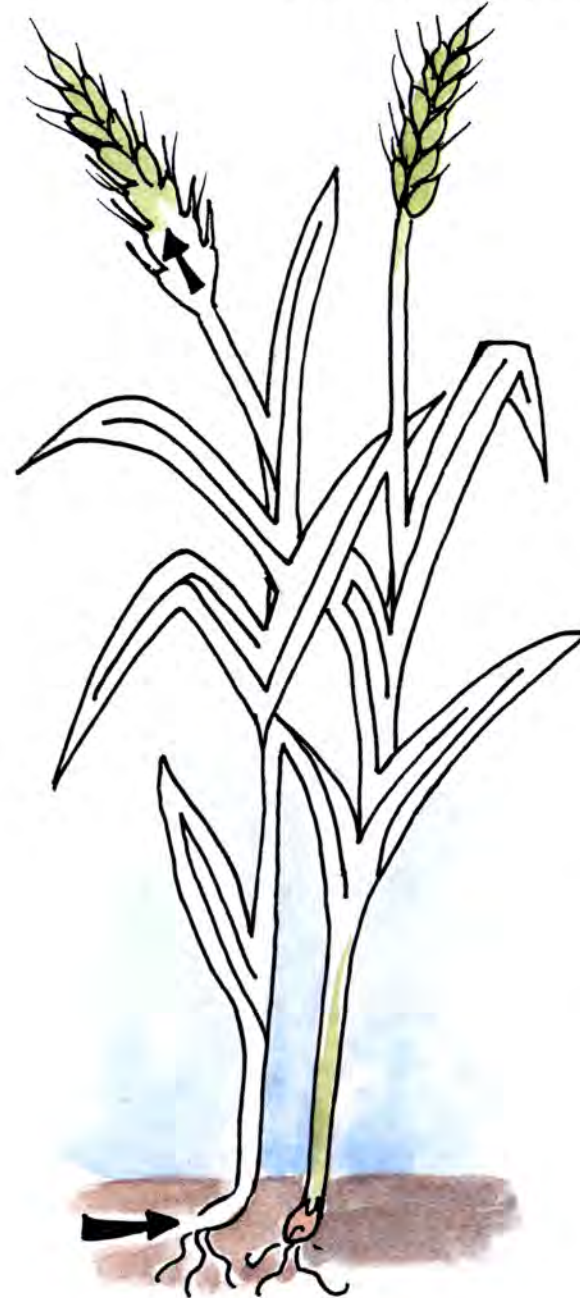
www.thekidsbulletin.com



The Kids' Bulletin

Fifth Sunday of Lent

March 17th, 2024

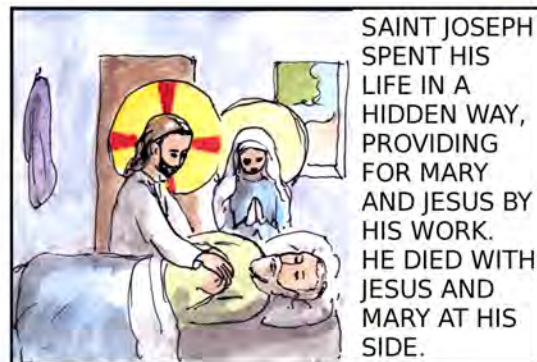
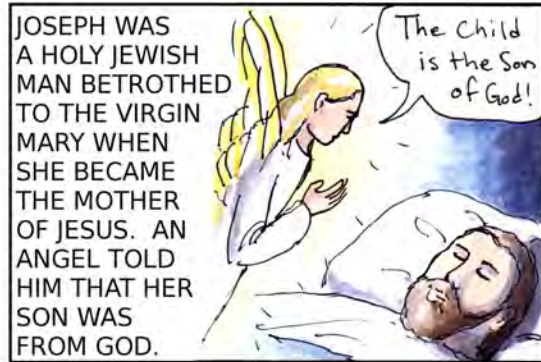


In today's Gospel reading Jesus says, "Unless a grain of wheat falls to the ground and dies, it remains alone; but if it dies, it bears much fruit.

Can you find your way from this grain of wheat to the new seeds at the top?

Saint Joseph

March 19



SAINT JOSEPH HAD ONE OF THE BEST JOBS THAT ANYONE COULD POSSIBLY HAVE: TO LOOK AFTER GOD THE SON! STILL, HE LIVED A QUIET AND HUMBLE LIFE, JUST DOING HIS WORK AND BEING A GOOD AND JUST MAN. SAINT JOSEPH IS READY TO CARE FOR US AS WELL- WE JUST NEED TO ASK HIM FOR HELP!

Psalm 51 Word-Find

S A G R E A T N E S S
S C O M P A S S I O N
T G O D L V H M Y F P
E U D T A K E A T F R
A I N C L E A N S E E
D L E A M E R C Y N S
F T S S O U T W I C E
A O S T C R E A T E N
S N R E N E W S I N C
T H O R O U G H L Y E

See if you can find the words from today's Psalm that are in CAPITALS in the puzzle!

The leftover letters tell what the author of the Psalm was asking God for!

Have MERCY on me, O GOD,
in your GOODNESS;
in the GREATNESS of your COMPASSION
wipe OUT my OFFENCE.
THOROUGHLY WASH me from MY GUILT
and of my SIN CLEANSE me.

A clean HEART CREATE for me, O God,
and a STEADFAST spirit RENEW within me.
CAST me not out from your PRESENCE,
and your Holy Spirit TAKE not from me.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1

MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2

EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3

HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4

CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5

OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6

RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7

PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8

NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9

PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10

MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

