



# Autumn Term Newsletter

Number 426 – 29<sup>th</sup> September 2023



INVESTOR IN PEOPLE

Dear Parents/Carers

Welcome to this week's newsletter.

Thank you to all the parents and carers who attended the 'Meet the Teacher' meetings last week and this week. Our teachers work really hard to ensure the best outcomes for all children throughout the year, and the meet the teacher sessions are an excellent opportunity to create a great home/school partnership so that children can be supported effectively by all of us. We understand that other commitments can sometimes make it difficult to come into school, so please make an appointment with your child's class teacher if you have any worries or concerns about how to support your child best at home. All curriculum information is available from the website (see link below).

<https://www.clitherow.brent.sch.uk/about-us/curriculum/curriculum-overviews>

The curriculum documents have been uploaded for your access. If you require a paper copy of any documents, please let the office know. These guidelines give you a brief outline of what will be covered in each year group throughout the year. They also contain some information on PE days and homework expectations. Please take some time to read through these and familiarise yourself with them. If, for any reason, that you cannot access these guidelines please let the class teacher know. We rely on parental support to ensure that our children achieve the best outcomes therefore your input is invaluable.

## Healthy Eating

As a Healthy School, we try our best to encourage healthy eating at all times. Our kitchen staff work very hard ensuring that the lunches they serve everyday are balanced and healthy. They always have fruit, salad and vegetables available for the children and ensure a healthy dessert is also provided. A vegan option is also available. For more details, please visit our school's website on <https://www.clitherow.brent.sch.uk/parents-info/school-meals>. We would also like to ensure that the food children bring in in their packed lunchboxes is balanced and healthy. We talk to the children what a healthy lunchbox should look like and also what an unhealthy lunchbox looks like. We are very happy to say that generally the packed lunches are quite healthy and balanced and we see lots of salads and fruit.

However, a few children still have items that would not be considered healthy. We would like to remind you that chocolate, crisps and sweets should not be in lunchboxes and that water is the only drink that should be provided. The NHS website has a very helpful link which gives some ideas for providing variety in lunchboxes.

<https://www.nhs.uk/change4life/recipes/healthierlunchboxes> Please support us with this as we try to keep your child as healthy as possible.

We are trying to encourage more children to have school dinners as they are freshly cooked and contain the right amount of salt, sugar, protein, fibre and carbohydrates. For this year, as all children are entitled to a free school dinner, it is a good opportunity to see the selection of food on offer. With the current cost of living crisis, I am sure that not having to worry about the cost of school meals should be of interest to all parents. For more information, please see the school website. Kitchen staff are well informed about various dietary requirements.

## Uniform

Our uniform policy must be followed by all to make your children equal. Make sure your child has our correct uniform on and no jewellery except for stud earrings. If you need our help then let us know. Now that the weather is getting colder and wetter, it is very important that children wear coats to school as they spend a lot of time outdoors. Remember coats must be black or blue and shoes not trainers should be worn to school. We have many items of second-hand uniform which we will place in the school house. Let us know if you want to have a look and take what you need.

## Safeguarding

Our designated safeguarding leaders at school are: Mrs Ilira Heath and Miss Blaithin Nolan. Any child protection issues can be reported to any one of us. Children know this and you must as well. Our e-safety page on our website is vital for you to look at, especially the age guides for using different forms of social media. Please also check on the school Jotter as we post regular updates on e- safety matters. Look out for our Wake Up Wednesday guides.

Should you have any queries please contact us on: [admin@clitherow.brent.sch.uk](mailto:admin@clitherow.brent.sch.uk)  
[iheath@clitherow.brent.sch.uk](mailto:iheath@clitherow.brent.sch.uk) or [bnolan@clitherow.brent.sch.uk](mailto:bnolan@clitherow.brent.sch.uk)



# News Items



## Black History Month

As a Catholic community, we recognise and celebrate all our pupils and staff of BAME origin every day, every month. Our school rightly recognises the importance of October being associated with Black History Month. But it does not stop there. During the month of October and throughout the year, the children will be learning about cultural diversity throughout the curriculum.

## PE

Please ensure that your child wears the school jogging bottoms for PE as this lesson takes place outdoors and the weather is now much colder; shorts are no longer appropriate. Children are not permitted to wear tights under shorts as this is not hygienic.

## Punctuality

I would just like to urge all parents to please ensure your child is in school on time. Most children, we are pleased to say, do come on time but we still want to ensure that all children are present on time and do not miss out on valuable learning time. We have our free Magic (Bagel) Breakfast from 8:15 every morning and would love to see more children attend. As well as having bagels, we also have lots of activities for the children to enjoy in the mornings, including, Lego, board games, reading books, colouring and many puzzles. It is so important that the children are on time as this plays such an important part in their learning and establishing routines.

## Applying for a secondary school place

The deadline for applying is **31st October**. Your child is less likely to be offered a place at their chosen schools if you miss the deadline for applications. I include the link below to further information on the Brent website.

<https://www.brent.gov.uk/education-schools-and-learning/school-admissions/apply-for-a-secondary-schoolplace#planandprepare>

Remember that if you are applying for a place in a Catholic School, you also need to complete the school's SIF (supplementary information form) available from the secondary schools. If unsure, please ask us. If you need any support with the application, please let us know. We are always happy to help.

**Governors' Fund**—our annual voluntary payment of £90 for this year 2023-2024 is now available to be paid via parent pay. This can be paid annually or in 3 instalments. Thank you for your support.

**RSE information session for parents** will take place on **Monday 16<sup>th</sup> October** in the school hall at 2.30pm. Please do attend to find out more how we teach Relationship and Sex Education in our school. This is also an opportunity for you to ask any questions.

## School Jotter

Can you please ensure that you have downloaded the SCHOOL JOTTER. If you are an IOS user please go to the Apple App Store and for Android users it is Google Play. We upload newsletters and notices etc. frequently.

## Contact numbers

Please ensure that the office has the most up to date contact numbers so that we can update your records. It is extremely important that we have three numbers that enable us to contact you in case of emergency.

## Considerate Parking

I am getting quite a lot of complaints from the local residents. Parents are parking across the resident driveways and at times this has caused extreme difficulty where residents have been unable to access or leave their drive. Residents also report that parents are being rude when they are asked to move or not park there. I appreciate you think that you won't be long but please do not block their driveways. We would like to continue to have a good relationship with our local residents.

Have a lovely weekend and thank you for your ongoing support.

Mrs Heath



# News Items



Children who have been awarded  
certificates w/e 22/09/2023

Year 1 - Jaeda, All Year 1

Year 2 - Mia K, Hadassah, Adrian

Year 3 - Aidan, Kidus

Year 4 - Angelina, Siddiksha

Year 5 - Nada, Jaime

Year 6 - Nela, Kaitlyn

## **FORTHCOMING DATES**

4 <sup>th</sup> Oct	Reception own clothes: St Francis of Assisi-
6 <sup>th</sup> Oct	Year 6 Assembly at 2.15pm School Hall
16 <sup>th</sup> Oct	RSE Parent Information Meeting @2.30pm
19 <sup>th</sup> Oct	Reception Tie-ing In Assembly
20 <sup>th</sup> Oct	9.00 am Coffee Morning for parents organised by Friends of St Margaret's – School Hall
23 <sup>rd</sup> October	Half Term
31 <sup>st</sup> October	Reception Phonic Workshop @ 2.15pm – School Hall
3 <sup>rd</sup> Nov	School closed-INSET DAY
6 <sup>th</sup> Nov – 10 <sup>th</sup> Nov	Yar 6 trip to Gordon Brown Centre
7 <sup>th</sup> November	Year 1 Phonic Workshop @ 2.15pm
13 <sup>th</sup> Nov	Kittle Photographer in Open Evening
20 <sup>th</sup> Nov	Open Evening
<b>21<sup>st</sup> Dec</b>	<b>Last day of Autumn Term</b>
<b>Please check out the calendar on the jotter for dates and times of events.</b>	

## **ATTENDANCE WEEK COMMENCING 22nd to 29th Sept 2023**

Year 1 – 99.3%  
 Year 4 - 97.6%  
 Year 1 – 97.3%  
 Year 5 – 96.6%  
 Year 6 - **92.7%**  
 Year 3 – **88.8%**  
 Whole school overall **95.4%**

### **Class Saints Day**

The children can wear their own clothes and celebrate their Saint.

Reception: St Francis of Assisi – 4th October

Year 1: St Patrick – 17th March

Year 2: St David – 1st March

Year 3: St Andrew – 30th November

Year 4: St George – 23rd April

Year 5: St Vincent De Paul – 27th September

Year 6: St Martin de Porres – 3rd November

### **BIKES AND SCOOTERS**

Please make sure that your child gets off their bike or scooter before entering the school gate. Children are not allowed to ride on school premises.

### **SUPERVISION OF CHILDREN**

PLEASE SUPERVISE YOUR CHILDREN WHILST ON SCHOOL PREMISES AND MAKE SURE THAT THEY DO NOT CLIMB THE FENCE OR THE GAS CUPBOARD.

## The month of the Holy Rosary

October is the month of the Holy Rosary and your challenge is to pray a decade of this great prayer every weekday, at school or home.

### Can you complete the Rosary Challenge?

A decade of the Holy Rosary is:

**1 x Our Father, 10 x Hail Mary, 1 x Glory Be**

During each decade you can pray with a Mystery of the Rosary. Mysteries are moments in the life of Jesus and Mary.

Imagine them in your mind. There will be a short piece of scripture at the start of each decade to help you enter in.

There are four sets of five Mysteries:

The Joyful Mysteries  
The Glorious Mysteries  
The Luminous Mysteries  
The Sorrowful Mysteries

Videos to accompany each mystery are available from the link below:

<https://www.themark10mission.co.uk/rosary-challenge>

Why don't you see if you can complete the challenge?

## School Prayer Focus

### October 2023

October falls during the liturgical season known as Tempus per Annum or Ordinary Time (formerly Time After Pentecost), which is represented by the liturgical colour green. Green is a symbol of hope, as it is the colour of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection. The liturgical colour green is worn during the praying of Offices and celebration of Masses of Ordinary Time.

On the 2<sup>nd</sup> October we celebrate the Memorial of the Holy Guardian Angels. Each person on earth has a guardian angel who watches over them and helps them to attain their salvation. Angels are servants and messengers from God. "Angel" in Greek means messenger. In unseen ways the angels help us on our earthly pilgrimage by assisting us in work and study, helping us in temptation and protecting us from physical danger.



October also marks Black History Month, remember to show respect and acceptance to everyone, just as Jesus would. In our school family we will be marking Black History Month in class and as a school. Look out in your classrooms and newsletter for more information and events as we move into October.

### Tolerance

This month please talk to your children about the value of Tolerance. Tolerance means appreciating and respecting the differences in people.

- I can be tolerant.

### Homework

This month design a poster about what tolerance means to you.



# the Rosary Challenge!

WWW.FIRSTSATURDAY.CO.UK

## Joyful Mysteries



The  
Annunciation



The  
Visitation



The  
Nativity



The  
Presentation



The finding in  
the Temple

## Luminous Mysteries



The Baptism



The wedding  
at Cana



Preaching of  
the Kingdom



The  
Transfiguration



The institution  
of the Eucharist

## Sorrowful Mysteries



The agony in  
the garden



The scourging  
at the pillar



The crowning  
of thorns



Jesus carries  
the cross



The  
crucifixion

## Glorious Mysteries



The  
Resurrection



The  
Ascension



The descent  
of the Spirit



The  
Assumption



The crowning  
of Mary