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FEBRUARY 2024

[www.visitation.ealing.sch.uk](http://www.visitation.ealing.sch.uk)

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### LITURGICAL CELEBRATIONS

#### WE PRAY

You are the peace of all things  
calm,  
You are the place to hide from  
harm,  
You are the light that shines in  
dark,  
You are the heart's eternal  
spark.  
You are my Lord and with me  
still,  
You are my love, keep me from  
ill.  
You are the light, the truth, the  
way,  
You are my SAVIOUR this very  
day.



#### **SPRING TERM**

Monday 18<sup>th</sup> March – St Patrick's  
Day  
(9.30am in the Church)

Wednesday 27<sup>th</sup> March – Holy  
Week Liturgies  
(Infants 9.30am in the school hall  
and Juniors 10am in the Church)

#### **School Sunday Mass**

**Sunday 10<sup>th</sup> March at 12pm**  
**Sunday 9<sup>th</sup> June at 12pm**  
**Sunday 14<sup>th</sup> July at 12pm**

**Dear Parents/Carers:** Welcome to our monthly newsletter. It feels as if we sent the last one just a few days ago. I hope you have had a restful half term. The children have come back energised and ready to learn.

**LENT:** February marked the beginning of Lent and as always it is a wonderful opportunity for the school community to reflect on what is important. Please talk to your children about what they have been learning in the weekly assemblies and RE lessons, especially the importance of Prayer, Fasting and Almsgiving. The children in this school are keen to share their faith and love talking about what they have learnt.

Instead of giving something up we are encouraging the community to "Take Something On." This might be to commit to going to Mass twice a week rather than once, saying a thank you prayer to God every morning for everything that is good in your life.

For the children to play with children they might normally exclude, or to listen better in class. Lent is a time when we can strive to break some of those bad habits we have and replace them with something new/better.

Once again we are also following in Jesus' footsteps and supporting those less fortunate than ourselves by supporting the Catholic Children's Society. Matthew 25:35-36

*'For I was hungry and you gave me something to eat, I was thirsty and you gave me a drink.'*

### **Diary Dates**

**Thursday 7<sup>th</sup> March** – World Book Day

**Monday 11<sup>th</sup> March** – Year 3 Boston Manor Park Trip

**Friday 15<sup>th</sup> March** – Year 5 Tower of London trip

**Thursday 21<sup>st</sup> March** – Year 1 Greenford Quay trip

**Thursday 28<sup>th</sup> March** – Easter Bonnet Parade for Reception-Year 2

**Thursday 28<sup>th</sup> March** – Last day of term – school closes at 1.30pm

**Monday 15<sup>th</sup> April** – First day of the Summer term

**Monday 6<sup>th</sup> May** – Bank Holiday – School Closed

#### **Half Term**

**Monday 27<sup>th</sup> May to Friday 31<sup>st</sup> May**

**Monday 3<sup>rd</sup> June** – Staff Training Day – school closed to pupils

**Tuesday 23<sup>rd</sup> July** – Last day of the summer term – school closes at 1.30pm

**CLASS ASSEMBLIES:** In the spring/summer term each class will deliver an assembly. These will be at 2.55pm for a 3pm start. Parents/Carers are encouraged to attend.

Tuesday 5<sup>th</sup> March – 5D

Wednesday 6<sup>th</sup> March – 2P

Tuesday 12<sup>th</sup> March – 2W

Wednesday 13<sup>th</sup> March – 5Y

Tuesday 19<sup>th</sup> March – 4Y

Wednesday 20<sup>th</sup> March – 1B

Tuesday 23<sup>rd</sup> April – Bumblebees

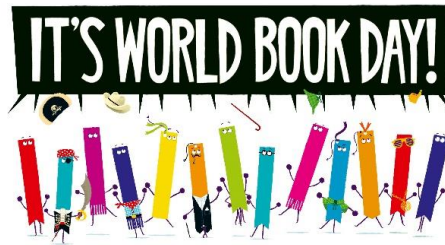
Wednesday 24<sup>th</sup> April – 4C

Tuesday 1<sup>st</sup> May - Butterflies

Wednesday 8<sup>th</sup> May – 1K

A reminder that no photos/videos are allowed. Parents/carers are asked not to bring drinks into the school building.

**SUNDAY MASS:** A reminder that we celebrate Mass as a community every second Sunday of the month. This is an opportunity for the children to participate in the Mass through reading, taking up the offertory and singing. We are practicing the hymns for the next Sunday Mass in school during hymn practice. The next Mass will be on **Sunday the 10<sup>th</sup> March** at 12pm. Please try to attend this Mass and encourage your children to sing in the choir on that day. They are welcome to join the choir at 12pm Mass every Sunday.



We will be celebrating World Book day on Thursday 7<sup>th</sup> March. The children are invited to come to school dressed as a book character. Certificates for the best homemade costumes.



**SCHOLASTIC BOOK FAIR** is coming to OLOV on Monday 11<sup>th</sup> March until Friday 15<sup>th</sup> March! It's an exciting time to buy a new book or two to read at home for pleasure. Every book bought helps fill our school library and classrooms with new FREE books, so make sure you don't miss out! Come to the Book Fair after school as a new adventure is awaiting for you to dive into!

Reminder the Scholastic Book Fairs are now cashless.

**CHILDREN'S BIRTHDAYS:** Please note that we will not give out sweets, cakes, treats or gifts for birthdays. This is mainly due to many children in the school with allergies and we have to ensure everyone is safe. Buying gifts puts pressure on other families! Thank you for your understanding with regards to this.

If you wish to share a gift to celebrate your child's birthday you may buy one book for the class book corner.



We are working with the Parish to support families in our community through the FELIX Project. The food arrives at the Parish on a Saturday morning and is distributed from 12.30pm – 2pm. A member of staff volunteers each week to help out and collect food for the school community. However the sell by dates are often for that weekend and cannot be taken for families in school. Therefore, if you can, come down to the Parish rooms opposite the Church, on a Saturday to see what is available. **It is there for EVERYONE!**



**INTERNATIONAL WOMEN'S DAY:** To celebrate International Women's Day on 8<sup>th</sup> March the Parish ZUMBA group will be holding an extended 3 hour session in The Old Church Hall, next to the school. International food will be served, women's hygiene packs will be available and there will also be a display of Flamenco dancing. Just drop in between 5pm and 8pm. No need to book or stay for the 3 hours!



### WHAT AN AMAZING ACHIEVEMENT!

We are so proud of all our children for the effort they have put into the recent times table competition. This was a home learning activity that required a lot of support from parents/carers so we thank you also for your efforts.

We are delighted to announce that we had three winners from our school.



Congratulations to **Krisban 6W** for securing the 35th spot nationally among 258,458 participants in the TTRS Competition 'NSPCC Rocks' in February. We are immensely proud of Krisban's remarkable accomplishment. Well done to **Harish 5Y** for attaining the 13th position among 39,812 students in Greater London, and to **Micaiah 5Y** for securing the 14th position.

Congratulations to 5Y who had the most children enter the competition and to Our Lady of the Visitation Catholic School for achieving 10th place among 475 schools in Greater London.

**We are TIMES TABLE ROCK STARS!**



**MARDI GRAS:** Well done to everyone who came to school dressed in their brightest clothes to mark the beginning of Lent. The masks were fantastic and we had great fun parading around the playground as a whole school.



**EASTER BONNET PARADE:** Once again, we are inviting all children in Reception, Year One and Year Two, to design and make an Easter bonnet for our very special Easter Bonnet Parade that will take place on **Thursday 28<sup>th</sup> March at 9.30am**. Hopefully the weather will be better than at our Mardi Gras procession!



**CHOIR AT YOUNG VOICES:** On the 2nd of February 2024, the choir of year 5 and 6 went to Wembley Arena for the Young Voices concert. The journey was hectic as we kept singing and shouting until we gave Mrs Wildman a headache. Young Voices was an unforgettable experience because of Urban Strides, a giant Mexican wave, MC Grammar and a 13-year-old playing the drums. All around us, teachers and parents danced to the 90's club hits, while children laughed at their dance moves. Overall Young Voices was an amazing event, mostly because we had one of the lead singers take a picture with us. Batisha and Liliana 6S



**VOLUNTEERS TO SUPPORT DESIGN TECHNOLOGY:** We are looking for volunteers to support the children with their design technology lessons. These are practical lessons where the children are learning to design and make a product. They will be using tools and materials to join, shape and fix. These lessons will be more successful if we have extra adults to support small groups. You do not need to have design technology expertise and you will be directed by the design technology teacher.

We would like to build a bank of parents that we can contact ahead of the practical lessons. You will be given at least two weeks notice and you will not be required to support every week. You may be asked to help in a class other than your child's. Design Technology lessons take place every week day afternoon and Thursday mornings. However you will not be asked to support on more than one morning/afternoon, unless you would like to.

You will need to hold an up to date DBS for the school. If you wish to volunteer the school office can also organise the necessary DBS checks if you do not hold one. Please contact the school office if you are able to offer your support.

**SHIRTS FOR ART AND DESIGN:** If you have any old cotton shirts that you are thinking of sending to the charity shop can you please donate them to school so that the children can wear them over their uniform to protect it. This will save us having to purchase aprons. Please send them in with your child.



### **Another successful term of Moving, Learning and Growing in Sport for Team Visitation.**

We recently competed in the Borough New Age Curling Festival. Two teams from Year 3 competed in the morning, they played 7 matches and learnt how to be strategic in their play. They were also nominated by other schools for the School Games Mark of showing Passion when they competed.



The two Year 4 teams competed in the afternoon and, again after 7 matches, finished with silver and bronze medals. So everyone had a fantastic learning experience in a fun setting.

It's also great to see former pupils stepping up as Young Sports Leaders.

As always, we have the highest expectations for the behaviour and sportsmanship of our pupils, and again they behaved as good representatives of our school.



Year 6 and Year 5 pupils are receiving coaching from Middlesex Cricket in their outdoor PE lessons this half term.

**And on a personal note, many congratulations to our PE & Sport Lead Mrs Bell and family, and in particular to daughter Georgia who is competing this weekend for Team GB in the World Championships Indoor Athletics in Glasgow. She is running 1500m and all races will be shown on BBC 2 and BBC Sport online. Go Georgia!**

## ATTENDANCE MATTERS



It is extremely important that pupils come to school every day. Each day they have at home is a day's lost learning. This accumulates over the year and children easily fall behind. Our target attendance is **97%**. At the moment our attendance is **95.05%**

Punctuality is a life skill. A child who is consistently late for primary school will think it is ok to be late for high school. This will result in daily detention. Help your child to have a good start to the day and to learn a vital life skill by getting them to school on time.

Research by the Department for Education (DfE) has found that:

Higher attendance rates lead to improved academic performance, as pupils have more opportunities to engage with classroom materials, participate in discussions, and receive timely feedback from teachers.

The DfE's studies indicate that pupils who consistently attend school are more likely to pursue higher education and ultimately secure better employment opportunities.

Pupils who attend school regularly are more likely to develop positive relationships with peers and teachers, enhancing their overall emotional resilience and mental health.

Conversely, chronic absenteeism has been linked to feelings of isolation, disengagement, and a higher risk of pupils not continuing with their education when they finish secondary school.

## Healthy Teeth

It is very important that we teach the children to look after their teeth. This should start at home by making sure that teeth brushing is part of the daily routine. **Children must brush their teeth with a toothbrush and tooth-paste in the morning and the evening.** It is the last thing they should do before they go to bed.

Tooth decay can also be affected by what we eat. Fizzy drinks and sugary snacks and sweets are particularly bad for the teeth. If a child's first teeth are damaged this will cause damage to their teeth later in life.

If you would like any further advice with this please let us know.



## Online-Safety:

Be positive and embrace the technologies that young children enjoy and look for family activities or games. Take time to explore the games and services that your children are using, or want to use, and look out for any safety features that may be available.

The best way to keep your family safe online, and to understand your children's internet use, is to use the internet together. Active engagement and conversations with your children are key.



# ACHIEVEMENTS

**ATTENDANCE:** Please see the table below for class attendance this week.

Congratulations to 6S for 100% attendance this week.

<b>NURSERY</b>	<b>90.3%</b>
<b>BUTTERFLIES</b>	<b>94.6%</b>
<b>BUMBLEBEES</b>	<b>95%</b>
<b>1B</b>	<b>90.7%</b>
<b>1K</b>	<b>87.2%</b>
<b>2P</b>	<b>96.7%</b>
<b>2W</b>	<b>99.2%</b>
<b>3G</b>	<b>91%</b>
<b>3R</b>	<b>99.2%</b>
<b>4C</b>	<b>97.3%</b>
<b>4Y</b>	<b>99.3%</b>
<b>5D</b>	<b>98.3%</b>
<b>5Y</b>	<b>97.9%</b>
<b>6S</b>	<b>100%</b>
<b>6W</b>	<b>96.3%</b>
<b>Whole School</b>	<b>95.7%</b>

**PRAISE CERTIFICATES:** Each week children are awarded a Praise Certificate for a range of reasons; excellent work, making a greater effort, consistent and sustained improvement, displaying the Gospel Values of friendship, supporting and helping others, to name but a few. Congratulations to the following children who received the Praise Certificate this week.

**Archie and Rebecca – Butterflies**

**Ethan and Lily – Bumblebees**

**Igor and Dominik D – 1B**

**Jakub and Amelia R – 1K**

**Micah and Kori – 2P**

**Fabian and Casien – 2W**

**Ollie and Roman – 3G**

**The Whole Class! – 3R**

**Augustin and Milan – 4C**

**Ola and Anthony – 4Y**

**Dario, Leor and Katie – 5D**

**Amanda, Katie and Sebastian – 5Y**

**Zofia and Adrian – 6S**

**Amélie and Jewel – 6W**

**CITIZENSHIP AWARD:** Our citizenship award is awarded weekly to pupils who display good citizenship and Gospel Values; for example, Kindness, Inclusion, Tolerance, Respect and following school rules.

This half term, we will be focusing on the theme **COMMUNITY** and **PARTICIPATION**.

As humans, we are made to live in **community** with one another. This means being **active members** of the world we live in. We are meant to look out for each other and build each other up. This is how God wants us to live.

Pope Francis said ‘Do we open ourselves to the Holy Spirit, so as to be an active part of our communities, or do we close in on ourselves, saying ‘I have so many things to do, that’s not my job?’

**Marika – 1B**

**Evelyn – 1K**

**Ellie – 2P**

**Lola – 2W**

**Daniel – 3G**

**Anthony – 3R**

**Duke – 4C**

**Dominik – 4Y**

**Breno – 5D**

**Milosz – 5Y**

**Isabelle – 6S**

**Lena – 6W**



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](https://nationalonlinesafety.com) for further guides, advice and tips for adults.

# Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

## IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

## ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

## PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At [myaccount.sony.com](https://myaccount.sony.com), create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

## IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

## XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family settings.

## NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

## WINDOWS 11 PCs

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

## CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

## MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

## SMART TVs

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

## Meet Our Expert

Barry Calhoun is a technology journalist and editor with more than 30 years' experience of writing for titles such as the Sunday Times, The Mail, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



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**EALING PARENTING SERVICE  
SPRING TERM 2024 WORKSHOP SCHEDULE  
FEBRUARY & MARCH 2024**

**Thursday, 29th February**

10am-12pm via MS Teams

**Playful Interactions**

10am-12pm via MS Teams -Explore your inner child as a way of connecting and communicating with children through playful interactions.

**This session is aimed at all parents/carers**

**Tuesday, 12th March**

10am-12pm via MS Teams

**Your Voice in Health & Social Care (*previously known as I Said*)**

A chance to learn about Ealing SENDIASS and the support they can offer to families living in Ealing. They provide impartial advice to families living with a child or young person aged up to 25yrs who have a Special Educational Need or Disability

**This session is aimed at all parents/carers**

**Tuesday, 26th March**

10am-12pm via MS Teams

**The Impact of Domestic Abuse on Children and Young People**

Increase your knowledge of how to recognise domestic abuse and develop an understanding of how to recognise the impact/ effects of domestic abuse on children & young people

**This session is aimed at all parents/carers**

**Please email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to book your place,  
giving your full name/email address/mobile no.**





Engaging communities, shaping services.



# Free online Parenting Workshop



A chance to learn about Ealing SENDIASS and the support they can offer to families living in Ealing.

Ealing SENDIASS provide impartial advice to families living with a child or young person aged up to 25 years, who have a Special Educational Need or Disability



**Tuesday 12th March 2024  
10am-12pm  
via Microsoft Teams**

With a member of the  
Ealing SENDIASS Team

**To register for this workshop,  
please email  
[parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk).**



Engaging communities, shaping services.

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# FREE

## online parenting workshop

### Domestic Abuse

DELIVERED BY

PAT CHAPMAN &  
MICHELLE SAUP  
SAFE

and the impact on

children & young people

**Increase your knowledge of how to recognise domestic abuse**

**Develop an understanding of how to recognise the impact/ effects of domestic abuse**

**on children & young people**

**Learn how domestic abuse can impact on parenting**

**Gain knowledge and awareness of local support services**

**Have your questions answered in a confidential space**



**TUESDAY  
MARCH  
10AM - 12PM  
VIA MS  
TEAMS**

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more information



**SUPPORTIVE  
ACTION FOR  
FAMILIES IN  
EALING**



**EALING  
PARENTING  
SERVICE**