



Headteacher: Miss K. Coll
Deputy Headteacher: Mrs J. Etheridge

Date: Friday 24th October 2025

www.visitation.ealing.sch.uk

Tel: 020 8575 5344

Prayer for Half term

Lord God,
Keep in me a sense of humour
and the ability to laugh at
myself.

Lead me always to be positive,
looking for the best in people
and in situations.

Each day and in every way may I
grow in the love of the Father
and the presence of the Son, and
the power of the Holy Spirit.

Amen

LITURGICAL CELEBRATIONS



Monday 3rd November – Family of
God Mass

Friday 28th November - Advent
Liturgies Infant 9.30am / Junior
10.00am

Monday 8th December - Carols with
Wiseman

Tuesday 16th December - Junior
Carol Service 2pm

Thursday 18th December - Junior
Carol Service 6pm

HALF TERM: Well done to everyone for a fantastic start to the New School Year. We have had an excellent first half term. The children, as always, have lived up to our high expectations. It has been wonderful to hear all the greetings from the children first thing in the morning. It really does make our day.

We have celebrated Black History Month where we have learned about inspirational Black people throughout history.

We 'Showed Racism the Red Card' giving our support to all members of our community who have experienced racism and discrimination. This is particularly important in today's climate of growing intolerance towards our neighbour. Let us always be mindful that we are all God's children, made in his image. Thank you to the staff who organised both of these and everyone else who have worked so hard to make sure that our children have a well-rounded education.

We have had a focus this term on moving around the school quietly. Children have risen to the challenge and movement around the school is calm and orderly, getting all lessons off to a good start.

We have also seen an increase in polite and respectful behaviour throughout the day with more children greeting adults when they pass them in the corridor. Keep up the brilliant work.

ATTENDANCE: As you will be aware Cardinal Wiseman have introduced a two week half term. We understand that those parents who have children at Cardinal Wiseman may be tempted to take the opportunity to go away.

However, I would urge you not to take your child out of school for the week after half term. Primary school is the foundation of all learning. If a child succeeds in primary school, they will have the skills and knowledge necessary to succeed in high school. Without these skills they will most likely flounder in high school.

Every day away from school is a missed opportunity and missed learning. This results in gaps in learning which are so hard to plug.

Later in the year we will survey parents regarding a two week break at half term, and consider all options and opinions before making any decisions to change term time, keeping the needs of the children and families at the forefront of our minds.

We look forward to seeing you back on 3rd November.

Have a lovely holiday. Keep safe and rest.

VISIT FROM FORMER PUPIL – MARYSE GORDON: This week, Year 6 were delighted to welcome Maryse Gordon - a former Our Lady of the Visitation pupil, back to our school. Maryse spoke to the children about her many achievements and the incredible experiences she's had travelling and working around the world. Her story truly inspired everyone, reminding our pupils that with hard work, determination and commitment, they can achieve great things too. Maryse's visit encouraged the children to dream big, work hard and be confident in exploring all the opportunities the world has to offer.



BLACK HISTORY MONTH – CLASS SHOWCASE INVITATION: As part of our celebrations for **Black History Month**, we are delighted to invite parents and carers into school on **Friday 7th November at 9:00am** to visit their child's class and see the fantastic work the children have been doing.

Black History Month is an important time to recognise, celebrate and learn about the achievements, contributions and stories of Black people throughout history and today. It helps our children to develop respect, understanding and appreciation for the diverse world they live in.

We are very proud of the creativity and thought that the children have shown in their learning, and we look forward to welcoming you into school to share in their wonderful work.

Diary Dates

Monday 27th October to Friday 31st October
- **Half Term**

Thursday 13th November – **Kindness Day**

Monday 17th – Friday 21st November –
Scholastic Book Fair

Friday 19th December – **Last day of the school term – School finishes at 1.30pm**

Spring Term

Monday 5th January 2026 - **Pupils return to school after the holidays**

Please find attached a full list of diary dates for the Autumn Term, these are also available on the school website.



Friday 21st November 8.45am



The Prayer Leaders are excited to announce the return of our School Christmas Shop. Children will once again have the chance to experience the joy of gift-giving while learning the value of money.

To make our Christmas Shop a success, we are asking for donations of good-quality items suitable for both adults and children. Please see the list below for some ideas of gifts that would make wonderful additions to our Christmas Shop:

- Toys
- Books
- Games
- Puzzles
- Mugs
- Candles
- Soaps or bath items
- Hats
- Gloves
- Scarves
- Socks
- Jewellery or accessories
- Small home items
- Christmas decorations
- Stationery or notebooks
- Gift sets

We would also welcome donations of Christmas wrapping paper, gift bags, and sticky tape.

Tickets to the Christmas Shop will cost just £3. Each ticket allows your child to browse the shop and purchase a gift for their chosen loved one. All money raised will be donated to our Parish to support the Homeless Winter Night Shelter, which runs over the Christmas period.

The half term break is a great opportunity to have a good sort-out and rehome all those wonderful things we no longer use. Please drop off all your donations at the school office.

Thank you for your generosity and support!

Together, let's create a magical Christmas experience for our school and Parish community.



ACHIEVEMENTS

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

Congratulations to Bumblebees and 5B for 100% attendance this week.

NURSERY	89.6%
BUTTERFLIES	89.1%
BUMBLEBEES	100%
1K	98.3%
1S	94.8%
2B	97.7%
2J	97.6%
3G	95%
3Y	97.8%
4C	94.7%
4F	97.3%
5B	100%
5W	89.2%
6P	98%
6W	96%
Whole School	95.9%

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.

Vanessa and Veronica – Butterflies

Gio and Karina – Bumblebees

Leonardo and Esther – 1K

Jacob K and Zofia – 1S

Gabriella and Helena – 2B

Peter and Ada – 2J

Elie and Enzo – 3G

The Whole Class! – 3Y

Cian and Oskar – 4C

Javier and Sarai – 4F

Laura and Roman – 5B

Nancy and Keegan – 5W

Orlando and Milena – 6P

Alicia and Luca – 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 CARE OF CREATION. We are looking for children who look after the environment and the resources we provide for them.

Eily – 1K

Alaia – 1S

Maria – 2B

David – 2J

Maja C – 3G

The Whole Class! – 3Y

Tre – 4C

Giulia – 4F

Aaron – 5B

Sienna – 5W

Elisha – 6P

Augustin – 6W

What Parents & Educators Need to Know about MEMES

WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world - discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable - developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



See full reference list on our website

