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Deputy Headteacher: Mrs J. Etheridge

Date: Friday 5th December 2025

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A PRAYER FOR CHRISTMAS CELEBRATIONS



What can I give him, poor as I am?

If I were a shepherd I would bring a lamb;

If I were a wise man I would do my part;

Yet what I can I give him – Give my heart.



LITURGICAL CELEBRATIONS



Monday 8th December - Carols with Wiseman 6pm

Tuesday 16th December - Junior Carol Service 6pm

Thursday 18th December - Junior Carol Service 2pm

WE HAVE MUCH TO CELEBRATE: Last week we had two external evaluations for the Local Authority (LA) Education Department. The first was on safeguarding and it concluded that we have good systems for keeping our children safe when at school and supporting parents to keep the children safe whilst at home, especially on devices. The advisor was particularly impressed with our pastoral care, where we support families emotionally and practically with food, clothing and advice.

Our second advisor was looking at teaching and learning. She went into every class and looked at outcomes. She saw confident, well-behaved children who were fully engaged with their learning. She saw interesting and engaging lesson content and excellent teaching. She was very complimentary with the way ALL children are catered for within the school. She was impressed with the way children look out for and care for each other and particularly liked our big brother and big sister helpers.

This week two governors came into school to look at the teaching of reading and writing. They commented on the behaviour of the children and their confidence in speaking in lessons and sharing their understanding.

I want to congratulate all staff for their contributions to the teaching and learning, pastoral support and safe running of the school.

LOST COATS: Two boys' coats have recently gone missing. One is a black puffer coat with Soul Cal written on the back and the other is a long black Nike puffer coat. It is impossible to lose a coat on the school grounds so the only conclusion that we can make is that these have been taken home by mistake. Can you please check your coats and return any that do not belong to you.

Diary Dates

Friday 12th December – **Christmas Jumper day – to include Christmas Lunch and Movie**

Saturday 13th December – **Carols at Westminster Cathedral.** Please see Flyer below.

Thursday 18th December – **Last day of term for Afternoon Nursery**

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.

Please join us in the Church on 8th December at 6pm to listen to Carols and Readings by Our Lady of the Visitation and Cardinal Wiseman Choirs. This is a truly beautiful evening of song and reflection.

THE CARDINAL WISEMAN

PRESENTS

CAROLS & READINGS



You are warmly invited to join us for an evening of festive music and seasonal reflections at our Carols and Readings Event.

Enjoy performances by:

- ⌘ The Cardinal Wiseman School Choir ⌘
- ⌘ Wiseman Voices ⌘
- ⌘ Our lady of the Visitation School Choir ⌘

Come together with our school communities to welcome the Christmas season through story, song and celebration.

All families and friends are welcome.

We look forward to sharing this special evening with you!

Monday 8th December at 6pm
Our Lady of the Visitation Parish Church
Greenford Road

Followed by refreshments in The Cardinal Wiseman School Canteen

KEEPING CHILDREN SAFE ONLINE:

All of our children have a **Google Classroom login**. Logging in through Google Classroom gives you more security about what your child can access on the internet. If your child uses their Google Classroom account they will not be able to access platforms such as YouTube, TikTok and other sites that contain material that is harmful to young minds.

Therefore, we would recommend that your child only uses their google classroom account.

If you require any further information about this please speak to your class teacher.



HEALTHY LIFE STYLE: Childhood is the time that our best and maybe not so good habits are formed. This is across all areas of our life such as; our handwriting, how we cross the road, washing our hands after we have been to the toilet, what we eat and brushing our teeth. Bad habits are hard to break.

Each year we conduct a Health and Behaviour Related survey in year 4 and year 6. Heights and weights, taken in reception and year 6 also form part of this survey. Our results are measured against Ealing.

The biggest issue coming out of the survey is the increasing number of children who are recorded as overweight or obese. In reception it is 1 in 4 children (25%). By the time the children reach year 6 that has doubled to almost 1 in 2 (43%). Children who struggle with weight grow into adults who struggle with their weight. This in turn leads to health and self-esteem issues. 41% of pupils in year 4 and year 6 stated they would like to lose some weight.

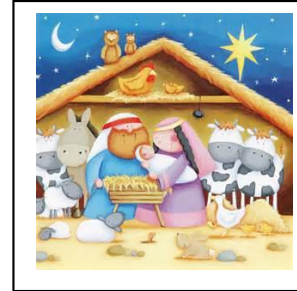
We know that children are very hungry at the end of the school day and need a snack. Consider swapping that doughnut/croissant/bag of crisps, for a piece of fruit/sandwich/oat bar, and save the sugary snack for a Friday treat. Getting children used to snacking on healthy snacks will be so much better for them in later life.

I have a friend whose mother would take her out for a cake when she was upset. Her mum was being so kind and thoughtful but my friend is conditioned to eat cake and chocolate when she is upset. The greater the upset the bigger the cake! She has always struggled with her weight.

On a positive note, together we are beginning to change children's habits. In 2021 only 14% of pupils ate about five pieces of fruit a day. That has increased to 35%. 79% also said they eat fresh fruit, vegetables or salad on most days.

Let's keep working together for the health and well-being of our children.

Christmas Plays



Well done to year 2 and year 1 this week who performed the most beautiful plays. The singing, acting and speaking was fantastic. We can really hear a difference in the quality of the speech since we have been focusing on oracy. Well done to the staff for all their hard work and to the parents for helping their children to learn their lines.



Nursery Morning – Tuesday 9th December 11.00am
Nursery Afternoon – Tuesday 9th December 2.50pm
Reception – Wednesday 10th December 9.30am

CHRISTMAS JUMPER DAY: A reminder that next Friday 12th December is Christmas Jumper Day. Children are invited to wear a Christmas jumper to school. The rest of their clothing **MUST** be school uniform. Please put on a school shirt or polo shirt under the jumper as it does get warm in school and they may need to take their jumper off when inside.

We will be having Christmas lunch and watching a Christmas film in the afternoon.

Parent Survey

We are looking at our playtimes and thinking about how we can improve them by introducing the Outdoor Play and Learning (OPAL) Primary Programme.



Can you help? We really want to know what you think of playtimes now.



NATIONAL SCHOOLS SINGING PROGRAMME



WESTMINSTER SCHOOLS SINGING PROGRAMME

CHRISTMAS CONCERT

Christmas Carols and Readings
performed by children across the
Diocese of Westminster

Saturday 13th December

2:30pm

Westminster Cathedral



ACHIEVEMENTS

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

Congratulations to 2J for 98.6% attendance this week.

NURSERY	94.1%
BUMBLEBEES	92.1%
BUTTERFLIES	91.7%
1K	87.4%
1S	98.3%
2B	96.7%
2J	98.6%
3G	97.9%
3Y	96.4%
4C	96%
4F	90.3%
5B	95.2%
5W	97.1%
6P	84.8%
6W	89.3%
Whole School	93.6%

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.

Maria and Aidusha – Bumblebees

Emma and Samuel – Butterflies

The Whole Class! – 1K

The Whole Class! – 1S

Lilly T and Marie – 2B

Brendan, Nela and Natalia – 2J

Aloysius and Laxmi – 3G

Zara and Szymon – 3Y

Elsa and Jo – 4C

Joshua and Kori – 4F

Riley and Ines – 5B

Nancy and Ayden – 5W

Leon and Lynaia – 6P

Mariam and Angela – 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 are focussing on **PREFERENTIAL OPTION FOR THE POOR**. The '**preferential option**' means allowing someone to have the first choice. It means giving someone the best that is available; not just the scraps or leftovers.

God calls us to look for those in need and work hard to support them as best we can.

Jenaiah – 1K

Maximillian – 1S

Helena – 2B

Olivia – 2J

Maya E – 3G

Marcel – 3Y

Julia – 4C

Franek – 4F

Angelika – 5B

Max – 5W

Milena – 6P

Borys – 6W