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LEPS Newsletter

Friday 10th October 2025

No 6

A MESSAGE FROM THE HEADTEACHER

SCHOOL COMMUNICATIONS

YEAR 1

Autumn Walk to
Blondin Park -
Thursday 16th October

YEAR 4

Cooking & Nutrition—
contribution requested
- please pay on
ParentMail

YEAR 5

Residential Trip—
Parent Information
Meeting - Monday 13th
October @ 8.00pm

Dear all

As we come to the end of another busy and rewarding week at Little Ealing, I wanted to share some of the wonderful learning and events that have taken place across the school.

Monday Assembly – Black History Month

This week, our Monday assemblies marked the start of **Black History Month**, celebrated throughout the UK each October. The theme for this year is “**Standing Firm in Power and Pride**”, which focuses on recognising and celebrating the history, achievements and contributions of Black people around the world.

The children learned about Sadia Kabeya, England rugby star and Player of the Match in the 2025 Women’s Rugby World Cup Final. Sadia’s inspiring journey - from discovering rugby at school to representing her country on the world stage - helped pupils explore qualities such as perseverance, resilience and hard work.

Together, we reflected on what makes a positive role model and encouraged children to think about who inspires them in their own lives and how they can follow those examples.

Throughout October, pupils will take part in assemblies, lessons and creative projects exploring the contributions of Black communities in Britain and beyond.

We would love to involve parents and carers in this learning. If you would like to share your experiences, stories or perspectives during October, please email your child’s class teacher.

Northfield’s Class Assembly – Theme: Science: Categorising Animals

A big well done to Northfield Class, who took to the stage this week to share their fantastic science learning on how animals can be categorised.

The children spoke confidently and used impressive scientific vocabulary to explain concepts such as metamorphosis, carnivores, herbivores and omnivores and animal habitats. We were particularly fascinated by their explanation of mutualism - when animals work together for mutual benefit.

Their enthusiasm, teamwork and curiosity shone through in every part of the performance. Thank you, Northfield, for an engaging and informative assembly.

Toileting Workshops – Nursery and Reception Parents

Parents of Nursery and Reception children who are still developing independence with toileting are invited to attend workshops run by **Ealing NHS Paediatric Occupational Therapy**:

- **Wednesday 16th October: 13:15–14:30** (Carmelita House)

- **Monday 20th October: 11:30–12:45 (Carmelita House)**

Workshops must be booked in advance via Eventbrite: *Toileting Workshop Booking*.

Harvest Collection for Ealing Food Bank

A huge thank you to everyone who contributed to our Harvest Collection this autumn. We received so many generous donations that it took two car trips to deliver everything to the Ealing Food Bank! The staff there were incredibly impressed by the kindness and community spirit shown by Little Ealing families.



Well done, everyone - what an amazing difference we can make when we work together. We will be holding another collection nearer to Christmas, so keep an eye out for more details later this term.

Book Fair

Our Book Fair has been open all week, and it's been wonderful to see such enthusiasm for reading across the school. One of the bookcases has been almost completely cleared out - a sure sign of how much our pupils love their books!

A huge thank you to everyone who has purchased a book. Reading for pleasure is one of the best ways to support children's learning and your support helps us continue to nurture a lifelong love of reading at Little Ealing.

Parent Governor Elections

A reminder that voting for our Parent Governor elections closes at 12pm on Tuesday 14th October. Ballot papers can be placed in the ballot box in the school office. Spare forms are available from the office if needed.

Please remember – it is one vote per parent.

School Counselling Service – Contact Update

Some parents have asked for the correct contact details for Elita, our Therapeutic Lead. Please note there was a typo in a previous communication.

You can contact her directly at: elita@schools counsellingpartnership.co.uk

ISS Catering Team – Food and Nutrition Update

We were delighted to welcome **Lisa Huggins**, Head of Nutrition at ISS, who spoke to us about how our school menus are created and monitored. She explained:

- Menus are co-designed by the culinary, operations and nutrition teams, with input from pupils

and school staff.

- Meals are planned to meet the School Food Standards, ensuring balance and nutrition across the week.
- ISS works with external accreditors to achieve awards such as Food for Life, focusing on ethical sourcing, reducing food waste, and promoting plant-based choices.
- Our new “planet-friendly” menus launching after half term are designed using behavioural science to encourage healthy and sustainable choices.

Pupils with medical dietary requirements have bespoke menus and a separate serving counter. All catering staff receive annual and termly training to ensure safety and consistency.

Did you know?

- Every day there are at least **two or more vegetable options**.
- Children can help themselves to **unlimited salad bar items and bread**.
- Most of our meals are **freshly prepared on site** – including pizza dough and bread.

No salt is added to school meals and sugar and portion sizes are carefully managed based on age guidelines.

Thank you, as always, for your continued support and partnership.

Junior Leadership Team (JLT)

Our new Junior Leadership Team has now been formed and today we held our second meeting of the year. We're delighted that Mrs Trigg has joined Miss Caldwell in leading the group as we continue to focus on improving playtimes and lunchtimes across the school.

The JLT were really pleased to see the positive changes introduced last year and are excited to build on that progress. In today's meeting, we discussed what has worked well so far, areas that could be improved, and new ideas we'd like to try out this term.

Watch this space to see the positive impact our JLT will have throughout the year!

Wishing you all a restful and enjoyable weekend.

Emily Caldwell

Headteacher

Important Dates & Holidays

Date	Time	Who is it for?	Description
Tuesday 14 th October 2025	9am	Niagara Parents/Carers	Class Assembly – parents and carers invited to watch and stay for a cup of tea or coffee in the Food Tech room afterwards
Tuesday 14 th October 2025	12 noon	Parents	Ballot papers can be placed in the ballot box in the school office until 12pm on Tuesday 14 th October
Thursday 16 th October 2025	9.15am	Prospective Parents	Prospective Parent Tours – for parents/carers of pupils due to start Nursery or Reception in Sept 2026. Book a place through the school office
Friday 17 th October 2025	ALL DAY	All children	Wear Red Day in support of the Charity - Show Racism the Red Card
Tuesday 21 st October 2025	9am	Netherbury Parents/Carers	Class Assembly – parents and carers invited to watch and stay for a cup of tea or coffee in the Food Tech room afterwards
Tuesday 21 st October 2025	6pm	Prospective Parents	Prospective Parent Tours – for parents/carers of pupils due to start Nursery or Reception in Sept 2026. Book a place through the school office
Friday 24 th October 2025	9am	Parents	Coffee morning - Emotional Regulation
Monday 27 th – Friday 31 st October 2025		ALL	Half Term – School Closed for all Pupils
Monday 3 rd November	8.30am	ALL	School opens for all pupils – Autumn Term 2 Breakfast club and before school clubs as usual
Wednesday 5 th November 2025	9.15am	Prospective Parents	Prospective Parent Tours – for parents/carers of pupils due to start Nursery or Reception in Sept 2026. Book a place through the school office
Monday 10 th – 14 th November	Throughout the week	All children	Anti Bullying Week – the children will take part in a variety of activities to raise awareness about preventing bullying and promoting positive friendships.
Wednesday 12 th November 2025	9.15am	9.15am	Prospective Parent Tours – for parents/carers of pupils due to start Nursery or Reception in Sept 2026. Book a place through the school office
Friday 14 th November 2025	R – 2 – 6pm 3 – 6 – 8pm	R – 2 – 6pm 3 – 6 – 8pm	PTFA Event – Wicked Evening
Monday 17 th November 2025	ALL DAY	All children	Individual School Photos – choose your favourite outfit and brush your hair how you like it best!
Monday 17 th November 2025	3 – 6pm	Buttercups	Termly Reviews – parent teacher individual meetings – details will follow
Monday 17 th November 2025	4.00 – 6.30pm	Reception to Year 6	Termly Reviews – parent teacher individual meetings – details will follow
Tuesday 18 th November 2025	ALL DAY	All children	Siblings School Photos – choose your favourite outfit and brush your hair how you like it best!

Tuesday 18 th November 2025	3 – 6pm	Ladybirds	Termly Reviews – parent teacher individual meetings – details will follow
Tuesday 18 th November 2025	3.30 – 6pm	Reception to Year 6	Termly Reviews – parent teacher individual meetings – details will follow
Friday 21 st November 2025	7 – 10.30pm	ALL Parents/ Carers	PTFA Quiz and Curry Night
Wednesday 19 th November 2025	3 – 6pm	Caterpillars	Termly Reviews – parent teacher individual meetings – details will follow
Friday 21 st November 2025	9am	Parent s	Coffee mornings - – Supporting Positive Behaviour - Therapeutic Thinking
Monday 24 th November 2025	3.30 – 6pm	Nursery to Y6	PP and SEND Termly Reviews – parent teacher individual meetings – details will follow
Tuesday 25 th November 2025	9am	Lothair Parents/ Carers	Class Assembly – parents and carers invited to watch and stay for a cup of tea or coffee in the Food Tech room afterwards
Thursday 27 th November 2025	9.15am	Prospective Parents	Prospective Parent Tours – for parents/carers of pupils due to start Nursery or Reception in Sept 2026. Book a place through the school office
Tuesday 2 nd December 2025	9am	Lavington Parents/Carers	Class Assembly – parents and carers invited to watch and stay for a cup of tea or coffee in the Food Tech room afterwards
Wednesday 3 rd December 2025	9.15am	Prospective Parents	Prospective Parent Tours – for parents/carers of pupils due to start Nursery or Reception in Sept 2026. Book a place through the school office
Saturday 6 th December 2025	12 – 4pm	ALL	PTFA Christmas Fair
Tuesday 9 th December 2025	2pm	Leyborne Parents/Carers	Class Assembly – parents and carers invited to watch and stay for a cup of tea or coffee in the Food Tech room afterwards
Wednesday 10 th December 2025	2pm	Birkbeck Parents/Carers	Christmas Show – parents and carers invited to watch
Wednesday 10 th December 2025	6.15pm	Parents/Carers of children taking part	Music Christmas Concert – details to follow
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Thursday 11 th December 2025	ALL DAY	All children	Christmas Jumper Day and School Christmas Lunch
Thursday 11 th December 2025	2pm	Bramley Parents/Carers	Christmas Show – parents and carers invited to watch
Friday 12 th December 2025	9am	Blondin Parents/Carers	Christmas Show – parents and carers invited to watch
Friday 19 th December 2025	Usual times for each year group	ALL	End of Term Collection
Monday 22 nd December – Monday 5 th January 2026		ALL	Christmas Holidays
Monday 5 th January 2026	All Day	ALL	Staff Training Day – CLOSED FOR ALL PUPILS
Tuesday 6 th January 2026	8.30am	ALL	School opens for all pupils – Spring Term



Reconnecting time

Children naturally look to their parents for nurturing and guidance, especially in the current climate we find ourselves in. It is a stressful and anxious time for most people and sometimes we forget to reconnect with our children, asking how they feel or just opening conversation about their day, allowing time to reconnect with each other. Maybe we have forgotten how we feel ourselves, have you had 5 minutes to check in with your feelings today? Take a few breathes, pause, and ask yourself how you are doing today.

How can parents help? Try to spend half an hour of Special Time, one-on-one, every day (or as often as you can). This seems so simple that most parents under-estimate the impact. Take it in turns to talk and to listen, maybe engage in an activity that is fun! It does not always have to be just talking, reconnecting is about finding ways to enjoy the time together, it might bring a smile to your face, embrace the fun.

Sometimes we could all do with someone to talk to.

If you would like to meet Elita Bartholomew Matthew for a confidential and non-judgemental chat about you, your child, or any other worries, they are available on Wednesdays from 9-10am.

You can call/text 07469701260 or email elita@schoolsounsellingpartnership.co.uk

PTFA - Upcoming Events

LEPS be Wicked Dance Party - Fri 14th Nov - 6-8pm	PTFA Yr 1-2 Disco - Fri 6th Feb - 6-8.30pm
PTFA Quiz & Curry Night - Fri 21st Nov - 7-9pm	PTFA Netball - Adults - Thurs 4th June - 7-9pm
Christmas Fair - Sat 6th Dec - 12-4pm	Summer Fete - Sat 6th June - 12-4.30pm
PTFA Yr 5-6 Disco - Fri 23rd Jan - 6-8.30pm	PTFA Netball - Children - Sun 7th June - TBC
PTFA Yr 3-4 Disco - Fri 30th Jan - 6-8.30pm	PTFA End of Year Party - Fri 10th Jul - 6-8.30pm



Please check out this week's great contributions to Performance Corner on the [Music at LEPS](#) website.



CONGRATULATIONS
TO ALL OUR MINI-
MILE AND HALF
MARATHON RUNNERS!

TOGETHER WE RAISED
AN INCREDIBLE

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