

A Strong Start to the New School Year

It has been a real joy to welcome students back to school this week, beginning yesterday with our new Year 7 and Year 12 students. We were so impressed by the confidence and maturity shown by Year 7 on their first day. They settled quickly, found their way around the school and seemed to really enjoy beginning this new chapter at Islip Manor High School.

We were also delighted to welcome so many students into Year 12, including both returning students and those joining us from other schools. It has been particularly pleasing to see strong interest in our new Level 2 Applied Science course, launched this year in response to student demand. We are pleased to have extended our Sixth Form offer and provided an additional pathway for students. Thank you to Mr Connage, Year Leader for Year 7, and Mrs Gadd, Director of Sixth Form, for their hard work in ensuring such a successful transition.

Today, our Year 11 and Year 13 students also made a strong start and very much hit the ground running. This year will pass extremely quickly for them, so it is important that they establish good study routines from the beginning. We will be working closely with students and families throughout the year to support them in preparing for GCSE, A Level and vocational examinations.

We are now looking forward to welcoming all students back to school on **Monday 7th September**. Please support us by making sure your child is prepared and ready to arrive on time. Students must be in school by **8.35am at the latest**, and we advise aiming for 8.30am to give some flexibility.

This weekend is a good opportunity to help students return to healthy sleep routines — not just on Sunday evening, but across the weekend. Our analysis of GCSE and Sixth Form results consistently shows that students who attend school more than 95% of the time and arrive punctually achieve better outcomes. Getting your child into school every day and on time really does make a difference.

Thank you, as always, for your continued support.

Ms Marion Budd
Headteacher



DATES FOR YOUR DIARIES

Monday 7 th September	All year groups in school
Tuesday 22 nd September	Year 11 Securing Exam Success Evening (5-6pm)
Thursday 24 th September	Year 7 Welcome Evening (5-6pm)
Friday 25 th September	Year 10 Walking Tour Event
Tuesday 29 th September	Open Evening (5.30-7.30pm)
Tuesday 6 th October	A Level Physics UK AEA Centre for Fusion Energy Trip
Wednesday 7 th October	Year 9 Inspire Trip to Natural History Museum & Lyceum Theatre

The Islip Manor Way: Moving with Pace and Purpose

As part of our continued work to embed The Islip Manor Way, next week we will be explicitly teaching the children about our expectations for moving around the school building.

With hundreds of children moving between lessons at the same time, clear and consistent routines help ensure that transitions are calm, safe and purposeful. Our training focuses on what we mean by moving with **pace and purpose**, alongside the routines and systems we have put in place to help children arrive at every lesson on time and ready to learn.

[Here](#) are the training slides so that you can see exactly what we will be teaching the children so that you can reinforce these expectations with them at home.

Thank you, as always, for your support in helping us maintain high standards across our school.



Could your child now be entitled to Free School Meals?

As we start the new school year, we would like to encourage all families to check whether their child is entitled to Free School Meals and, if they are, to make sure that they are registered.

This is particularly important this year because the Government has significantly widened eligibility for Free School Meals from September 2026. All children living in a household which receives Universal Credit are now entitled to Free School Meals, regardless of the household's earnings. This means that your child may now be eligible even if you have applied previously and were told that you did not qualify. We would therefore strongly encourage families receiving Universal Credit to check again.

The Government has highlighted that many families miss out on financial support simply because they do not realise that they are entitled to it. In Ealing, families can check eligibility and apply through the Council's Free School Meals service.

Please do not assume that your child will automatically be registered. A claim needs to be made and eligibility confirmed by the school or local authority, so it is important that families check and apply.

Registering for Free School Meals is also important even if your child does not intend to have a school meal every day. Registration helps the school to identify students who are entitled to additional support and also contributes to the funding available to us to support students' education.

We are therefore asking families to check their eligibility and apply as soon as possible so that all eligible students are correctly recorded.

You can check eligibility and apply through Ealing Council here:

[Apply for Free School Meals through Ealing Council](#)

Please do check, particularly if your household receives Universal Credit. **The rules have changed, so being ineligible in the past does not necessarily mean that you are ineligible now.** We want to make sure that every Islip Manor family receives the support to which they are entitled.



London Borough of
Ealing



West London
NHS Trust

Ealing Mental Health Support Team

September
2026

Your Termly Newsletter

Is your child feeling....

Demotivated?
Anxious? Stressed?
Worried? Sad?
Irritable? Low?
Panicked?
Tired or lacking
energy?



We can help you and your child

Ealing Mental Health Support Team (MHST)
supports the wellbeing of children and
young.

In Primary schools, we offer 1:1
support to parent's whose
children feel:

- Worried and present with
behaviours that challenge



In Secondary Schools, we offer
1:1 support to young people who
sometimes feel:

- Anxious or low in mood



If you have any questions about the above, please
speak with your schools Mental Health Link
Worker.

You said, we did!

- You asked for longer workshops
to allow time for a Q&A at the end
- We have extended our workshops
this term to last 1hr 15 or 1hr 30
to ensure we have time for a Q&A
- You made a suggestion for a
workshop that focuses on
supporting male adolescent
mental health
- We are in the process of putting
these together and are excited to
offer new workshops to you in
the Spring Term!

Dates to remember

World Suicide Prevention Day	Thursday 10 th September
World Mental Health Day	Saturday 10 th October
OCD Awareness Week	Monday 12 th -18 th October
Anti-Bullying Week	Friday 13 th -17 th November



Promoting hope & wellbeing together



ELP
Ealing Learning Partnership

Back to School

Returning to school after the summer break can bring a mixture of emotions for children and young people.

As they adapt to new routines, friendships, and expectations, parents and carers may notice changes in mood, confidence, or behaviour.

To help families support this transition, we are pleased to be offering a Back to School Workshop early in the term for primary-aged children, alongside a variety of workshops throughout the year designed to support young people and their families at different stages of development.

Children are more likely to feel ready to learn when they understand routines and expectations, while also feeling safe and connected. Here are some top tips to help lay these foundations for the term ahead:

- 1. Continue engaging in meaningful and enjoyable activities** both within and outside of school. These experiences can foster connection, a sense of belonging and mastery.
- 2. Establish consistent routines.** Predictable routines can help create clear expectations, reduce feelings of overwhelm and make it easier to adjust to increasing academic demands.
- 3. Prioritise a calming evening wind-down and regular sleep routine.** Did you know that adolescents typically need around 8-10 hours of sleep each night to support their rapidly developing brains?
- 4. Make time to connect with family, friends and other important people.** Positive relationships provide emotional support and help children and young people feel secure as they navigate the new school year.

Upcoming Online Workshops

Workshop	Date and Time
Back to School for Primary Children	Friday 18 September 12:00-13:15
Supporting Your Young Person with Emetophobia	Tuesday 6 th October 12:00-13:15
Supporting Anxiety in Adolescents	Friday 16 th October 12:00-13:30
Supporting Positive Behaviour	Tuesday 20 th October 12:00-13:30
Autism and Children	Monday 9 th November 12:00-13:30
Understanding SEND	Wednesday 11 th November 12:00-13:30
Understanding & Supporting Toileting Difficulties in Children	Wednesday 18 th November 10:30-12:00
Social Media and Self-Esteem in Young People	Wednesday 25 th November 12:00-13:30
Autism and Adolescents	Wednesday 16 th December 12:00-13:30



<https://tinyurl.com/y9c95wyh>

Scan the QR Code to sign up to a workshop!



Promoting hope & wellbeing together





ASTHMA NEWSLETTER



SUMMER EDITION, VOL. 3, JULY 2026

BENEDICT'S LAW 2026

"Benedict's Law" is the new statutory guidance that makes life-saving allergy safety measures mandatory in all schools across England, coming into full effect in September 2026. Under this legislation, schools are legally required to put the following protections in place:

- **Whole-School Allergy Policy:** Implement and publicly publish a comprehensive allergy management policy.
- **Individual Allergy Action Plans:** Maintain specific health and dietary plans for pupils with known allergies.
- **Staff Training:** Ensure all staff receive dedicated allergy awareness and emergency response training.
- **Emergency Medication:** Have accessible spare adrenaline auto-injectors (AAIs) on the premises.

Resources: [Anaphylaxis.org.uk](https://anaphylaxis.org.uk), Benedictblythe.com, Gov.uk.

ASTHMA FRIENDLY SCHOOLS

Asthma friendly schools (AFS) is a partnership between UK's local authorities, health, and education to help improve asthma control before it leads to school absences and hospital admissions. ([Ealing Grid for Learning](https://Ealing.GridforLearning))

How to become an

Asthma Friendly School

1

Welfare to attend Asthma Workshop

Attend Module 2/ School Staff Training

Schools to have all standards in place such as asthma register and asthma policy.

2

Complete AFS Audit with your school nurse

4

3

RECENT NEWS

More than a million people are now using new style inhalers. The change follows a landmark guideline published jointly in 2024 by NICE, the British Thoracic Society (BTS) and the Scottish Intercollegiate Guidelines Network (SIGN). Following the new guidelines, people aged 12 and over who are newly diagnosed or need step-up treatment are expected to move to combination inhalers (reliever and preventer). ([NICE UK](https://NICE.UK), May 2026).

MODULE 2 TRAINING DATES

- Mon 28th September 2026 – 1.30pm and 3.30pm
- Thurs 15th October 2026 – 1.30pm and 3.30pm
- Mon 9th November 2026 – 1.30pm and 3.30pm
- Thurs 4th Feb 2027 – 1.30pm and 3.30pm

Please email the school nursing team for booking.

CONTACT INFO



clcht.ealingschoolnurseteam@nhs.net



0208 102 5888





Ealing Community
Partners



Central London
Community Healthcare
NHS Trust



ASTHMA NEWSLETTER

SUMMER EDITION, VOL. 3, JULY 2026



HOT WEATHER AND YOUR LUNGS

Hot weather does not affect everybody with asthma and other lung conditions, but in a recent survey 1 in 3 people told us that hot weather made their symptoms worse. There are different reasons for this:

- Hot and humid air can affect your breathing and make asthma and other lung condition symptoms like breathlessness and wheezing worse.
- Hot and sunny weather increases a type of air polluting gas called ozone. Air pollution is bad for your lungs, especially if you have asthma or another lung condition.
- Warmer weather is linked to higher pollen levels. If you also have hay fever, this could make your lung condition symptoms worse too.

Staying well in hot weather includes managing your asthma, managing your lung condition, staying hydrated, exercising safely, storing your medicines properly, checking your medicines, taking cool baths or showers, going outside, checking the weather, pollen and pollution forecasts, using a fan and keeping your home cool. (Asthmaandlung.org.uk)

19 ASTHMA FRIENDLY SCHOOLS

1. Ada Lovelace C of E High School
2. Alec Reed Primary School
3. Alec Reed High School
4. Brentside Primary School
5. Coston Primary School
6. Durdan's Park Primary School
7. Gifford Primary School
8. Greenwood Primary School
9. Havelock Primary School
10. Hobbayne Primary School
11. Holy Family Catholic Primary School
12. John Perryn Primary School
13. Mayfield Primary School
14. North Ealing Primary School
15. Selborne Primary School
16. St John Fisher Primary School
17. St. Joseph Primary Catholic School
18. Tudor Primary School
19. William Perkin C of E High School
20. Vicar's Green Primary School

ANNOUNCEMENTS AND CELEBRATIONS

We are delighted to celebrate the achievement of **19 certified Asthma Friendly Schools** and **44 certified Asthma Champions**. This accomplishment reflects a strong commitment to creating a safer, more inclusive environments for children living with asthma. We commend all those involved for their dedication and efforts in meeting the certification standards. Looking ahead, we are optimistic about building on this success and further expanding the number of certified schools and champions in the forthcoming academic year. (EGFL)

ASTHMA CHAMPION WORKSHOP

Face to face training at 1 Armstrong Way, UB2 4SD

7th Oct 2026 - 0930-1130 AM & 1330-1530 PM

4th Nov 2026 - 0930-1130 AM & 1330-1530 PM



Virtual Training via Microsoft Teams

29th Jan 2027 - 1330-1500 PM

10th Mar 2027 - 1330-1500 PM

Please email the [asthma_nurse_team](mailto:asthma_nurse_team@nhs.net) for booking.

ASTHMA NURSE CONTACT INFO



wlm-
tr.paediatricasthmanurses@nhs.net



0300 12345 44



EASE
www.empowering-action.org.uk

To request a place: call 020 8575 6139 or email:
administrator@empowering-action.org.uk

DANCING for Wellbeing

All Ages Welcome!

Hanwell Community Centre, W7 1PD

10am to 11am

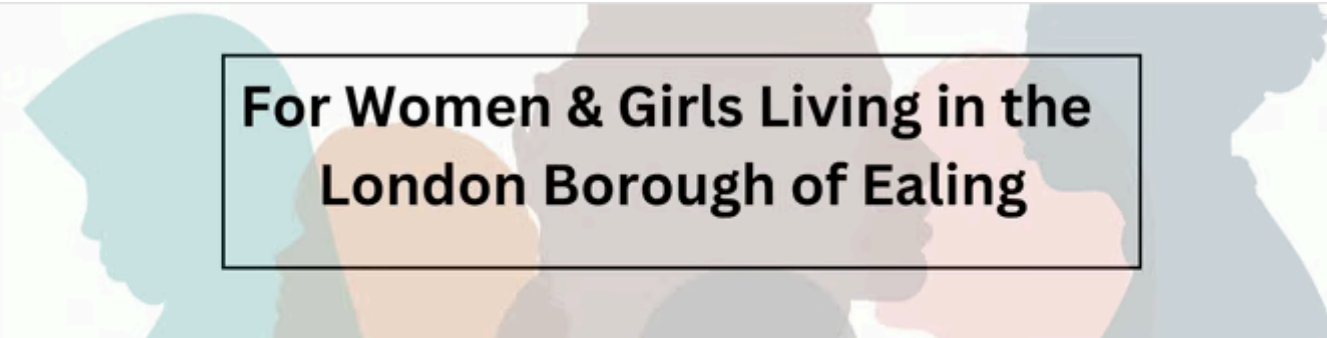
ON THE FOLLOWING WEDNESDAYS:
9th, 16th, 23rd, 30th September 2026

EASE (Empowering Action & Social Esteem) Ltd
Hanwell Community Centre, Westcott Crescent, W7 1PD
Telephone: 0208 575 6139
Charity No. 1098965

THE REFRESH PROJECT

LET'S DANCE!
MOVE, SMILE,
FEEL GOOD!

CONNECT, MOVE, THRIVE!



**For Women & Girls Living in the
London Borough of Ealing**

We are The Ealing Survivors Group

**HAVE YOU EVER EXPERIENCED EMOTIONAL, PHYSICAL,
SEXUAL, PSYCHOLOGICAL, FINANCIAL OR VERBAL ABUSE?**

**ARE YOU OR HAVE YOU EVER BEEN HURT OR FRIGHTENED
BY A PARTNER OR FAMILY MEMBER?**

**WE OFFER A SAFE AND CONFIDENTIAL GROUP WHERE YOU CAN GAIN
SUPPORT, UNDERSTANDING & IMPROVE YOUR CIRCUMSTANCES**

**Assessments on the
8th and 15th September 2026
(In person between 9am and 12pm)**

**Group starting 29th September 2026
Tuesday Mornings 10am to 12pm**

To book onto the next course, call or text the ESG mobile number on

07903 228993

**Please leave your name, number and a suitable time for us to call you
back if there is no one available to take your call**

or email us on:

esg.ealing@gmail.com



JOIN US FOR THE FIRST EVER

Mahaba Fest



A fun-filled day for the community!

**5 SATURDAY
SEPTEMBER**

What's On

- ★ Westside Radio Live Stage
- ★ Children's & Family Activities
- ★ Wellbeing & Support Lounge
- ★ Food & Refreshments
- ★ Community Marketplace

12.30-5.30

Mahaba Café
Singapore Road
West Ealing, London W13 0EP

WANT TO GET INVOLVED?

Contact Chriselle:
chrisellemahabacafe@gmail.com

INTERESTED IN PERFORMING?

Scan the QR Code and contact Gus to
showcase your talent!





The Bloom Programme

This Bloom Programme is a trauma-informed six session course that offers a supportive and validating approach to women from challenging backgrounds. Each session lasts approximately 90 minutes and all participants receive a certificate at the end of the final session for their engagement in The Bloom Programme.

Session 1 – The Rose – Self-Love

The impact of trauma. Listing positive attributes. Letting go of worry exercise. Self-forgiveness. Practising self-care. Community and support networks.

Session 2 – The Vine – Healthy Relationships, Emotional Wellbeing and Faith

Features of a healthy relationship. Quiz to increase awareness re Domestic Abuse. Controlling behaviour, support services and safety.

Anger Iceberg and underlying emotions. Triggers and symptoms of anger. Emotional regulation techniques. Forgiveness and boundaries. Faith, prayer and inspiring quotes and bible verses.

Session 3 – The Forest – Nature and Physical Wellbeing

Benefits of exercise. Walk in nature/outside (where possible). Favourite physical activities. Cardio workout to music or circuits and stretching if nature walk not possible.

Session 4 – The Oak – Goals and Dreams

Unique goals - SMART. Visualisation exercise re achievement of dreams. Practical steps and positive support networks. Self-belief and mistakes being part of the process. Positive affirmations. Potential prayer for help.

Session 5 – The Sunflower – Creativity and Gratitude

Unique calling and skills. Sharing creative passions (poem, song, art, culture etc). Benefits of creative expression. Creative drawing exercise. Gratitude. Hymn – How Great Thou Art.

Session 6 – The Palm – Rest and Reward - a pampering session!

Importance of rest. Joy and self-worth. Presentation of certificates. Feedback forms. Pampering session incl. reflexology, nails, relaxing music, tea and cake etc.

What is Talking Teens?

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging.

The Talking Teens Parent Group helps deal with those challenges so you can have a calmer, happier family life.

A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel and looks at questions that many parents have, like:

How can I stop my child always getting the last word?

Why do they always sleep in so late?

Can I do anything to help them argue less?

What's normal?

Why don't they want to tell me how they're feeling?

Inside every teenager is a child and an adult

The Four Sessions

1. Being a parent of a teenager ;
The role of parents for teenagers ;
Responding to difficult feelings
2. Understanding your teenager ;
Understanding teenage development ;
Parenting styles ;
Praise and criticism
3. Communicating with your teenager ;
Talking and listening ;
Communicating clearly ;
Handling difficult issues
4. Managing conflict ;
Rules and boundaries ;
Choosing how to respond ;
Problem solving

Practical information

There are four 2-hour sessions over four weeks

10-20 parents are invited and there are two The Centre for Emotional Health trained group leaders

Partners are welcome and it's also fine to come on your own or with another relative or friend

You'll get the most out of the Programme if you come to all four sessions.

It's not what you say; it's what they hear

How the Talking Teens Parent Group has helped other parents

"I realised that you're really needed as a parent even if your teenager behaves otherwise"

"I'm doing a better job than I thought I was"

"I like the time for discussion during the sessions"

"It has been really interesting and informative, both leaders great and lovely approach, felt very relaxed"



Check out emotionalhealth.org.uk/parent-zone

The Nurturing Programme Talking Teens Parent Group

Where:

When:

Contact details:

THE CENTRE FOR
EMOTIONAL
HEALTH

emotionalhealth.org.uk

Charity no. 1062514

THE CENTRE FOR
EMOTIONAL
HEALTH

HOME OF FAMILY LINKS

Talking Teens Parent Group

Information
for parents
and carers



We're back!

Emergency Response Roadshow

**Saturday 12th September 2026
12noon - 4pm**

What to expect



Climb inside real emergency vehicles



Ask questions and get expert advice



Watch live rescue demonstrations



Learn simple ways to keep your family safe



Meet emergency service teams

Free admission

Scan the QR code below to secure your place (recommended) or drop in on the day



Translation available via link

The Green Quarter
Parkside Yards, 1 Seva Drive, UB1 1GH

