



## Whitchurch Weekly

School News

19th Jan  
2024  
Issue 17

### Meet the Team!

**Name:** Sophie Pavli

**Role:** Learning Support Assistant /  
Emotional Literacy Support Assistant



**About me:** As a child, I lived in the borough of Ealing with my parents, 2 sisters and brother. I have always loved learning and thoroughly enjoyed my school years. I left school with 12 GCSEs and 4 A Levels including Psychology and Media Studies. Before coming to Whitchurch, I worked as a Customer Service Manager for 12 years at a glasses/sunglasses distribution company. I currently live in Stanmore with my husband and two children - both of whom are pupils at Whitchurch!

**Hobbies and interests:** I love music and attending concerts to see my favourite artists. I am a big football fan and often go to watch my team (Tottenham Hotspur!) play at their home stadium. My favourite thing to do is spend time with my family - having regular movie nights, playing board games and going on adventures and holidays!

**Best part about my role:** I feel very lucky to be able to work with all of your children. Being an LSA and an ELSA means that I get to work with children across the school academically, socially and emotionally. I find my job very rewarding and love to come into school every day.

Tea & Talk  
next Thursday  
at 8.45am

ISM class  
assembly  
next week

Year 1 visits to  
Windsor Castle  
next week

Year 5 visits  
to The Science  
Museum next  
week

Please  
remember  
to book your  
child's lunches  
via ParentPay

Singing  
lessons with a  
classically trained  
HMS teacher start  
next week



## Dates for your Diary

Monday 22nd January

5SK and 5ET visit to  
The Science Museum

Thursday 25th January

January Tea & Talk (8.45am-9.45am)  
1ST and 1BP visit to Windsor Castle

Friday 26th January

5PA and 5SC visit to The Science Museum  
1SM and 1CL visit to Windsor Castle

Tuesday 30th January

6AS and 6EH visit to Natural History Museum  
HMS Guitar Festival

Wednesday 31st January

6HH and 6MO visit to Natural History Museum

Tuesday 6th February

Year 2 visit to Belmont United Synagogue (AM)  
Year 5 Theatre visit to Bentley Wood

Wednesday 7th February

Soloists Music Concert (9.15am)

Staff Training  
Day Friday 9th  
February  
(no children  
in school)

Spring  
half term  
12th to 16th  
February



23rd January - 1SM  
30th January - 2HD  
6th February - 3MS  
5th March - 2AR  
12th March - 3SM  
19th March - 1CL  
23rd April - Lions  
30th April - Tigers  
7th May - Leopards  
14th May - Jaguars  
21st May - Nursery

**Infant Class  
Assemblies**  
Tuesdays  
9.05am

25th January - 4XL  
1st February - 5SC  
8th February - 6MO  
7th March - 5ET  
21st March - 4SF  
11th July - Year 6

**Junior Class  
Assemblies**  
Thursdays  
at 9.05am

# STARS of the Week



Well done to our stars of the week, who have been selected for excellent work and demonstrating our school values

This week's Infant Stars

- RRA Tigers** Nyle
- RNW Leopards** Leah
- RRV Lions** Mark
- RPS Jaguars** Ayva
  
- 1ST** Erika
- 1BP** Emanuel
- 1SM** Arya
- 1CL** Roma
  
- 2HD** Joshua
- 2KB** Avyaan
- 2SA** Aliza
- 2AR** Aadhya
  
- 3NL** Ieremia
- 3MS** Zarrarkhan
- 3LA** Kavir
- 3SM** Daksh

Respect  
Responsibility  
Resilience  
Honesty  
Generosity  
Aspiration

This week's Junior Stars

- 4BS** Kian
- 4CM** Krishen
- 4XL** Diya
- 4SF** Beren
  
- 5PA** Amrita
- 5SK** Kayla
- 5SC** Vvihan
- 5ET** Hawa
  
- 6HH** Dheeyan
- 6AS** Anirudh
- 6EH** Vihaan P
- 6MO** Haavisha

## Class Attendance this week

<b>Nursery</b>	<b>AM</b> 91.2%			<b>PM</b> 94.8%
<b>Reception</b>	<b>RRA</b> 88.7%	<b>RNW</b> 97.7%	<b>RPS</b> 95.9%	<b>RRV</b> 87%
<b>Year 1</b>	<b>1CL</b> 98.7%	<b>1BP</b> 95.7%	<b>1ST</b> 94.3%	<b>1SM</b> 93.3%
<b>Year 2</b>	<b>2AR</b> 92.9%	<b>2HD</b> 95.7%	<b>2KB</b> 89.3%	<b>2SA</b> 95.5%
<b>Year 3</b>	<b>3LA</b> 97%	<b>3MS</b> 90.3%	<b>3NL</b> 96.7%	<b>3SM</b> 90.7%
<b>Year 4</b>	<b>4CM</b> 96.2%	<b>4SF</b> 95.6%	<b>4XL</b> 99.3%	<b>4BS</b> 94.1%
<b>Year 5</b>	<b>5ET</b> 95.2%	<b>5PA</b> 99.3%	<b>5SC</b> 97.3%	<b>5SK</b> 92.9%
<b>Year 6</b>	<b>6AS</b> 91.5%	<b>6EH</b> 94.3%	<b>6HH</b> 96.9%	<b>6MO</b> 99.3%

This week's Attendance Stars are **4XL, 5PA & 6MO!**

Whole School **94.4%**



## Notices

### Car Park Behaviour

Parents and carers are again urged to use the car park safely, responsibly and courteously when driving and parking.



### Playground Routines

A reminder that bikes and scooters must not be used in the playground. Also, parents and carers should not be coming into the playground in the morning.

Please see the attached communication for information about measles

## January Tea & Talk

Come along to Tea & Talk with Mr Pine next week on  
**Thursday 25th January, 8.45am-9.45am**

To reserve your place please email:  
[office@whitchurchprimary.harrow.sch.uk](mailto:office@whitchurchprimary.harrow.sch.uk)



Live Q&A session

## British Science Week - Poster Competition

For the 30th anniversary of British Science Week, children are invited to design an original poster related to the theme of 'Time'!



Time is key to so many discoveries in science, technology, engineering and maths...

- Evolution looks at how plants and animals changed over a long period of time.
- The Earth's movements show us why we have seasons and different time zones.
- Lifecycles are all about how organisms grow during their time on our planet.
- The passing of time prompted the invention of ways to mark it, from the sundial to the pendulum.
- Analog to digital clocks - where would be without them?
- Perhaps you could consider the issue food waste by thinking about how passing time impacts different foods. We need to use this knowledge to reduce food waste, perhaps future inventions will help.



Children can enter the competition in teams or as individuals. Entries must be one page of A3 or A4 paper only and include the entrant's first name and age (all names and ages if a team).

The closing date for entries is **Wednesday 28th February**. Good luck!





## Year Group Highlights

### Goldilocks and the Three Bears

This week, Nursery have been learning the story of Goldilocks and The Three Bears. We made a bowl of porridge for the bears, discussed the texture and counted how many spoons of porridge it takes to fill the bowls. The porridge tasted delicious!

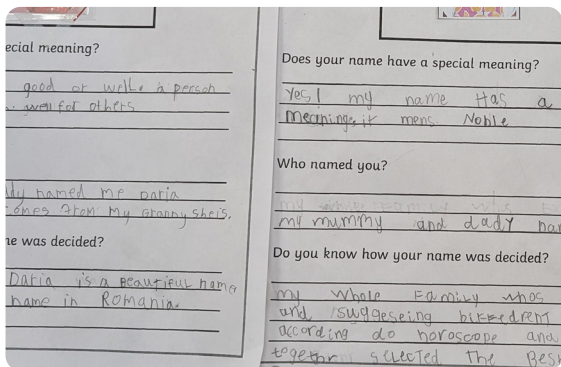


Nursery

Year 1

### Birth Names

This week in PSHE, Year 1 thought about why we have the name we do. We discussed some of the interesting ways our parents named us, such as being inspired by dreams, home or religion. We then spoke about how different religions celebrate the birth of a new born baby.



Year 2

### Winter Walk

This week Reception wrapped up nice and warm to go on a 'Winter Walk' in the playground. We observed the changes to the environment, including icy grass, icy twigs and spotted leaves. We also looked at changes to trees since the Autumn.



Reception



### Rosh Hashanah

In RE, Year 2 are learning about Jewish festivals and the significance of foods eaten during these events. This week we sampled pieces of apple dipped in honey for Rosh Hashanah, which signifies positive wishes for the new year.





Year 3

Year Group Highlights

### Plants

In Science, Year 3 are learning about plants. So far we have looked at the roots and the function of the stem and leaves. This week we did an experiment using celery and coloured water to observe water transportation within the stem.



### Effects of Deforestation

In Science this week, Year 4 have been exploring deforestation in Madagascar. We have planted cress seedlings in soil to create a forest; once it has grown we will use it to learn more about the causes, effects and the impact of deforestation.

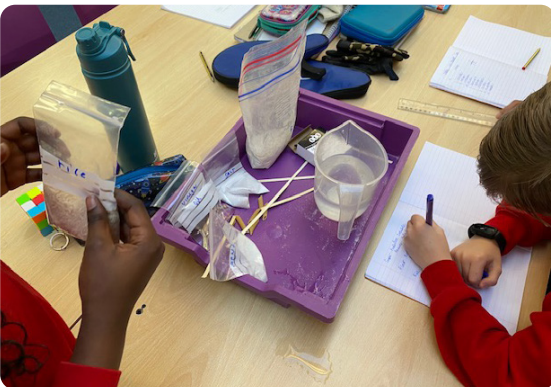


Year 4

Year 5

### Soluble and Insoluble Materials

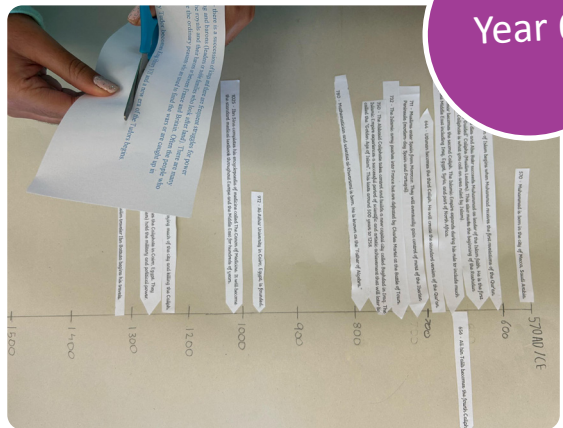
In Science, Year 5 are studying 'properties of materials'. This week we investigated which materials are soluble and insoluble by mixing them with warm water under fair conditions.



### Early Islamic History

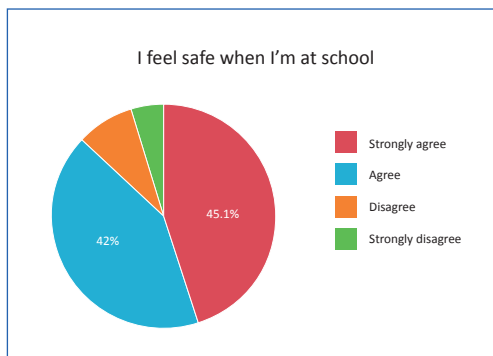
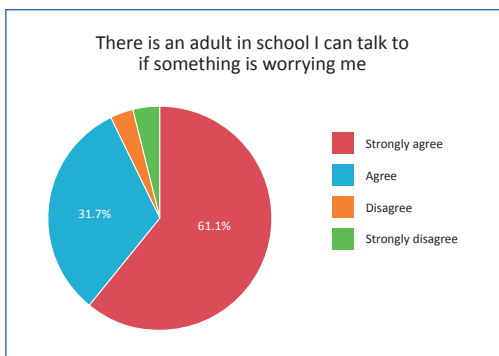
In History Year 6 are learning about Early Islamic History. This week we have been comparing and placing the key events of this period with what was happening in Britain at the time.

Year 6

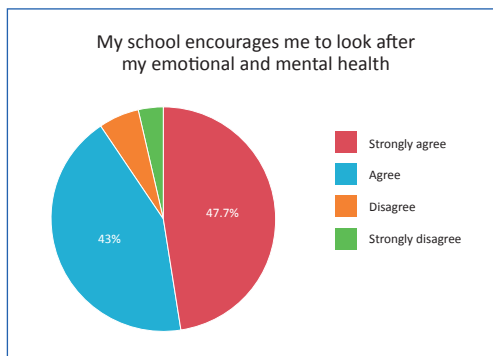
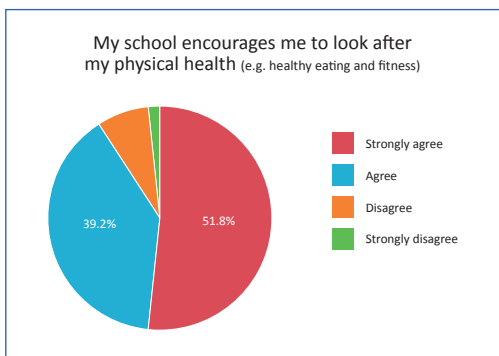


Pupil Feedback

Pupil Survey Snapshots



More findings of last term's pupil survey



More to follow next week

Sport

The Elms Tennis Session

This week the following children took part in a special tennis session with a specialist coach from The Elms: Idris (3MS), Chiziri (4CM), Ava (4BS), Armin (4SF), Reza (4XL), Selina and Mohammed (6MO) and Reeva (6EH). The children thoroughly enjoyed the session and had lots of fun!



Indoor Cricket Tournament

Congratulations to the children who took part in an indoor cricket tournament where the team fought hard to make it to the finals. With an amazing team effort, we are borough winners and look forward to playing in the semi finals at Lord's Cricket Ground. Well done to Maya and Yashvir (5PA), Vvihan (5SC), Reyansh and Aisha (5SK), Kiara (5PA), Saavir and Krish (5ET), Dheeyan (6HH), Mokksh and Alessia (6MO) and Aaron (6EH).

Miss Byrne and Miss Wong



## Things to know about saying ‘NO’ to your child

We all wish our children would just comply when we ask them to do something. However we all know that really isn’t always the case! Thankfully, it is possible to help children want to cooperate without resorting to yelling, threats or harshness.

### How can parents and carers help?

The most important thing to remember is that children only listen to us because of who we are to them. So be sure to keep strengthening your relationship: consciously connect with them before giving them a direction. You can also try to transform it into something fun and inviting! Children will accept your limit when you first accept their feelings about your limits (sadness, anger, disappointment..). Finally, children follow our requests when they feel they have some control in the situation: avoid power struggles by giving them a choice and some autonomy.

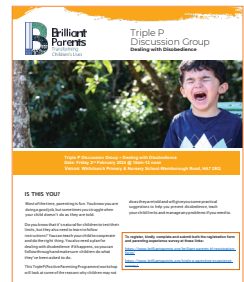
### Reach Out

Sometimes we could all do with someone to talk to. If you would like to meet Tom for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on **Wednesdays at 9am-10am**. You can contact Tom on **07799 028 461** or email **tom@schoolscounsellingpartnership.co.uk**

## Brilliant Parents Workshop



Brilliant Parents are holding a ‘Dealing with Disobedience’ workshop at Whitchurch on **Friday 2nd February (10am-12pm)**. Please see the flyer on the **Support for Families** page for information and to book a place: **www.whitchurchprimary.harrow.sch.uk/page/support-for-families**



## Life Skills - Jobs and Uniforms

During life skills this week, the group identified different jobs and uniforms for these professions. We enjoyed dressing up in these various outfits and taking part in activities related to these roles!



Miss Tunstall



# Spring Menu



Salad bar and bread are available daily

## WHITCHURCH PRIMARY MENU

	WEEK ONE 08/01, 29/01, 26/02, 18/03	WEEK TWO 15/01, 05/02, 04/03, 25/03	WEEK THREE 22/01, 19/02, 11/03
<b>MONDAY</b> MAINS	Cheese & Tomato Pizza, Herby Diced Potatoes & Sweetcorn Cheese & Tomato Pizza, Herby Diced Potatoes & Sweetcorn (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Fruity Mousse	Macaroni Cheese, Garlic Bread & Garden Peas Macaroni Cheese, Garlic Bread & Garden Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Carrot Cookie	Vegetable Curry, Pilau Rice, Naan Bread & Peas (V) Cheese Sub, Herby Diced Potatoes & Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Flapjack
DESSERT			
<b>TUESDAY</b> MAINS	Minced Beef & Onion Pie (H), Mashed Potatoes & Broccoli Cheese & Onion Lattice, Mashed Potatoes & Broccoli (V) Spicy Tomato Pasta with Side Salad (Ve) Fruit Tuesday	Tandoori Chicken Shwarma (H), Diced Potatoes & Sweetcorn Vegetable Nuggets, Diced Potatoes & Sweetcorn (V) Neapolitan Pasta with Side Salad (Ve) Fruit Tuesday	Chicken Tikka Burrito Stack (H), Potato Wedges & Side Salad Falafel Wrap, Potato Wedges & Side Salad (V) Spicy Tomato Pasta with Side Salad (Ve) Fruit Tuesday
DESSERT			
<b>WEDNESDAY</b> MAINS	Chicken Sausage Toad in the Hole(H), Roast Potatoes, Sliced Carrots & Cabbage Vegetarian Toad in the Hole, Roast Potatoes, Sliced Carrots & Cabbage (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Apple Crumble Cake	Roast Turkey (H), Roast Potatoes, Sliced Carrots & Broccoli Cauliflower Cheese Bake, Roast Potatoes, Sliced Carrots & Broccoli (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Jam & Coconut Sponge	Chicken Sausage (H), Mashed Potatoes, Yorkshire Pudding, Sliced Carrots & Green Beans Vegetarian Cottage Pie, Sliced Carrots & Green Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Jelly & Fruit
DESSERT			
<b>THURSDAY</b> MAINS	Turkey Bolognese (H) with Spaghetti & Sweetcorn Vegetarian Bolognese with Spaghetti & Sweetcorn (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Melting Moment Cookie	Beef Lasagne (H), Garlic Bread & Peas Vegetarian Lasagne, Garlic Bread & Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Cherry Triangle Biscuit	Cajun Chicken (H) & Sweetcorn Pizza, Diced Potatoes & Peas Vegetable Pizza, Diced Potatoes & Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Orange Drizzle Cake
DESSERT			
<b>FRIDAY</b> MAINS	Fish Fillet with Chips & Mushy Peas Vegetable Burger, Chips & Mushy Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Pear & Chocolate Sponge & Custard	Fish Fingers, Chips & Baked Beans Vegetarian Sausage Roll with Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Toffee Apple Sponge & Custard	Fish Cake, Chips & Baked Beans Cheese & Sweetcorn Omelette, Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Raspberry Oat Slice & Custard
DESSERT			

Allergen Information: Menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V).

COOMBS  
CATERING PARTNERSHIP





## Useful Contacts

Headteacher (Mr J Pine)

[head@whitchurchps.co.uk](mailto:head@whitchurchps.co.uk)

Deputy Headteacher (Mr M Thompson-Lawrie)

[deputy@whitchurchps.co.uk](mailto:deputy@whitchurchps.co.uk)

Assistant Headteacher for Inclusion  
(Mrs D Qudsiyeh)

[sendco@whitchurchps.co.uk](mailto:sendco@whitchurchps.co.uk)

Assistant Headteacher for Early Years  
(Miss N Ward)

[nward@whitchurchps.co.uk](mailto:nward@whitchurchps.co.uk)

Assistant Headteacher for Years 1, 2 & 3  
(Miss G Harris)

[gharris@whitchurchps.co.uk](mailto:gharris@whitchurchps.co.uk)

Assistant Headteacher for Years 4, 5 & 6  
(Mrs K Portou)

[kportou@whitchurchps.co.uk](mailto:kportou@whitchurchps.co.uk)

Year 1 Leader (Mrs S Tezel)

[stezel@whitchurchprimary.harrow.sch.uk](mailto:stezel@whitchurchprimary.harrow.sch.uk)

Year 2 Leader (Miss G Harris)

[gharris@whitchurchps.co.uk](mailto:gharris@whitchurchps.co.uk)

Year 3 Leader (Miss N Lakhani)

[nlakhani@whitchurchprimary.harrow.sch.uk](mailto:nlakhani@whitchurchprimary.harrow.sch.uk)

Year 4 Leader (Mrs B Solanki)

[bsolanki@whitchurchprimary.harrow.sch.uk](mailto:bsolanki@whitchurchprimary.harrow.sch.uk)

Year 5 Leader (Mrs K Portou)

[kportou@whitchurchps.co.uk](mailto:kportou@whitchurchps.co.uk)

Year 6 Leader (Miss H Hogberg)

[hhogberg@whitchurchps.co.uk](mailto:hhogberg@whitchurchps.co.uk)

Our email addresses are in the process of being updated

If you have any general or learning related enquiries, please speak to the class teacher

If you have concerns about your child's safety or behaviour, please contact a member of our leadership team

Director of Music (Mrs E Leutfeld)  
[eleutfeld@whitchurchprimary.harrow.sch.uk](mailto:eleutfeld@whitchurchprimary.harrow.sch.uk)

Music Department  
[music@whitchurchprimary.harrow.sch.uk](mailto:music@whitchurchprimary.harrow.sch.uk)

Family Liaison (Mrs N Chikhliya)  
[nchikhliya@whitchurchprimary.harrow.sch.uk](mailto:nchikhliya@whitchurchprimary.harrow.sch.uk)

Friends of Whitchurch  
[FoW@whitchurchprimary.harrow.sch.uk](mailto:FoW@whitchurchprimary.harrow.sch.uk)

Childcare (Early Birds and Night Owls)  
[childcare@whitchurchprimary.harrow.sch.uk](mailto:childcare@whitchurchprimary.harrow.sch.uk)

### School Office

Tel: 020 8951 5380

[office@whitchurchprimary.harrow.sch.uk](mailto:office@whitchurchprimary.harrow.sch.uk)



## School Term Dates 2023-2024

### Spring Term 2024

Spring 1st Monday 8 January to Thursday 8 February  
Half Term Monday 12 February to Friday 16 February  
Spring 2nd Monday 19 February to Thursday 28 March

Staff Training Days Friday 9 February (no children in school)

### Summer Term 2024

Summer 1st Monday 15 April to Friday 24 May  
Half Term Monday 27 May to Friday 31 May  
Summer 2nd Tuesday 4 June to Wednesday 24 July

Staff Training Days Monday 3 June (no children in school)

Bank Holiday Monday 6th May

Holidays during term time are **not** permitted



Term dates are posted on the school website



## Measles Factsheet

### What is Measles?

Measles is an acute infection caused by the measles virus.

### Who catches measles?

Measles has become uncommon in the UK because many children have been immunised. It is usually a childhood infection, most common in children of 1-4 years of age who have not been immunised. However, you can catch measles at any age. Epidemics often coincide with school terms when there is much more close contact between children.

### How do you catch measles?

Measles is caught through direct contact with an infected person or through the air when he or she coughs or sneezes.

### How infectious is measles?

Very, if an individual has either not been vaccinated or become immune through natural infection and they live in the same household as someone with measles there is a 90% chance that they will develop measles themselves. Measles is most infectious before the rash appears and only trivial contact may be sufficient for the virus to spread.

### What is measles like?

Symptoms usually develop 9-11 days after becoming infected and last up to 14 days from the first signs to the end of the rash.

The first stage of measles includes irritability, a runny nose, conjunctivitis (red eyes), a hacking cough and an increasing fever that comes and goes. The fever peaks at around 40.6°C (105°F). These symptoms may last up to 8 days.

The rash starts from day 4 and lasts 4-7 days. It usually starts on the forehead and spreads downwards over the face, neck and body. You can see flat red or brown blotches which can flow into each other.

There can also be diarrhoea, vomiting and abdominal pain.

### How serious is measles?

One million children die from measles world-wide each year. Complications from the disease are more severe and more likely in infants under 12 months, in children who are poorly nourished, those with weakened immune systems and children with vitamin A deficiency. In the UK in 1997, there were 4168 notified cases although some of these will have been due to other infections which produce a measles-like rash.

Even in the UK, complications are quite common. They include a severe cough and breathing difficulties (croup), ear infections, viral and bacterial lung infections (pneumonia), and eye infections (conjunctivitis). Most are caused by secondary bacterial infections which can be treated with antibiotics.

The most serious problems involve the nervous system. Inflammation of the brain (acute encephalitis) occurs 2-6 days after the rash has appeared. Less than 1 in 1000 measles cases is affected in this way, but 25% of those are left with brain damage.

Sub acute sclerosing pan-encephalomyelitis (SSPE) is the most severe complication of measles but is very rare, occurring in less than 1 in 100,000 cases of measles. It usually occurs years after the initial illness and is a slowly progressive brain infection. SSPE starts with intellectual impairment and deteriorates to seizures and eventually death.

Measles infection during pregnancy can result in the loss or early birth of the baby.

### **Can you prevent measles?**

Immunisation programmes are essential to prevent measles and there is a highly effective vaccine available. This is part of the measles-mumps-rubella (MMR) immunisation with a first dose at 12-15 months and a second dose usually given from 3 to 3 and half years onwards. If missed, immunisation can be given at any age. Definite past infection will protect against future infection. Pregnant women or those with weakened immune systems should not be immunised.

More information on MMR immunisation can be found at <http://www.nhs.uk/Conditions/vaccinations/Pages/mmr-vaccine.aspx>.

### **How soon should a child be back at school after measles?**

Measles is most infectious from 4 days before the appearance of the rash until 4 days afterwards. It is recommended that a child should be kept off school for 4 days after the onset of the rash.

A oral fluid test to confirm or refute the diagnosis may be suggested.

### **How can you treat someone with measles?**

There is no specific treatment for measles although if secondary complications occur they may be treated with antibiotics. The patient should drink lots of clear fluid to replace body water lost through the fever.

Paracetamol can be used to reduce the fever. Aspirin should NOT be given to children as its use is associated with Reye's Syndrome (a severe neurological disorder).

If parents/carers become concerned about the development of complications, they should consult their doctor.

**Further information on measles is available at:**  
<http://www.nhs.uk/conditions/measles/Pages/Introduction.aspx>