



Whitchurch
Weekly

School
News

23rd Feb
2024
Issue 21

Meet the Team!

Name: Mehreen Shameem

Role: Year 3 Class Teacher



About me: I am an Early Careers Teacher who has recently become part of the Whitchurch family. Fun fact, I am Pakistani/Fijian. I have grown up in Harrow with my parents and brother who is currently doing his PHD. Since I was a child, I have always wanted to be a teacher, so I pursued various subjects with an educational base. Once I completed my level 1, 2 and 3 in Early Years I further pursued my studies at university achieving my Education Studies (BA) degree. Last year I successfully completed my PGCE.

Hobbies and interests: I love music, attending concerts and travelling to new places. I will soon be going to see a Ghibli concert in France. I also love to do creative projects such as embroidery and gem painting. A recent hobby I developed during my uni days is baking! I love to bake cakes, cookies and other sweet treats (but I'm not a great fan of the cleanup!). My favourite hobby is going out with my family and friends around central London to try new foods and activities.

Best part about my role: The best thing about my job is seeing my class coming into school with a big smile. As a new teacher, having my own class provides me with fun and sometimes surprising experiences. Seeing the children develop and grow makes me proud as a teacher!

World
Book Day is
on Thursday
7th March

Please
remember that
playground gates
are now open
between 8.35am
and 8.55am

Please
remember
to book your
child's lunches
via ParentPay



Dates for your Diary

Monday 26th February	4CM and 4BS visit to The Science Museum
Tuesday 27th February	4XL and 4SF visit to The Science Museum 3LA and 3NL visit to Canons Park (1pm-3pm)
Wednesday 28th February	Early Years Phonics Parental Workshop (9am-9.30am) 3MS and 3SM visit to Canons Park (1pm-3pm)
Tuesday 5th March	5PA and 5SC visit to The British Museum
Wednesday 6th March	Music for Youth Festival at Harrow Arts Centre (12pm-3.30pm)
Thursday 7th March	World Book Day
Monday 11th March	5SK and 5ET visit to The British Museum
Wednesday 13th March	Soloists Spring Concert (4pm)
Friday 15th March	2AR visit to Florence Nightingale Museum
Monday 18th to Wednesday 20th March	Year 6 Residential Visit to Danbury Essex Outdoors
Wednesday 20th March	HMS String Festival at Harrow Arts Centre 2KB visit to Florence Nightingale Museum
Thursday 21st March	2SA visit to Florence Nightingale Museum
Friday 22nd March	2HD visit to Florence Nightingale Museum



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

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 Elias
RNW Leopards River
RRV Lions Eveline
RPS Jaguars Yasir

1ST Banen
1BP Sheba
1SM Khadijah
1CL Xianarah

2HD Ioan
2KB Rebecca
2SA Damaris
2AR David

3NL Alessio
3MS Musa & Shaista
3LA Whole Class
3SM Niam

Respect
 Responsibility
 Resilience
 Honesty
 Generosity
 Aspiration

4BS Alessia
4CM Ibrahim
4XL Juliet
4SF Ankush

5PA Kiana
5SK Aahil
5SC Khadijah
5ET Hriday

6HH Shivani
6AS Aron
6EH Taim
6MO Ruwaida

This week's Junior Stars

Class Attendance this week

Nursery	AM 94.5%		PM 85.3%	
Reception	RRA 85.5%	RNW 97.3%	RPS 94.8%	RRV 92.3%
Year 1	1CL 99.3%	1BP 99.3%	1ST 98%	1SM 92.7%
Year 2	2AR 92.8%	2HD 95%	2KB 88.7%	2SA 94.2%
Year 3	3LA 97.7%	3MS 94.5%	3NL 97.7%	3SM 98.7%
Year 4	4CM 93.1%	4SF 93.3%	4XL 96.1%	4BS 98.5%
Year 5	5ET 97.2%	5PA 99.3%	5SC 98.6%	5SK 96.7%
Year 6	6AS 96.2%	6EH 96%	6HH 96.2%	6MO 97.1%

This week's Attendance Stars are **1CL, 1BP & 5PA!**

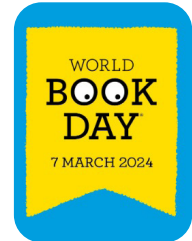
Whole School **95.5%**

News and Notices



World Book Day - Thursday 7th March

World Book Day will be a dress-up day so children are invited to come to school dressed as their favourite book character! As well as a sponsored read, we will be holding a book exchange in the playground at the end of the day. Please can your child start to bring in used books (in good condition) for this event - children will be able to exchange their World Book Day voucher for a donated book.



The Elms Holiday Activity Camp

The Elms are holding an activity camp for children aged 5-12 in the Easter holidays from **Tuesday 2nd to Friday 5th April, 9am-4pm.**

This event is **£34 per child per day.** Early Bird discounts are available if booking by Friday 22nd March. 20% sibling discounts are available when they attend on the same days.

Activities include sports, art and crafts, games and much more. Children should wear comfortable clothing and bring a snack, packed lunch and drink in a refillable container for the day.

Booking hotline: **020 8954 8787** / Book online: www.theelms.co.uk

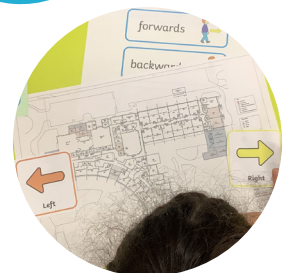
For more details please see the flyer on the **Support for Families** page of our website: www.whitchurchprimary.harrow.sch.uk/page/support-for-families



Inclusion

Life Skills - Navigating

Our focus for Life Skills this term is 'Navigating'. We are learning to navigate the school more independently whilst becoming more confident with directions. In this week's session we discussed different areas within the school - taking steps left, right, forward and backwards. We then practised following directions to the lunch hall!



Miss Tunstall



Year Group Highlights

Space and Rockets

This week in Nursery we explored the story 'Whatever Next'. We were introduced to our Space topic and have been focusing on the moon and rockets. We made some creative rockets using 2D shapes and designed our own passports to go to space and learnt songs about space!



Nursery

Year 1

Ladybirds

For our topic 'Nature Detectives', Year 1 have been learning all about minibeasts and their habitats! In Art, we explored different ways to paint on rocks and we painted our very own ladybirds! Did you know that ladybirds have six legs?



Fruit and Vegetables

This week in Reception our focus book was 'The Enormous Turnip'. We talked about where fruit and vegetables come from and what they need to grow. We observed a real turnip and drew these in detail, with all their bumps and imperfections!



Reception

Year 2

Florence Nightingale

In History this half term, Year 2 are focusing on 'Inspirational Women from the past'. We have been learning all about the life and work of Florence Nightingale. We discussed her achievements and ordered key events in her life.





Year 3

Year Group Highlights

Units of Measurement

This week in Maths, Year 3 have learnt all about different units of measurement. We identified millimetres, centimetres and metres using a ruler and metre stick. We also identified the unit of measurement required to measure different items.



Budgeting

In a My Bnk workshop this week, Year 4 attempted real life budgeting from the perspective of people with various jobs. We looked at how we can spend money most effectively while also thinking about areas in which we can make savings.

Year 4



Year 5

Money Choices

This week we learnt about making choices with money in an engaging session led by My Bnk. We prioritised our needs and wants, considered the cost of living and explored how to manage our money through budgeting - developing positive money habits and mindsets.



Year 6

Football Training

This week, Year 6 were very lucky to have a Tottenham Hotspur Football Club coach provide a training session to each class. We learnt about 'attacking overloads' - using different types of dribbling techniques with the inner, outer, sole and laces of the foot.



Support for
Families



Schools
Counselling
Partnership



Children and Anxiety

All children feel anxious and worried at times. This is a normal part of their development, as they learn to develop survival strategies when faced with challenges. They are often more likely to show you their anxiety in different ways: tummy aches, needing lots of cuddles and reassurance, struggling to go to sleep, loss of appetite, fidgety/finding it hard to settle, are some examples. Anxiety in children tends to be more prevalent around night-time, changes/transitions/separation from you or around exam time in school.

How parents and carers can help

'Hey Warrior' by Karen Young is a wonderful picture book that can help children to understand anxiety and recognise the signs so they can tell when they are feeling anxious and can ask for help.



Explain to children that this feeling will pass, like a wave that peaks before it gets smaller. When their worries creep up, help them take deep breaths and do this together. Sometimes a cuddle can also help to soothe. Invite them to find a safe, happy place in their mind they can go to when feeling anxious. Your child can either keep a Worry Book where they can write or draw anxious thoughts or put them into a Worry Box. Exercise and movement, as well as a healthy diet, will help to reduce the stress hormones in their bodies. It is also important to keep your child away from violent or scary content on screens. Finally, work on developing positive thinking together and think of what they can do when they feel anxious. Make a list and hang it up on the fridge!

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@schoolsounsellingpartnership.co.uk

Brilliant Parents Workshops



Various workshops run from **Monday 11th to 25th March**. This includes a workshop on **'Managing and fighting aggression'** at Whitchurch on **Friday 22nd March, 10am-12pm**.

For more details and to book a place visit the **Support for Families** page of our website: www.whitchurchprimary.harrow.sch.uk/page/support-for-families

Support for Families

Online Safety



Online Safety: Self Regulation

Learning to deal with everyday difficulties: the ability to manage our feelings, thoughts and behaviours in effective ways - known as self-regulation - is gained gradually through childhood and into adolescence. It is acknowledged as a pivotal element in young people's development but can prove trickier for some children to master than others.



Please refer to the poster attached to this newsletter for expert suggestions on ways of supporting children as they build their ability to self-regulate.



#WakeUpWednesday

For other useful links please see the Online Safety page of our website: www.whitchurchprimary.harrow.sch.uk/page/online-safety

Reading Corner: Year 4

Reading

'Charlie Small: Gorilla City' by Charlie Small and Nick Ward

Charlie Small is a keen amateur explorer. His interests include conversing in the secret language of the gorillas, hypnotising sharks and snow-scooting. He is also rather handy with a cutlass and a lasso.

Charlie Small's battered journal was found washed up on a remote, windswept shore. For an eight year old, Charlie has had so many wild adventures and witnessed so many extraordinary things - he really has wrestled a deadly river croc, ridden a steam-powered rhino and been tribal chief in a city of gorillas!



Year 4 have enjoyed role playing some of Charlie's Smalls adventures and are now writing their own journal entries as curious explorers!

'I like how much Charlie has expressed his feelings in his journal and never gives up on trying to get back home! I think he's a very kind and friendly person who helps many people. He is a very curious person who always tries to learn something new.' Saisha

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
MONDAY 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			
TUESDAY 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			
WEDNESDAY 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			
THURSDAY 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			
FRIDAY 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

Deputy Headteacher (Mr M Thompson-Lawrie)

deputy@whitchurchps.co.uk

Assistant Headteacher for Inclusion
(Mrs D Qudsiyeh)

sendco@whitchurchps.co.uk

Assistant Headteacher for Early Years
(Miss N Ward)

nward@whitchurchps.co.uk

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

gharris@whitchurchps.co.uk

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

kportou@whitchurchps.co.uk

Year 1 Leader (Mrs S Tezel)

stezel@whitchurchprimary.harrow.sch.uk

Year 2 Leader (Miss G Harris)

gharris@whitchurchps.co.uk

Year 3 Leader (Miss N Lakhani)

nlakhani@whitchurchprimary.harrow.sch.uk

Year 4 Leader (Mrs B Solanki)

bsolanki@whitchurchprimary.harrow.sch.uk

Year 5 Leader (Mrs K Portou)

kportou@whitchurchps.co.uk

Year 6 Leader (Miss H Hogberg)

hhogberg@whitchurchprimary.harrow.sch.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

Family Liaison (Mrs N Chikhlia)

nchikhlia@whitchurchprimary.harrow.sch.uk

Director of Music (Mrs E Leutfeld)

eleutfeld@whitchurchprimary.harrow.sch.uk

Music Department

music@whitchurchprimary.harrow.sch.uk

Friends of Whitchurch

FoW@whitchurchprimary.harrow.sch.uk

Childcare (Early Birds and Night Owls)

childcare@whitchurchprimary.harrow.sch.uk

tel: 07904 428 226

School Office

Tel: 020 8951 5380

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)

Holidays during term time are **not** permitted

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

Term dates are posted on the school website



2024-2025 Term Dates can be viewed on the school website
www.whitchurchprimary.harrow.sch.uk/page/term-dates

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College