



Whitchurch Weekly

School News

22nd Mar
2024
Issue 25

Meet the Team!

Name: Martin Thompson-Lawrie

Role: Deputy Headteacher



About me: I was born in Burton-on-Trent, Staffordshire; my Father is Scottish and Mother is English so I am a full mix of Celtic/English blood! I have two young boys, aged 4 and 1 respectively who I am slowly turning into lifelong Newcastle United fans. It's early days but we have mastered the chant of 'Newcastle, Newcastle!' so good things lie ahead. This is my third year of working at Whitchurch and I enjoy all aspects of the role, particularly getting to know pupils, parents/carers, staff and anyone who is part of our Whitchurch community and making them feel very much at home as part of our Whitchurch family.

Hobbies and interests: I love all things related to sport and wherever I am in the world you will not find me too far away from watching my beloved Newcastle (win, lose or draw!). I like to exercise whenever possible and you might spot me from time-to-time running around the streets of Harrow early in the morning as I get my early morning run in before the start of the school day. Music is also a great passion of mine too (house music in particular) and as a keen drummer there is sometimes no greater feeling than being able to thrash away on my drum kit at home, although I am not sure how much my family and/or neighbours enjoy this!

Best part about my role: Quite simply: no two days are the same! Whitchurch offers so much opportunity to everyone associated with the school and I take great pleasure in supporting pupils and staff to achieve their potential. As a senior leader, I feel it is my responsibility to role model our school values, as I genuinely believe in them and ensuring that everyone has the same expectations for themselves. In addition, I really enjoy getting to know parents/carers across the school and learning more about what makes each pupil (and family) unique so we can work together to enable everyone to aspire to whatever they want to become.

Last Day of
Spring term on
Thursday -
2pm finish

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

Please
ensure that
you book your
child's lunches
via ParentPay



Dates for your Diary

Wednesday 24th April	Year 3 VR Volcano Workshop
Tuesday 7th May	Whitchurch Senior Choir: Junior Music Day at John Lyon School (9.15am-4.15pm)
Friday 10th May	Year 4 Trumpets/Clarinets (9.15am-9.45am for 4BS and 4CM and 10.15am-10.45am for 4XL and 4SF)
13th to 16th May	KS2 SATs Week
Tuesday 14th May	5SK and 5SC visit to Kew Gardens
Wednesday 15th May	5PA and 5ET visit to Kew Gardens
Thursday 23rd and Friday 24th May	Class Photographs
Tuesday 18th June	HMS Recorder Festival
Wednesday 19th June	Summer Concert (5.30pm)
Tuesday 25th June	HMS Percussion Workshop
Thursday 4th July	Year 3 Recorders (9.15am and 10.15am)
Monday 15th July	1ST and 1CL visit to the Sea Life London Aquarium
Tuesday 16th July	1SM and 1BP visit to the Sea Life London Aquarium

First day of
Summer Term
Monday
15th April



Class Assemblies

23rd April - Lions
30th April - Tigers
7th May - Leopards
14th May - Jaguars

Infant Class
Assemblies
Tuesdays
9.05am

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 Madhav
RNW Leopards Amber
RRV Lions Anaya
RPS Jaguars Manveer

1ST Harshiv
1BP Ilyas
1SM Robert
1CL Dhanushka

2HD Simon
2KB Whole Class
2SA Kevin
2AR Nia

3NL Krish
3MS Krishay
3LA Aanya
3SM Lukas and Rudhra

Respect
 Responsibility
 Resilience
 Honesty
 Generosity
 Aspiration

This week's Junior Stars

4BS Liyana
4CM Shaima
4XL Charmi
4SF Kabir

5PA Aman
5SK Reyansh
5SC Manya
5ET Ioana

6HH Zaki
6AS Faatima
6EH Haris
6MO Jason

Class Attendance this week

Nursery	AM 89.91%		PM 92.55%	
Reception	RRA 83.45%	RNW 88.33%	RPS 80.69%	RRV 96%
Year 1	1CL 96.33%	1BP 93.33%	1ST 90%	1SM 96.55%
Year 2	2AR 97.86%	2HD 97.33%	2KB 95.67%	2SA 92%
Year 3	3LA 95%	3MS 93.45%	3NL 95%	3SM 95%
Year 4	4CM 95.93%	4SF 94.81%	4XL 94.48%	4BS 93.75%
Year 5	5ET 98.62%	5PA 96.67%	5SC 97.24%	5SK 96.67%
Year 6	6AS 85.19%	6EH 92.67%	6HH 99.66%	6MO 95.36%

This week's Attendance Stars are **6HH!**

Whole School **93.76%**



FoW Easter Competition

Many thanks to Friends of Whitchurch for organising the Easter Egg design competition and providing a tasty chocolate egg for each class winner (along with a lolly treat for each child). Congratulations to all of the lucky competition winners!



Year 5 and 6 Cricket Final - Capital Kids Cricket

Congratulations to the 12 children in Years 5 and 6 who played in the Capital Kids Cricket Final - Britain's biggest ever indoor cricket tournament for primary children - yesterday. Whitchurch is the first Harrow school to ever get to the final, which is a fantastic achievement. Despite not winning in the final, the children walked away with a medal and a 'Spirit for Cricket' trophy. All the children played amazingly well, showing sheer resilience and teamwork - we are so proud of you!



Miss Byrne

Well done to the 6 children in Year 5 and 6 who came 3rd place in the 24 Maths competition at Aylward today!

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.** 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



Visit the **Support for Families** page of the school website (in the Parents & Community section) for useful activities and resources



Year Group Highlights

Supertato

This week in Nursery we have been learning about Superheroes. We enjoyed the story 'Supertato' and made our own real life supertato! We also explored comic books and learnt about the costumes and super powers of superheroes!



Nursery

Year 1

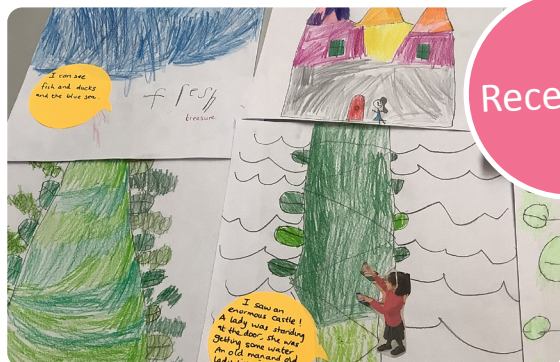
Road Safety

This week Year 1 were lucky enough to have a special visit from a police officer who spoke to us about the importance of road safety. We learnt all about how we can keep safe whilst we are crossing roads and we even asked the policeman some questions we had!



Jack and the Beanstalk

This week, Reception have enjoyed the story 'Jack and the Beanstalk.' We found magic beans and watched a huge beanstalk grow in our classroom! We drew our own amazing beanstalks and thought about what we could see from the top.

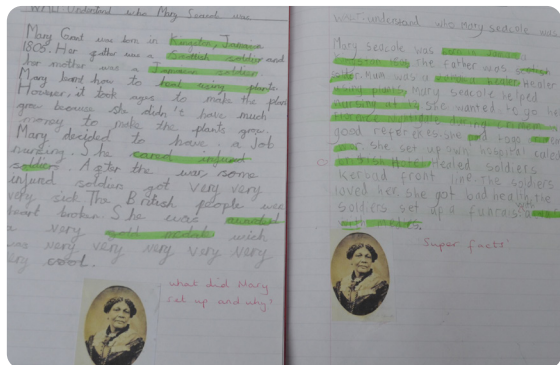


Reception

Year 2

Mary Seacole

In History we have learnt about Mary Seacole, an inspirational woman who was a nurse during the Crimean War. We wrote a summary of her life and work including facts about her family, what she did during the war and the challenges she faced.





Year 3

Year Group Highlights

Photo Frames

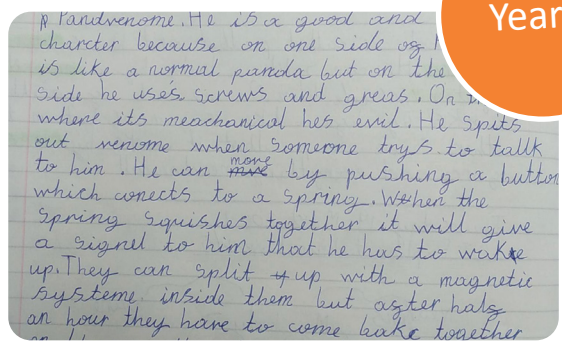
In DT this week, Year 3 have started to construct photo frames from wood. We measured and marked our strips of wood using a ruler, then used a hacksaw to saw through the wood (on a clamped bench hook). We look forward to assembling and decorating our photo frames soon!



Robotic Creatures

This week, Year 4 have started writing an explanation text about how a robotic creature works. Our designs are entirely our own and we have shown flair and confidence in explaining the finer details of our creation!

Year 4



Year 5

Greek Cooking

In DT this week, Year 5 worked as a team to create a variety of Greek dishes. We put our culinary skills to the test in order to put on a Greek feast, following recipes and practising skills such as chopping and dicing vegetables. We all agreed that the food tasted great!



Year 6

Creative Activities

This week, Year 6 children not attending the residential visit enjoyed a variety of creative activities. We built a lighthouse using our science and DT skills, produced artwork inspired by Kandinsky and wrote about a time machine that journeyed into the past!



Support for
Families



Schools
Counselling
Partnership



Supporting your child who worries in social situations

Many children can be described as 'shy'. Often, what this can mean is that they are very sensitive to their environment and can easily feel overwhelmed; perhaps they are introverted, meaning that they need quiet time away from people to renew their energy; or maybe they get so absorbed in their play and ideas that they aren't so interested in interacting with others.

How parents and carers can help

Firstly, try to avoid labelling children as 'shy', as they may think there is something wrong with them. Instead, be sure to stay sensitive to their needs and empathise with what they are finding difficult. You can point out that they are able to overcome their fears: take the time to coach them on how to make friends and how to express their needs to others. Let them know that it is normal for everyone to feel a little uncomfortable when they first meet someone or walk into a room full of people and brainstorm together ways that they can overcome their worries in these situations. Remember to empower children and avoid being over-protective. Instead, after validating their feelings, let them know that they are capable of doing hard things.

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



Forget-Me-Not Walk for Riya

A reminder that we will be transforming our 'Daily Mile' each day during the week of **Monday 25th March** into a memorial 'Forget-Me-Not Walk for Riya'. In preparation for this wonderful week of memory making and reflection we are asking the parents to make a donation and leave a message via the following link:

Whitchurch Primary School Forget-Me-Not Walk in memory of Riya Hirani - JustGiving



Support for Families



HAF in Harrow - Free Easter Holiday Clubs

The Holiday Activities and Food (HAF) Programme is a Department for Education (DfE) funded programme of activities for children eligible for means-tested Free School Meals (FSM). It offers a range of physical and creative activities, including some specialist SEND provisions. The programme also includes free daily nutritious meals.

Free Easter Holiday Clubs are running from **29th March to 12th April**. For more information please see the flyer on the Support for Families page of our website: www.whitchurchprimary.harrow.sch.uk/page/support-for-families

Please also see the Young Harrow Foundation website: www.youngharrowfoundation.org/haf-programme



Wellbeing

Encouraging Open Conversations at Home

Children can often be guarded about their emotions or any difficulties they are experiencing. This reticence can extend to chats with their parents. A study by the Office for National Statistics found that 64% of children reported regularly talking to their mum about 'things that matter', and even fewer (45%) held conversations of the same kind with their dad.

It's incredibly important, of course, for young people to have someone to confide in when they're confused, upset or unsure of themselves - and to know that they can do so without fear of being judged or punished.

Please refer to the poster attached to this newsletter for practical tips on how to encourage open and honest discussions with children, empowering them to open up if they need help.



Support for Families

HOPE

Helping Families to Live and Learn Together



Parenting Pre-Teens: Online Workshop

As parents, we all want the best for our children and parenting pre teens can be a challenging task. This 2 hour workshop will help you to navigate this important stage in your child's life. You will learn valuable strategies and techniques to better understand and communicate with your pre teen. You will also gain insights into their developmental needs, and learn how to support them through the challenges they may face.

Topics include:

- Positive communication
- Sustaining positive parent/pre-teen relationships
- Pre teen behaviour and emotions, why do they do what they do?
- Understanding their developmental needs and avoid power struggles.

**Monday 22nd
April, 7pm-9pm
(online via Zoom)
£13 per parent
or carer /
£5 concessions**

To enrol for a place please visit www.hopeharrow.org.uk

You can also email info@hopeharrow.org.uk / call 0208 863 7319 or 07498 881 496

Enrichment

Year 6 Residential Visit

Year 6 had the best time ever at Essex Outdoors - Danbury! The children took part in a myriad of activities including the vertical challenge, bridge build, zip wire, leap of faith, archery, caving, obstacle course and aerial trekking! It was a great experience full of opportunities for developing teamwork skills and resilience to overcome challenges.





Oracy Ambassadors

Since midway through the Autumn term, our Oracy Ambassadors have been leading weekly Celebration Assemblies to help celebrate the achievements of all pupils. Pupils and teachers alike have been impressed with the weekly presentations, quotes and scripts that they have created to keep the assembly interesting and inspiring for those around them. Well done to all of our Oracy Ambassadors - take a look at some quotes of their experiences below!

Mrs Akhund and Mr Feldman
Oracy Club Coordinators



“Oracy has helped me speak in front of teachers, children and others and has encouraged me to be braver and more confident in my own words. I recommend this to everyone in our school.”

“The Oracy Club has improved my confidence whilst speaking on stage. I have enjoyed being an Oracy Ambassador and taking part in creative games during the Oracy Club.”

“The Oracy Club has improved my confidence whilst speaking and has taught me that body movement is an important part of how we communicate. I think that the best skill I have learnt is being more creative and improvising on the spot.”

“The Oracy Club has improved by diction and encouraged me to speak to a large crowd. It has been a fun experience. My favourite moment was when my parents came to see how I responded to the Stars of the Week and they said that it was really well planned and impressive to witness.”



Life Skills - Egg Hunt

This week during Life Skills the group went on a very exciting egg hunt! We used all the navigation skills we have learnt over previous weeks to lead us to some little surprises. We then enjoyed blowing some bubbles in the quad - we had a very EGGciting time!

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
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 (2pm finish)**

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 (2pm finish)**

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



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

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®

X @wake_up_weds

f /www.thenationalcollege

ig @wake.up.wednesday

yt @wake.up.weds

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