

Whitchurch Weekly



19th April
2024
Issue 27

Meet the Team!

Name: Ellya Thomas

Role: Year 5 Class Teacher



About me: I was born in Harrow and grew up in the local area. I am mixed British/Caribbean and come from a family of teachers. My mum was a primary school teacher, just like me, and my dad taught Computing. I am an Early Careers Teacher and I'm grateful to Whitchurch for the opportunity to join such a wonderful team. Before I became a teacher, I worked as a manager in a well-known restaurant and as a gymnastics coach. For the last ten years I have given up my Summers to work in America at a Summer camp for 8 to 15 year old girls - lots of fun but challenging too!

Hobbies and interests: I absolutely love sport, almost every sport - but I watch a lot more than I play. I would say my most watched sports are football, tennis and F1. My weekend is not complete without spending time with Gary and the team watching Match of The Day. I also watch a lot of tennis and it would be my absolute dream to attend all four grand slam events in Melbourne, Paris, London and New York. When I'm not spending my time watching all the sport possible, I like to travel - whether it's wandering around the streets of London, hiking up to my favourite spot in the Shropshire hills or jumping on a plane or train to explore a new city. To unwind and relax I enjoy listening to music. I enjoy singing and you may even be able to hear me sing when preparing my classroom in the morning.

Best part about my role: Well for me it's seeing children have a lightbulb moment - they've got it! The relief and elation on their faces brings me such joy. Each day can be so different from the last, but the children bring a lot of fun. I love coming into work each morning and being greeted with bright smiley faces; children eager to start the day or ask me what I thought of last night's football match. I'm incredibly lucky to have a class that is as crazy about sport just as much as I am! Since joining in September, I have been welcomed by Whitchurch and the Year 5 team with such open arms and feel proud to be part of such a wonderful school community.

General Notices and Highlights



Newsletter Updates

We have made some changes to the newsletter in response to feedback from our parental survey, including:

- newsletter highlights / summary of key points
- a brief attendance summary
- varied features such as reading corners, curriculum highlights and enrichment
- lunch menu, contact details and term dates half termly (with regular links to these instead)



Social Media

We shall be introducing social media over the coming weeks to give a snapshot of enrichment including visits, events and other projects.

Year 1 Phonics Presentation - Wednesday 24th April

On Wednesday there will be a Year 1 phonics presentation for parents/carers at 2.30pm.

Reception Class Assemblies

Dates for Reception class assemblies have been amended as follows:

- Thursday 2nd May - Tigers
- Thursday 9th May - Leopards
- Thursday 16th May - Jaguars
- Tuesday 21st May - Lions



Music Reports

If you have not received your child's instrumental report yet, please be aware that you should receive this by the end of next week.

Apologies for the delay.

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

Summer
1st



Wednesday 24th April

Year 3 VR Volcano Workshop
Year 1 Phonics Presentation for Parents (2.30pm)

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

Reception visit to Hertfordshire Zoo
5PA and 5ET visit to Kew Gardens
Year 4 Junior Choir Choral Day at NLCS
(10.20am-4pm)

Monday 20th to
Tuesday 21st May

Year 5 Residential visit to Woodrow High House

Tuesday 21st May

Year 6 Play in a Day (Macbeth)

May Half
Term Break
27th to
31st May

Thursday 23rd and
Friday 24th May

Class Photographs

Class Assemblies

Thurs 2nd May - Tigers
Thurs 9th May - Leopards

Thurs 16th May - Jaguars
Tues 21st May - Lions

Please note
amended
dates for class
assemblies
(still at
9.05am)

Whitchurch Stars of the Week



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

RRA Tigers Emily
RNW Leopards Ariana
RRV Lions Aleks
RPS Jaguars Alaya

1ST Shiv
1BP Akshara
1SM Eva
1CL Ali

2HD Radhika
2KB Rebeca
2SA Sebastian
2AR Hasher

3NL Muhammad O
3MS Krishay and Wyel
3LA Param
3SM Viya and Zain

Respect
Responsibility
Resilience
Honesty
Generosity
Aspiration

4BS Darius
4CM Anahi-Lily
4XL Rebeca
4SF Benjamin

5PA Maya
5SK David
5SC Elias
5ET Hawa

6HH Whole Class
6AS Estera
6EH Aeshaani
6MO Mokksh

Thanks to the special Year 5 library helpers: Maya, Sophia, Toby and Umair (5PA)

Attendance Stars

Top tip! Establish a good routine in the mornings and evenings so that your child is prepared for the school day.

This week's attendance stars are 5SC (99.3%)

Most improved attendance Nusery (AM)

Year 5 Reading Corner



“It takes me on a whole new journey and it feels like I am inside a book.”

Maya, 5PA

Favourite book:
The Famous Five

Year 5
share their
experiences
of reading

“Whenever I am down and I read a book, I am with them inside the story.” Aadhya, 5ET

Favourite book:
Dork Diaries



“I like reading chapter books because they stimulate my imagination.” Sofia, 5PA

Favourite book:
Coming to England

“Reading makes me more creative.”

Peehu, 5ET
Favourite book:
The Worst Witch



“When you open a book, it is a door to another land.” Maanya, 5SC

Favourite book:
Christmasaurus and the Naughty List

“Once you read a book, you fall into the story.”

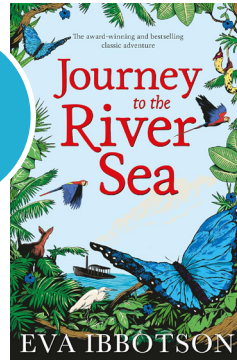
Saara, 5PA
Favourite book:
Matilda



Year 5
enjoying
their Book
Corners

Year 5 Reading Corner

Year 5
focus
book



'Journey to the River Sea' by Eva Ibbotson

In Year 5, we have been reading the book 'Journey to the River Sea' written by Eva Ibbotson. I have really enjoyed reading this book so far and was captivated by the young, female protagonist, Maia Fielding. Maia is an adventurous and inquisitive orphan girl who crosses the sea with her competent governess in 1910 to go live with her distant relatives in the Amazon.

In our Geography lessons, we are learning about South America. Many of the countries in South America have the Amazon river running through them such as Brazil, Venezuela and Bolivia. Brazil is where Maia travelled, therefore, we are learning about South America. Year 5 are going to visit Kew Gardens and focus on the Amazon rainforest. We are going on this trip so we can find more intriguing information about our story's setting.

Not only is 'Journey to the River Sea' enticing, it is informative and increases your range of vocabulary. I predict that Maia's cousins are actually going to be spiteful and selfish girls who are envious of Maia's uniqueness. Then, I think Maia will find out that the only reason she was given a home was because of the money that the Carter's were getting paid and her wonderful, kind friend - who she met on the boat journey - will help her discover more about the unloving Carter family.

Emily, 5ET

"When I read this captivating book, I can imagine the descriptions. I thoroughly enjoy texts about fishing, so I love this book, based on the journey by sea to the Amazon. I am fascinated when learning about Maia's adventures."
Anika

"I have liked this marvellous book, Journey to the River Sea, as we are learning about an exciting expedition that Maia takes to find her relatives in the Amazon. It's great to read about the wildlife and the trees that are so different to here in the UK." Shrien and Krish

"The children absolutely relish this narrative text which is filled with twists, turns and surprises. We love teaching this unit as the story links with children's learning about the Amazon in Geography, our trip to Kew Gardens where they will enter 'Palm House' to experience the intense humidity of the Amazon and DT where children will be sewing their flora and fauna ideas onto fabric." Mrs Portou

Support for Families

Health and Wellbeing



Energy Drinks

Close to a third of children in the UK consume energy drinks at least once every week. While these high-caffeine beverages might be touted as a shortcut to a boost in focus and productivity, even a moderate intake can lead to significant impacts on the heart, sleeping patterns and mental wellbeing.

With celebrity spokespeople, colourful branding and the potential added element of peer pressure, it's unsurprising that young people are sometimes drawn to these products, often unaware of the potential negative impact they might be having on mind and body.

Please refer to the poster attached to this newsletter, highlighting the health pitfalls of energy drinks and strategies to address these concerns.



National Online Safety

#WakeUpWednesday

Parental Workshop Reminders

Parental Workshops

Parenting Pre-Teens: Online Workshop

Learn valuable strategies and techniques to better understand and communicate with your pre-teen.

This online workshop is on 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

Family Learning Hub - 10 week Online Parenting Programme

Learn positive, practical and fun ways of guiding children aged 4-12 to manage their feelings and behaviour.

The programme starts on Tuesday 23rd April, 9.45am-11.45am.

Please email info@thefamilylearninghub.com to book your place.



THE FAMILY LEARNING HUB
GROWING STRONGER TOGETHER

Early Support Parent Workshops

View the **Support for Families** page of our website for more information.

Support for Families



Your Strengths as a Parent/Carer

What are your biggest strengths as a parent/carers?

If someone observed you as a parent or carer, what would they admire if they could watch your best moments with your child or children? Make a list of all the things you are most proud of - even if they seem small and simple. Also include those not-so-great moments that you have been able to notice and turn around.

Building on these strengths...

Read through your list and give yourself credit and appreciation for all your hard work. Now think of what it is that helps you be your personal best as a parent or carer: what support could help you be that parent or carer more often and how can you give this support to yourself every day? Next, notice when you act in a way with your child that makes you feel good about yourself and do a little celebratory dance, or give yourself a high five! Appreciating yourself will help you be your best self more often and will also help you enjoy parenting even more.

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 9-10am**. You can call/text Tom on **07799 028 461** or email him at **tom@schoolscounsellingpartnership.co.uk**



Life Skills



Feelings

This half term in Life Skills we are exploring feelings. We started to discuss different feelings and sort our emotions into categories including happy and sad. We then discussed how we were feeling and shared one thing that made us all happy!

Miss Tunstall



Summer Lunch Menu



Salad bar and bread are available daily



	WEEK ONE 15/04, 06/05, 03/06, 24/06, 15/07	WEEK TWO 22/04, 13/05, 10/06, 01/07	WEEK THREE 29/04, 20/05, 17/06, 08/07
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 Cherry Shortbread	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 Chocolate Orange Sponge (V)	Sweet Potato, Lentil & Chickpea Curry, Pilau Rice, Naan Bread & Peas (Ve) Grilled Cheese Sub, Diced Potatoes & Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Orange Drizzle Cake (V)
DESSERT			
TUESDAY MAINS	Beef Chilli (H) with Boiled Rice & Mixed Vegetables Vegan Chilli with Boiled Rice & Mixed Vegetables (Ve) 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 (Ve)	Cajun Chicken Pasta Bake, Garlic Slice & Garden Peas Mexican Spiced Pasta Bake, Garlic Slice & Garden Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Fruit Tuesday (Ve)
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 Summer Fruit Crumble & Custard	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 tart (Ve) & Custard (V)	Chicken Sausage (H), Mashed Potatoes, Yorkshire Pudding, Sliced Carrots & Green Beans Cheese & Potato Pie, Sliced Carrots & Green Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Courgette Muffin (V)
DESSERT			
THURSDAY MAINS	Chicken Burger (H) with Potato Wedges & Sweetcorn Veggie Burger with Potato Wedges & Sweetcorn (Ve) Veggie Wrap with Tomato Topping & Side Salad (Ve) Fruity Mousse	Beef Keema Curry with Pilau Rice & Naan Bread Vegan Keema Curry with Pilau Rice & Naan Bread (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Orange Jelly & Fruit (Ve)	Chinese Style Turkey Curry (H) with Boiled Rice & Peas Chinese Style Vegetable Curry with Boiled Rice & Peas (V) Spicy Tomato Pasta with Side Salad Fruity Cracknell (Ve)
DESSERT			
FRIDAY MAINS	Fish Fillet with Chips & Baked Beans Vegetable Nuggets with Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Rainbow Sprinkled Vanilla Cake	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 Fruity Flapjack (Ve)	Fish Stars, Chips & Baked Beans Falafel Wrap, Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Mandarin Brownie (V)
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

Summer Term Dates

Summer 1st
Half Term
Summer 2nd

Monday 15 April to Friday 24 May
Monday 27 May to Friday 31 May
Tuesday 4 June to Wednesday 24 July*

Staff Training Day
Bank Holiday

Monday 3 June (no children in school)
Monday 6th May

Term Dates are on our website in the Parents & Community section

*End of term 2pm finish

Key Contacts

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



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

Family Liaison (Mrs N Chikhliia)

nchikhliia@whitchurchprimary.harrow.sch.uk

Director of Music (Mrs E Leutfeld) /
Music Department

eleutfeld@whitchurchprimary.harrow.sch.uk
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

office@whitchurchprimary.harrow.sch.uk
tel: 020 8951 5380

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

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

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