

Whitchurch Weekly



26th April
2024
Issue 28

Meet the Team!

Name: Sonia Dhrona

Role: Early Years Practitioner



About me: I was born in Malawi, Africa and came to the UK when I was six years old. I have lived in Harrow since the mid-eighties and come from a very large family. I am married with two children 22 and 18 who both attended Whitchurch. I have been working at the school for the last 14 years - 11 of those have been in Early Years, which I absolutely love!

Hobbies and interests: I enjoy going for long walks with my husband in my spare time. One thing I like about being part of a large family is spending quality time with them. I am also passionate about cooking and enjoy watching many cookery programmes on television, which inspires me to cook from many different cultures and try out new dishes for the family to enjoy. I also like watching documentaries, Netflix and a good series on television; my favourite programmes are EastEnders and MasterChef. Last summer I started a new hobby, rock painting, which is slowly transforming my garden! I love to collect garden ornaments too.



Best part about my role: Well for me it is working in Early Years! It is lovely to welcome the little ones - all dressed up in their pristine new uniforms, arriving all shy and nervous - and help them to settle into school, making new friends, encouraging them to eat and nurturing them with reading and writing. The most rewarding part is seeing them leave as confident and independent learners by the time they finish Early Years and move into Year 1. This would obviously not be possible without the support of the wider Whitchurch family!

General Notices and Highlights



Good Attendance

Families are strongly encouraged not to take holidays during term time. Absence requests will only be granted in exceptional circumstances and you can be fined for taking your child out of school without advance permission from the school.

Instrumental Music Applications

The School Spider survey for next year's instrumental lessons is now closed. If you missed the deadline but still wish to apply, application forms will be available at the front desk for the next two weeks. We will then proceed to booking the music teachers for the next academic year based on the number of applications received. Once music teachers are booked, we will be unable to accommodate any additional requests for instrumental lessons. The next sign-up period will open in April 2025 for lessons in the following academic year.

If you have already submitted an instrumental application form, either via School Spider or a paper copy, your child's space on the chosen instrument is secured for the next academic year. There will be no confirmation email and no further action is required. Lessons will start in the second week of the Autumn term and a reminder message will be sent out nearer the time. If you have any queries, please email Mrs Leutfeld directly on eleutfeld@whitchurchprimary.harrow.sch.uk

Parental Workshops

- Early Years Maths Workshop on Monday at 9am
- Key Stage 1 Phonics Workshop (invitation only)
- Brilliant Parents Workshops on Page 7

Year 5 Anti-Bullying Assembly and Workshops

Year 5 will be having an anti-bullying assembly on Monday morning and workshops on Tuesday with PC Mitchell.

Tigers Class
assembly on
Thursday
at 9.05am

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

Year 6
Leavers' Assembly
has been moved to
Monday 22nd
July at 2pm

Dates for your Diary

Summer
1st



Tuesday 30th April	Year 5 Anti-Bullying Workshops with PC Mitchell
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 May	Nursery visit to Woodside Farm
Mon 20th to Tues 21st May	Year 5 Residential visit to Woodrow High House
Tuesday 21st May	Year 1 visit to Canons Park - picnic (AM) Year 4 visit to London Zoo Year 6 Play in a Day (Macbeth)
Thurs 23rd & Fri 24th May	Class Photographs



May Half
Term Break
27th to
31st May

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)

Year 6
Leavers'
Assembly
Monday 22nd
July (2pm)

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 Ayesha
RNW Leopards Arnav
RRV Lions Rhea
RPS Jaguars Adnan

1ST Yousef
1BP George
1SM Joseph
1CL Matei

2HD Daria
2KB Dhanesh
2SA Aqsa
2AR Niragi and Hasher

3NL Dhiya
3MS Yashvi
3LA Maryam
3SM Tanaiya, Eduard
and Aaryan

Respect
Responsibility
Resilience
Honesty
Generosity
Aspiration

4BS Krishiv
4CM Danish
4XL Mathias
4SF Natalia

5PA Kian
5SK Prince
5SC Aisha
5ET Adam

6HH Safwana
6AS Faatima
6EH Anya
6MO Rohial

Thanks to
the library
helpers in 6MO:
Krisha, Jiya, Sobia,
Laeticia, Shamla,
Navlin, Sienna
and Milana

Attendance Stars

**Top tip! Aim to arrange
routine appointments for
outside school hours.**

This week's
attendance
stars are
5PA (99%)

Most
improved
attendance
4SF

Year 3 Reading Corner



"I like reading because it feels like I am entering my favourite book."

Jia, 3LA

Favourite book:
Harry Potter

Year 3
share their
experiences
of reading

"I love funny comics and stories because they make me happy."

Kavir, 3LA

Favourite book:
Diary of a Wimpy Kid



"I learn new stories and use my imagination to generate new ideas for my own stories." Summer, 3LA

Favourite book:
Diary of a Wimpy Kid

"I enjoy our reading corner and I like reading because it gives me new information."

Dhiya, 3NL

Favourite book:
Diary of a Wimpy Kid



"I like reading because it makes me calm."

Raiya, 3SM

Favourite book:
Lottie Brooks series

"Reading makes me happy."

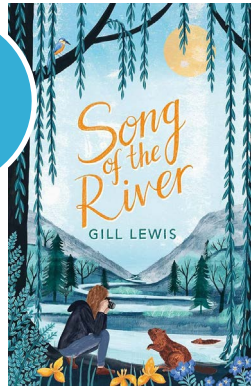
Tanaiya, 3SM

Favourite book:
Harry Potter



Year 3 Reading Corner

Year 3
focus
book



'Song of the River' by Gill Lewis

In Year 3, we have been reading the book 'Song of the River'. The book is about a girl called Cari. She used to live in the city but because her dad died, her and mum have moved home and now she lives in a small village next to a valley. Mum has made them move home because she doesn't want to remember and miss dad. Cari wanted to stay at home where all of her memories and all of her friends are. I predict that Cari will get so angry at mum and refuse to help with the cafe until she agrees to go back to the city.

Jia, 3LA

"I am enjoying this book. It is sad at the beginning but we think there might be a happy ending. I predict that in the next chapter there will be a storm and the cafe will be damaged. Maybe they will need to go back to the city." Hussain

"I am enjoying this book because it is like a mystery. At the end of each chapter is a cliffhanger and we are left in suspense. Each time we can't wait to read the next chapter." Tia

"Year 3 have really enjoyed the start of this book. The theme of the book is resilience and new beginnings. It has proved a good opportunity to talk about how to deal with change in our own lives. We can empathise with the main character, Cari, when she is shy and scared to meet new people in her new school.. but (spoiler alert) we will see that change can lead to new friendships and new opportunities. We have lots of opportunities to practise our reading skills such as predicting, sequencing and inference. The story also links with our English topic of persuasive writing. As we read further into the book the children will have opportunities to see persuasive speeches around the topic of protecting the environment." Mrs Selby

Support for Families

Health and Wellbeing

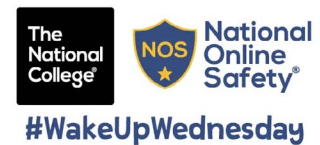


Shopping Platforms

The possibility of bagging a bargain and the ability to sell your own unwanted items have made online marketplaces like Vinted and Depop into an attractive option for anyone looking to save money or make a little extra cash for themselves in these challenging economic times.

Unfortunately, however, these services (and numerous others like them) can still be misused by scammers, so it pays to remain vigilant for the risks associated with shopping apps.

Please refer to the poster attached to this newsletter, highlighting some helpful pointers to protect young people (and yourself) from potential exploitation while doing business with others online.



Parental Workshops

Parental Workshops

Brilliant Parents

Brilliant Parents are holding the following online workshops. Please see the **Support for Families** page of our website for more information and to register for a place.

- Managing Fighting and Aggression - Monday 13th May
- Dealing with Disobedience - Monday 13th May
- Developing Good Bedtime Routines - Friday 17th May
- Hassle Free Shopping with Children - Monday 20th May

Early Support Parent Workshops

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



Support for Families

Health and Wellbeing



Helping your child find their calm

When your child feels a big emotion such as anger, worry or sadness, they will find it very difficult to listen to your instructions, to think or even sometimes to find their words to let you know what they need. This is because when our feelings get so big, our 'thinking/upstairs brain' goes offline and disconnects from our 'feeling/downstairs brain'. We call this 'flipping our lids'. As a result, your child can act out their emotion by misbehaving, withdrawing and going quiet, becoming extra clingy to you or having a teary meltdown.

How parents and carers can help

Your child will need your help to find their calm again so that they can listen to you, use their words instead of their body to communicate how they are feeling and choose more positive behaviour. They need you to help them feel safe again. As always, it is essential that you find your calm first. It can also be helpful to have either a 'calm space' or simply a 'calm box' in your home for them to use when they feel in their body that they are having a big emotion (hot cheeks, knot in the tummy, tight fists, etc). In this space or box, have various simple items that can help them: a fidget toy, a squishy ball to squeeze, quiet music, a little cuddly toy, lavender scented hand lotion, a raw carrot or apple to bite on, paper and pencils to draw/colour, a calming book, a family photo, pictures of nature scenes, etc. Also encourage some deep belly breathing. Once they feel calmer, they are ready to listen and to talk, you can check in with them and think together about what happened.

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**



Spotlight on Inclusion

Inclusion

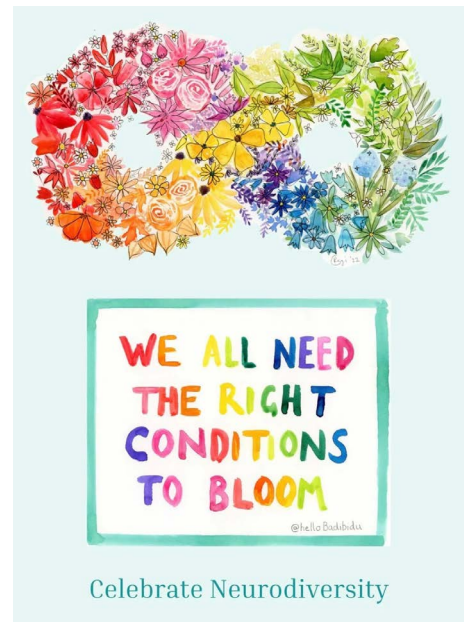


Neurodiversity and Autism Awareness

This month we are celebrating Neurodiversity and Autism Awareness! Within the UK there are approximately 700,000 people who have been diagnosed with Autism. It is estimated that there are also 1 in 7 people within the UK who are Neurodivergent. Neurodiversity is an umbrella term which Autism is under, along with other conditions such as Dyslexia, ADHD, and Dyspraxia. However, whilst neurodiverse individuals may have similar experiences or challenges, it is important to remember everyone has a different journey and each experience and person is unique.

Celebrating this diversity enables us all to keep educating ourselves and others; empowering those around us who are neurodivergent to keep being their most authentic selves whilst we support them along their journey both in education and everyday life. By embracing these precious and valuable parts of people, we create a more inclusive world where everyone is appreciated for who they are regardless of their neurological differences.

Inclusion is always a priority to ensure pupils can reach their full potential and have a happy, accessible learning experience. To all of our wonderful, brilliant minds and personalities within our Whitchurch community, this month we celebrate you!



Miss Tunstall

“The world needs all kinds of minds to flourish” - Temple Grandin

If you have any concerns or questions please reach out to our SEND Co-ordinator: sendco@whitchurchps.co.uk

Tap here for a clip about neurodiversity

Useful Signposting

Quick
Links



Website Calendar

www.whitchurchprimary.harrow.sch.uk/events

Term Dates

www.whitchurchprimary.harrow.sch.uk/page/term-dates

Senior Leadership Team Contacts

www.whitchurchprimary.harrow.sch.uk/page/senior-leadership-team

Lunch Menu

www.whitchurchprimary.harrow.sch.uk/page/school-meals

Support for Families

www.whitchurchprimary.harrow.sch.uk/page/support-for-families

School Office Email

office@whitchurchprimary.harrow.sch.uk

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outshine any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

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



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