

Whitchurch Weekly



24th May
2024
Issue 32

Meet the Team!

Name: Tara Kerai



Role: Welfare Assistant



About me: Originally from Manchester, I had the enriching experience of being partly raised in India. My family and I also spent four years in Kenya before returning to the UK in 2014. Since then, I have worked in various schools across Harrow in many roles. Prior to my career in education, I worked in administration at a Credit Reference Company, marking a significant jump in my career.

Hobbies and interests: In my spare time, I run a creative business designing candles, decorative plates and a variety of other party and home items. I also enjoy sewing, which allows me to enhance the design of clothes and accessories. When I'm not indulging in creative activities, I love reading crime and mystery novels and watching similar genres on TV. To stay active, I often take long walks, enjoying the beauty of nature.



Best part about my role: As the school's 'doctor' (as pupils like to call me) I love being able to help children recover from their injuries and illnesses, and seeing them return to their happy, thriving selves.

My role extends far beyond treating cuts and scrapes; it involves building trusting relationships with both pupils and parents. I hope to create an environment where they feel comfortable discussing their concerns, ensuring that everyone feels supported and cared for.



General Notices and Highlights

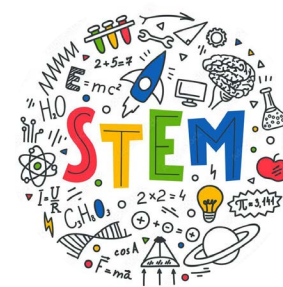


Senior Leadership

Mr Thompson-Lawrie will now be Interim Headteacher for the rest of the Summer term. Ms Inniss will officially join the school as Headteacher from September.

Whitchurch STEM Week - 4th to 7th June

STEM Week (Science, Technology, Engineering and Maths) will be taking place on the first week after half term. Children are encouraged to produce a small project in preparation for the week. Friday 7th June will be a STEM themed dress-up day and there will be class exhibitions for parents/carers from 2.30pm.



Summer Fair Support - Sunday 23rd June

FoW are looking for people to support with the forthcoming Summer Fair. Please see page 7 for details on how you can help to make it a success!

Lunches

Please remember to book your child's lunches for next half term via ParentPay.

Staff
Training Day
on Monday
3rd June

STEM
Dress-up Day
on Friday
7th June

STEM
Class Exhibitions
Friday 7th June
at 2.30pm

Follow us on
Instagram:
WhitchurchPS



Reception Admissions

Are you looking for a school place for your child for September?

If your child is due to start Reception in September and has not yet secured a school place, we still have a few available. Please enquire at the school reception for more information and to arrange a visit.



Dates for your Diary

Summer
2nd



Tues 4th to Fri 7th June	STEM Week (Dress-up Day on Friday)
Thursday 6th June	FoW Bags2School Donations (8.40am-9.15am)
Thursday 13th June	FoW Special Male Gift Event (3.15pm-4pm)
Friday 14th June	Year 2 River Thames Cruise
Tuesday 18th June	HMS Recorder Festival
Wednesday 19th June	Summer Music Concert (5.30pm)
Sunday 23rd June	FoW Summer Fair (12pm-4pm)
Tuesday 25th June	HMS Percussion Workshop at Harrow Arts Centre Year 3 visit to Rock Up (3MS and 3SM)
Wednesday 26th June	Year 3 visit to Rock Up (3LA and 3NL)
Thursday 4th July	Year 3 Recorders Concert (9.15am and 10.15am)
Monday 15th July	1ST and 1CL visit to Sea Life London Aquarium Reception Sports Day (PM) Year 6 Production (5.30pm, classes TBC)
Tuesday 16th July	Year 1-3 Sports Day (AM) Year 6 Production (5.30pm, classes TBC)
Wednesday 17th July	1SM and 1BP visit to Sea Life London Aquarium Year 4-6 HMS Staff Orchestra visit (9.30am)
Thursday 18th July	Year 4-6 Sports Day (AM)
Friday 19th July	National Youth Orchestra presentation (AM)
Monday 22nd July	Year 6 Leavers' Assembly (2pm) Year 6 Leavers' Party (6pm-8pm)



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 Luca
RNW Leopards Danyara
RRV Lions Ayana
RPS Jaguars Esha

1ST Anna
1BP Whole Class
1SM Mikayla
1CL Emily

2HD Daria
2KB Eva
2SA Isla
2AR Naiya

3NL Laurance
3MS Yashvi
3LA Sami
3SM Ava

Respect
Responsibility
Resilience
Honesty
Generosity
Aspiration

4BS Whole Class
4CM Aaron
4XL Leila
4SF Beren

5PA Meharma
5SK Darius
5SC Tasnim
5ET Hriday

6HH Anya
6AS Josh
6EH Murtaza
6MO Hamza

Attendance Stars

Did you know?
You can be fined for taking your child out of school without advance permission from the school

This week's attendance stars are Nursery PM (100%)

Most improved attendance Nursery PM

Whole School 94.98%

Year 6 Reading Corner

Year 6's
focus text is
'Wonder' by
R.J. Palacio

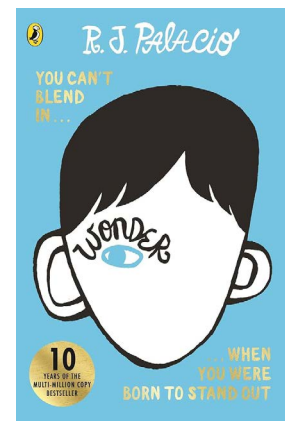


'Wonder' by R.J. Palacio

'Wonder is a thoughtfully written novel, providing a valuable insight into the lives of other less fortunate people that live in our society. It demonstrates how deep people feel and how those emotions can be controlled and put at bay by good friends and family. It is deeply valued by my class and peers.' **Hridhaan**

'Wonder has been a fantastic novel to read because it is focused on transition and starting a new school something that all year 6 pupils can relate to as we prepare for this in September. It is interesting to see how different people perceive Auggie because of his condition.' **Avni**

'Wonder is an influential book that has opened up my mind to different possibilities and has reminded me that differences also make people unique.' **Olivia**



In Year 6, we have been reading the book 'Wonder' by R.J. Palacio. The themes of kindness, being 'different', relationships (linked with our PSHE topic), coming of age, bullying and change are all being explored. It is a fantastic story that aligns with our school values of respect really well.

'Wonder' follows the life of August Pullman, a ten-year-old boy with a facial deformity, as he navigates the challenges of starting school for the first time and the power of kindness and acceptance from his peers.

We have had an opportunity to create a range of writing pieces including a diary extract from the perspective of one of the characters. The children will be applying all that they have learnt so far to create their own part of the story from Summer's point of view.

No matter how young or old you are, this book pulls at heart-strings and evokes empathy. There are so many good quotes connected to life lessons:

"We were born to stand out, not blend in"

"When given a choice between being right or being kind, choose kind"

Mrs Shah (6AS)

Year 6 Reading Corner



"I like reading to escape to a different world." Hridaan, 6AS

Favourite book:
The Book of Flights

"I like reading because it sparks my imagination."

Krisha, 6MO
Favourite book: Dork Diaries

"I like reading because it inspires me to be a better version of myself." Burhan, 6HH

Favourite book: Sports Books

"I like reading because I like learning new facts and information." Anirudh, 6AS

Favourite book: Science Books

"I like reading because it releases stress and is like travelling around the world from my seat." Laeticia, 6MO

Favourite book: Harry Potter

"I like reading because I enjoy imagining the stories."

Tanvin, 6EH
Favourite book: The Spy who likes School Dinners

Friends of Whitchurch



Save the
Date

Bags2School Donations
Thursday 6th June
8.40am-9.15am

Summer Fair
Sunday 23rd June
12pm-4pm

Special Male Gift Stall (Father's Day)
Thursday 13th June
3.15pm-4pm



Summer Fair

How you can help



Sunday
23rd June
12pm-4pm

Our biggest fundraising event of the year is fast approaching - we need YOU to help us make it a success!



Volunteers Needed

It's only with your help the Summer Fair can take place.

We would appreciate if you can spare a few hours on the day to help us (e.g. preparation, stall management). These are 2 hour slots between 12pm and 4pm.

Watch out for our volunteers link to sign up!

Donations

Whitchurch Community = Donating Winners!

Can you donate any new, good quality gifts or items you have at home for our tombola? Let's make someone a winner!

Declutter your home, give these items a new home and raise money for Whitchurch children. Perfect!

Sponsor Us

Can you, your company or employer sponsor a stall or activity at our fair? Can you Donate a STAR prize/ voucher for our popular raffle?

Let us build a relationship! In return, let us advertise and support your businesses on the day!

Please contact FoW at the email below.

Calling All Professionals

Whitchurch's very own talented and skilled people, we need you!

Beauty, Make Up or Mehndi Artist
Craftsperson or Artist
Entertainer
Sportsperson
Face Painter or Tattooist

Bring your business cards and share your skills!

A MASSIVE thank you as always from Team FOW!
Please reach out to us at FoW@whitchurchprimary.harrow.sch.uk

Support for Families

Wellbeing



Encouraging Healthy Friendships

A study from the British Psychological Society found that the majority of children (71%) had at least one close friend as early as five years old. These connections can form rather quickly and develop with equal speed. At such a young age, it can be remarkable how suddenly two children can hit it off with one another.

However, it is deeply important that children can recognise both the features of a healthy relationship, as well as the potential signs of a less healthy dynamic.

Please refer to the poster attached to this newsletter for some top tips on reinforcing the formation of healthy friendships among children.



National Online Safety

#WakeUpWednesday

Holidays Activities

Half Term Holiday Activities

The Elms Holiday Activity Camp
Tuesday 28th to Friday 31st May at Whitchurch (9am-4pm)

The Elms are offering holiday activities including art, sports and games for children aged 5-12 years old. The cost is **£34** per day. Children should wear comfortable sports clothing and bring a healthy snack, packed lunch and drink in a refillable container.

For more information on this event and other half term holiday camps and activities, please see the **Support for Families** page of our website.



Support for Families



Holiday Survival Guide

Breaks from school can actually feel quite stressful for children as their regular schedules and routines are disrupted. As we head into half term break, it is helpful to share these tips once again, to help you minimise the tears and maximise the joy at home.

As always with parenting, it is most important to look after yourself first. Make sure your own cup is full so you can stay calm. You can also let your children know in advance what they will be doing over the holiday and remind them of plans each day. Many children will also do better if you keep to some routine and schedule every day, to offer them some predictability. If you can, always include some outdoor or physical activity as it helps them to stay regulated. Finally, remember to do less and connect more!

Supporting your child who worries in social situations

Many children can be described as 'shy', meaning that they are very sensitive to their environment and can easily feel overwhelmed. Perhaps they are introverted, needing 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.

Rather than labelling your child as 'shy', aim to stay sensitive to their needs and empathise with what they are finding difficult. Take the time to coach your child how to make friends and how to express their needs to others. Reassure them that it is normal to feel a little uncomfortable when they first meet someone or walk into a room full of people; together think of ways to overcome worries in these situations. Remember to empower your child and avoid being over-protective. Instead, after validating your child's 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 9-10am**. You can call/text Tom on **07799 028 461** or email him at **tom@schoolscounsellingpartnership.co.uk**

10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people; sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



The National College®