

Whitchurch Weekly



21st June
2024
Issue 35

Meet the Team!

Name: Andri Chrysostomou



Role: Pastoral Leader



All about me: I have lived in Harrow all my life and been working at Whitchurch for 12 years - part of the furniture now! I come from a very large Greek Cypriot family so you can imagine our family gatherings get very loud and there is plenty of food!

Hobbies and interests: When I am not busy with work I enjoy going for coffee with friends and watching Netflix. I also enjoy learning about different cultures and sampling delicious foods. I enjoy reading and watching crime dramas. I also enjoy travelling to hot countries and spending time with my family.

Best part about my role: Pastoral care is important to ensure every child is happy, safe, and fulfilled throughout their educational experience at Whitchurch! Helping children achieve their goals and witnessing their growth and accomplishments brings me immense joy.



General Notices and Highlights



Events for the week ahead

- Whitchurch Book Fair throughout the week
- HMS Percussion Workshop at Harrow Arts Centre on Tuesday
- Year 3 visit to Rock Up (3MS and 3SM on Tuesday; 3LA and 3NL on Wednesday)
- Year 1 Aquarium Exhibition (1ST and 1BP on Tuesday, 1SM and 1CL on Wednesday) from 3pm to 3.30pm in the infant hall
- 5ET and 5SK Chocolate Making Workshop on Friday

FoW Summer Fair - this Sunday

We look forward to seeing you for the Summer Fair this Sunday from 12pm-4pm. See **page 7** for more details.



Whitchurch Book Fair

Children can bring between £1 and £5 to purchase nearly new/used books during their class library sessions.

Monday - Year 3 and Year 4

Tuesday - Reception and Year 6

Wednesday - Year 2 and Year 5

Thursday - Nursery

Friday - Year 1



Follow us on
Instagram:
WhitchurchPS



Class Photographs

A reminder that class photographs are available to order. Please see the School Spider message for more information.

Illness

If your child is vomiting or has diarrhoea please do not send them back to school until they have had 48 hours free from all symptoms. Also, if your child needs Calpol in the morning they are not well enough for school.

Clickable Links

Please be aware that our newsletters contains clickable links (often bubbles, boxes or highlighted text) that will take you to these websites.

Lunches

A reminder to book your child's lunches for the rest of this term. To confirm your booking, you will need to also select the dessert option.

Dates for your Diary

Summer
2nd



Sunday 23rd June

FoW Summer Fair (12pm-4pm)

Monday 24th to
Friday 28th June

Whitchurch Book Fair (during library sessions)

Tuesday 25th June

HMS Percussion Workshop at Harrow Arts Centre
3MS and 3SM visit to Rock Up, Watford
1ST and 1BP Aquarium Exhibition (3pm-3.30pm)

Wednesday 26th June

3LA and 3NL visit to Rock Up, Watford
1SM and 1CL Aquarium Exhibition (3pm-3.30pm)

Friday 28th June

Year 5 Chocolate Making Workshop with
The Chocolate Museum
(5ET 10.30am-12pm; 5SK 1.30pm-3pm)

Wednesday 3rd July

Summer Transitions Parental Coffee Morning (9am)

Thursday 4th July

Year 3 Recorders Concert (9.15am and 10.15am)
Year 4 visit to Cineworld Wembley

Tuesday 9th July

Parents' Evening

Wednesday 10th July

Parents' Evening



Dates for your Diary

continued

Summer
2nd



Thursday 11th July

LAMDA Exams

Monday 15th July

1ST and 1CL visit to Sea Life London Aquarium
Nursery AM/PM Sports Day (9.30am-10.30am)
Reception Sports Day (PM)
Year 6 Production: 6HH and 6MO (5.30pm)

Tuesday 16th July

Year 1-3 Sports Day (AM)
Year 6 Production: 6AS and 6EH (5.30pm)

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)



Last day
of term:
Wednesday
24th July
(2pm finish)

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 Rihan
RNW Leopards Siya
RRV Lions Wayame
RPS Jaguars Manolis

1ST Trisha
1BP Abdullah and Yousef
1SM Vaani
1CL Stefan

2HD Emma
2KB Matteo
2SA Rihaan
2AR Pralav

3NL Fedor
3MS Jasmine
3LA Ilinca and Diana
3SM Shanaya

Respect
Responsibility
Resilience
Honesty
Generosity
Aspiration

4BS Hitarth
4CM Lorena
4XL Dayan
4SF Rihanna

5PA Heward
5SK Thomasina
5SC Nkiruka
5ET Martha and Niah

6HH Anishka
6AS Megan
6EH Mason
6MO Hamza

Year 6
P.E. star
Toby

Attendance Stars

Top Tip!
Arrive on
time - the
school gates
open at
8.35am!

This week's
attendance
stars are
1CL (98.3%)

Most
improved
attendance
RRV

Whole
School
90.8%

Spotlight on Enrichment

Music



Summer Music Concert

Our Summer Concert has been one of the highlights of the week. A total of 106 children showcased their talents through vocal and instrumental ensembles, representing all instrumental families. The debut performance of the Percussion Group, featuring our marimba as the centerpiece, particularly captivated our large and very enthusiastic audience. Many congratulations to our young musicians for their skills and musicality, and a big thank you to our Harrow Music Service teachers.



HMS Recorder Festival

Congratulations to Toby in Year 5, and Reeva and Karisham in Year 4, for participating in the HMS Recorder Festival last week. They performed a selection of pieces in various styles alongside students from six other schools, impressing everyone with their ensemble playing skills. Many thanks to our recorder teacher, Mrs. Helen D'Amico.

Mrs Leutfeld
Director of Music

Friends of Whitchurch



Explore
the Summer Fair
brochure HERE
(includes a map
of the fair!)



WHITCHURCH PRIMARY SCHOOL AND NURSERY'S

SUMMER FAIR

SUNDAY 23RD JUNE
12 - 4PM

WEMBOROUGH ROAD, STANMORE, HA7 2EQ



ARTS & CRAFTS
FOOD STALLS
SHOPPING
FAMILY GAMES
DJ
SPORTS GAMES



RAFFLE
FACE PAINTING
BOUNCY CASTLE

& MUCH MORE FUN!



Year 6 Curriculum Spotlight

Year 6 are learning about Asia in Geography

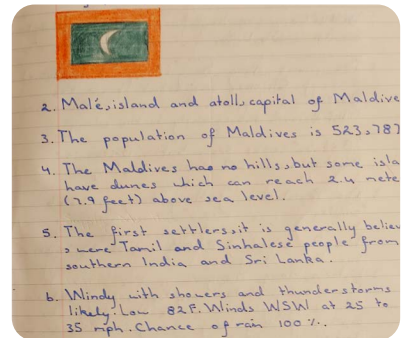
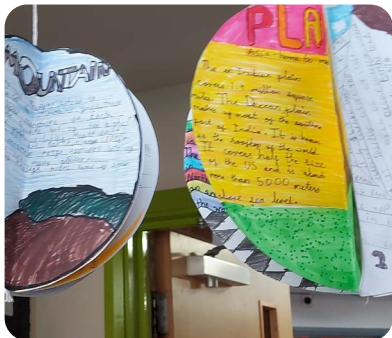


Geography: Asia

“We have enjoyed learning about the different religions, cuisines and cultures within Asia. This term we have specifically focused on comparing environments and how they are different to ours in England.” Diya

“The different countries within the continent were interesting to research, especially learning that most of Russia is located in Asia and shared with Europe. We also learnt different features of countries, for example popular sports, their education system and their laws.” Hamza

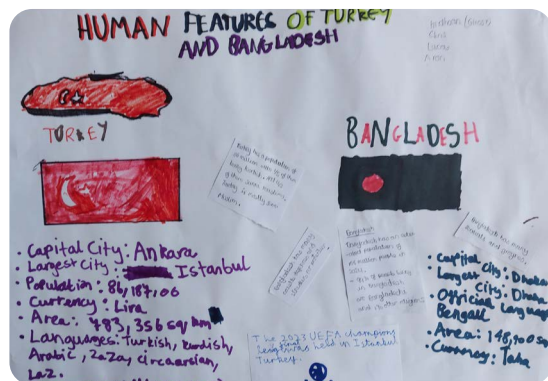
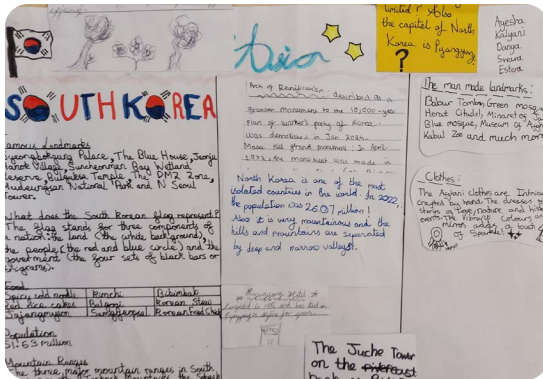
“When learning about Asia, we created various projects about the different physical and human features. It was interesting to see the different landmarks and understand how other people in the world live.” Krisha



Year 6 have conducted thorough and intensive research across this topic of Asia. They have been engaged and intrigued by the range of physical and human features across Asia and the difference in climate, population and location of different countries. Children have thoroughly enjoyed researching and comparing countries within Asia and the wider world, sparking an interest to travel and visit Asia. We will also be looking into Asian cuisine and culture in our Design Technology topic this half term. *Miss Hogberg (Year 6)*

Year 6 Curriculum Spotlight

Year 6 have created research posters about countries in Asia



Life Skills

Inclusion

Physical Education

In Life Skills we have just started our PE sessions. These sessions enable the children to access the PE curriculum in a structured and tailored way. Each week we will introduce a new activity and slowly build endurance over the rest of the term - well done, team!

Miss Tunstall



Support for Families

Health and Wellbeing



Promoting Physical Wellbeing

A recent Sport England study found that less than half (47%) of children in the UK currently meet the Chief Medical Officers' guidelines of taking part in an average of 60 minutes or more of sport and physical activity a day. While this figure may see a rise during the Euros, taking this chance to get children and young people engaged in regular exercise could cement the increase in a more permanent way.

However, it can be tricky to know where to start, or how best to encourage young people to stay active.

Please refer to the poster attached for top tips on how to promote exercise and the importance of physical wellbeing for the younger generation.



#WakeUpWednesday

Activities

The Elms Tennis Camps

Weekdays during the Summer holidays (9am-4pm)

£40 for a single day, £152 for a 4-day camp or £190 for a 5-day camps. Early Bird rates are available.



Barnet FC Community Fun Day
Saturday 13th July (11am to 3pm)
Free entry

Please visit the **Support for Families** page of our website for details about these events.



Support for Families



Schools
Counselling
Partnership



Create meaningful traditions for your family

Rituals and traditions can help to bring even more joy and connection to your family. It helps to give your child(ren) a feeling of belonging and a sense of security:

- Have a special date with each child scheduled regularly in the family diary. Keep a journal with ticket stubs, photos/drawings made together, etc.
- Pick a day every year to take a photo of your child and/or family in the same spot and save them in a photobook.
- Write a letter to your child on every birthday, sharing memories and special events from the previous year and hopes for the next.
- Fill a gratitude jar with notes of things you are thankful for at the end of every day and read them all together on Sunday.
- Have a special way of saying goodbye to each other using a special word or hand signs.

Summer Transitions Parental Coffee Morning Wednesday 3rd July from 9am-10am



The Summer holidays can be a time of great fun and relaxation for families, it can also be a time of stress and confusion. One of the biggest challenges is transitioning into a Summer schedule, which can involve changes in routine, sleep patterns and social interactions.

To help a smooth transition into Summer, our Therapeutic Lead Tom will be running a coffee morning for parents. All parents are welcome to join a relaxed environment to discuss and share ideas for the upcoming Summer holidays.

Please RSVP to the office if you would like to attend - minimum numbers needed for the workshop to commence.

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

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College