

Whitchurch Weekly



28th June
2024
Issue 36

Meet the Team!

Name: Debbie Qudsiyeh



Role: SENDCO / Assistant Headteacher for Inclusion



All about me: I have had a very varied career starting off as a social worker and then moving to education in 2007. I have also lived abroad in the UAE for ten years which I really enjoyed. In the UAE I worked in British and international schools and also in Abu Dhabi where I worked with local Emirati children and this was such an amazing experience. Back in the UK I have been at Whitchurch since I joined in 2020 and have taught children in years 3, 4 and 6.

Hobbies and interests: When I am not in work I enjoy travelling and spending time with my family and friends. I have two young cats who give me so much pleasure and I can be quite boring as I talk about them and show everyone lots of photos! I love to walk and I try and make time for the gym (I really do try!!) I also love to read and have been in a book club before now and have also enjoyed singing in choirs over the years. I really enjoy music and going to see bands and orchestras. Finally, I love relaxing in the garden when the sun is out and pulling up the weeds, just pottering about!



Best part about my role: My first love is inclusion and advocating and supporting our pupils who have additional needs. I really enjoy working in partnership with parents, and working across the teams in school. I also enjoy working with the different agencies who we have coming into school such as speech and language therapy, Occupational therapy and Educational Psychologist. Working together to support children and make their experience of school a happy and positive one is a joy, and I really, really enjoy my job!

General Notices and Highlights



Events for the week ahead

- Summer Transitions Parental Coffee Morning, Transition Day and Early Years 'Stay and Play' sessions on Wednesday
- Year 3 Recorders Concert and Year 4 visit to Cineworld Wembley on Thursday

SCP Coffee Morning - Wednesday 3rd July

The Schools Counselling Partnership Summer Transitions Parental Coffee Morning will take place on Wednesday at 9am.

Transition Day - Wednesday 3rd July

Children will meet their new class teachers for the forthcoming year on Wednesday morning from 9.15am.



Year 3 Recorder Concerts - Thursday 4th July

All pupils in Year 3 will participate in the end of term recorder concerts on Thursday morning. Parents/carers are invited to attend as follows:

3NL and 3SM (9.15am-9.45am)

3LA and 3MS (10.30am-11am)

Parents' Evening - Tuesday 9th and Wednesday 10th July

Parents' Evening will take place on 9th and 10th July. The booking system will go live next week via School Spider - please ensure that you organise your time slot.

Instrumental Fees for 2024-25

If you have signed up for instrumental lessons for next year, please note that the payment deadline has been moved to the end of the Summer term as the Admin team is still in the process of setting up the fees on ParentPay. Once this is complete you will receive a message via School Spider.



Annual Survey for Parents and Carers

As we draw to the end of the academic year we are interested to hear parents' and carers' views about the school. The feedback you give us will help to inform our planning of priorities and decision making for the year ahead.

Please complete this survey via the School Spider message. The closing date for responses is **Sunday 7th July**.

General Notices and Highlights



Car Park Safety

Please be mindful of other cars when using the car park and ensure that your children are making their way to the main gate safely.

Coombs Catering - Nutritional Information

As part of our ongoing commitment to children's nutrition, health and wellbeing, Coombs Catering has invested in new software that allows us to provide detailed nutritional information about every meal on the menu. This advancement helps us support pupils and parents in making informed choices about their meals, ensuring a balanced and healthy diet. Additionally, it enables us to accommodate any dietary requirements, including allergies, carb counting and calorie information.

If you have any concerns or questions about your child's individual dietary requirements, we are happy to provide this information and/or arrange an in-person meeting to discuss them in detail. If this is something you require, please contact the school office who will be able to facilitate this for you.



FoW Summer Fair

Thank you to everyone who supported the Summer Fair last weekend. With your support, Friends of Whitchurch have raised approximately **£4000** profit towards school funds. Please see **page 8** for 'thank you's.



Family Partnership Award

We are pleased to have been awarded the Family Partnership Award for our work with families including parental workshops. Thanks to Mrs Chikhlia for helping to coordinate these events.

School Photographs

Remember to order your school photographs by Tuesday to be eligible for free delivery to school. You can place your order at www.tempest-orders.co.uk using your photo reference number.

Children in the Community

Please remind children to be safe and respectful in the wider community (particularly if they go home without an adult).



Dates for your Diary

Summer
2nd



Wednesday 3rd July

Summer Transitions Parental Coffee Morning (9am)
Transition Day (9.15am-11.45am)
Early Years 'Stay and Play' sessions

Thursday 4th July

Year 3 Recorders Concert (9.15am and 10.30am)
Year 4 visit to Cineworld Wembley

Tuesday 9th July

Parents' Evening

Wednesday 10th July

Year 6 visit to Hollywood Bowl,
Watford Woodside (AM)
Parents' Evening



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 Andrei
RNW Leopards Ariyan
RRV Lions Andrei
RPS Jaguars Abigail

1ST Armina
1BP Livia
1SM Whole Class
1CL Daria

2HD Ava
2KB Habib
2SA Sara
2AR Taashi

3NL Whole Class
3MS Cattley and Yusuf
3LA Jayden
3SM Whole Class

Respect
Responsibility
Resilience
Honesty
Generosity
Aspiration

4BS Saanvi
4CM Chiziri
4XL Amiya
4SF Khawlah

5PA Aran V
5SK Preesha and Jiyansh
5SC Leon and Dylan
5ET Emily

6HH Kushal
6AS Estera
6EH Reeva
6MO Sobia

Attendance Stars

Good attendance helps to build confidence and self-esteem

This week's attendance stars are 5PA (97.67%)

Most improved attendance AM Nursery

Whole School 93.85%

Year 3 Curriculum Spotlight

Year 3 are learning about the Anglo Saxons in History

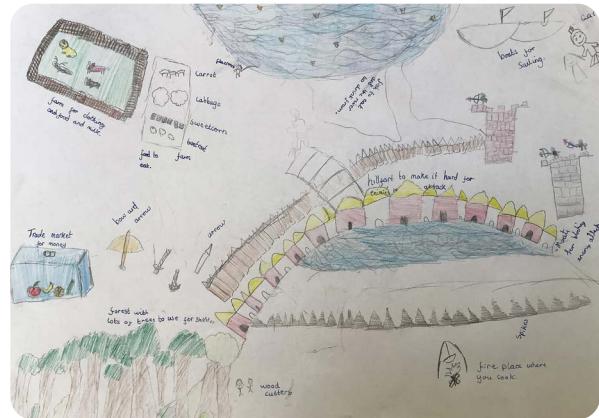
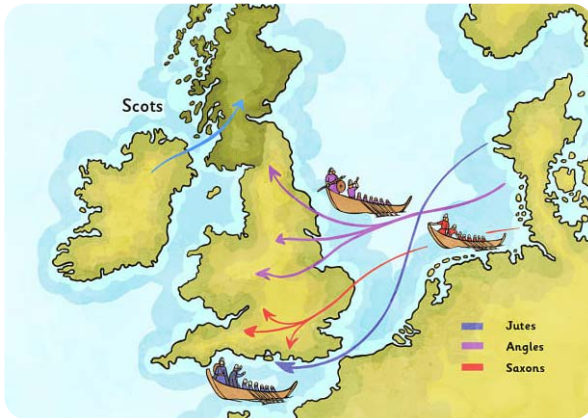
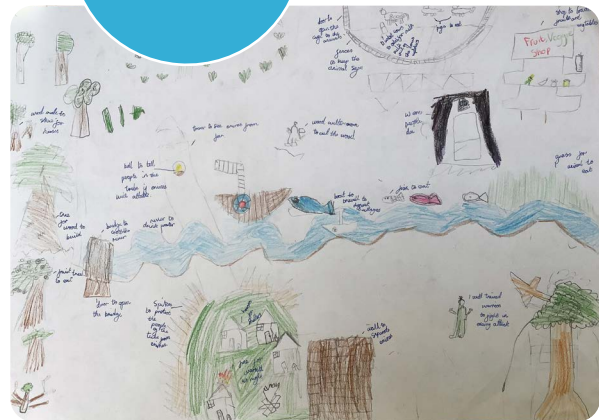


History: Anglo Saxons

"I am really enjoying our History this half term because we are learning about the Anglo-Saxons. I have so much knowledge on them and am always very excited to share this with my class." Kavr

"History is very fun this half term learning about the Anglo-Saxons. We have learnt about where they come from and why they came to Britain." Sahar

Anglo-Saxon Settlements



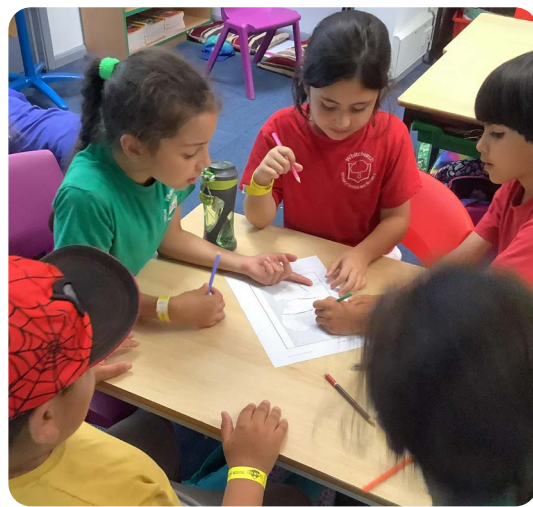
Year 3 are conducting a thorough investigation of the Anglo-Saxons in History this half term. Children have discovered where the Anglo-Saxons originated from and about the different tribes that travelled to Britain, consisting of the Anglo-Saxons. It has been great to see the children thoroughly engaged in using their knowledge to create their own Anglo-Saxon settlements, sparking their interest in learning more about their culture. We are now looking forward to learning more about what village life was like in Anglo-Saxon times.

Miss Shameem (Year 3)

Year 3 Curriculum Spotlight



We played a game so that we could understand how hard it was for the Anglo-Saxons when they first settled in Britain. We learnt that they fought the Romans, dealt with plagues and were also often attacked by other tribes.



Spotlight on Athletics

Enrichment

Harrow Athletics Finals

Massive congratulations to the Year 5 and 6 children who made it to the Harrow Athletic Finals on Wednesday. As a team we came away with 2 bronze medals in 75m sprint and vortex howler and 2 silver for placing 2nd in the relay. We are extremely proud of all them and all three showed aspiration, resilience and teamwork throughout the day. Well done!

Miss Byrne



Friends of Whitchurch



Summer Fair Thank You

Special thanks to everyone who made the Summer Fair possible!
We could not have done it without you! - Team FoW

View our
Summer Fair
video here!

- To our lovely community - for coming to our event and supporting us raise funds for the children and helping us though another successful event.
- To our sponsors and raffle prize donators - the prizes were absolutely amazing and made people very happy!
- All community volunteers - once again for your support, with special thanks to Deepti (Funky Faces), Sej Kamani (skitz_mc) and many more for all your hours of hard work and time you have given, you did an incredible job!
- Community vendors - for giving back to our school and allowing everyone to experience a variety of local businesses.
- Extended community - family and friends of our community who jumped on stalls willingly where help was needed - it shows what a fabulous community we have!
- Staff - who managed and supported our stalls on the day and helped us behind the scenes with catering, tech, logistics and communication to make sure that the day ran smoothly. The children loved seeing their teachers out of their classrooms (shout out to Mrs Hunter and Mrs Vagadia for their support and amazing dance moves!)



Support for Families

Health and Wellbeing



Promoting Physical Wellbeing

A 2023 report from the Gambling Commission found that 40% of 11 to 17 year olds had some experience of gambling in the preceding 12 months. That's a significant number of children and young people involved in an over 18s activity. Engagement and exposure to gambling can impact one's finances, mental health and wellbeing. It is crucial we are all aware of the risks and know how to protect and support our children.

It is quite challenging to protect our children against exposure to gambling at any time, but especially around major sport events like Euro 2024.



Please refer to the poster attached which tackles the most prominent risks that gambling poses to young people - and explains how best to protect against them.



Holiday 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.

Barnet FC Community Fun Day

Saturday 13th July (11am to 3pm) *Free entry*

Summer Fun Fair in Canons Park

Sunday 4th August (11am-6pm) *Free entry*

Edgware Juniors Cricket Club Summer Camp

12th to 16th August (9am-3pm)

£40 for a single day, £150 for the week



Please visit the **Support for Families** page of our website for further details.

Support for Families



Schools
Counselling
Partnership



Bedtime Fears

All children will go through a time when they find it difficult to go to bed and fall asleep. They may tell you they are scared of the dark or of the monsters under their bed. However it is actually what their 'worry brain' is telling them about those things that is making them so frightened. This is why reassuring them that everything is fine, doesn't usually work.

By empowering your child to be the boss of their own brain and teaching them to not always believe their 'worry brain'. It works really hard to keep them safe, but this means that it can create (often scary!) stories whenever it doesn't understand or know something. Always empathise first: "I know you're feeling scared right now..." Then, try not to rush to reassure. Instead, show your child that they have a choice: "OK, let's hear from worry, what is it telling you? Then we'll hear about what you really think." You can then be curious about their fears and even get creative with them - can they draw a silly version of the monster? It can also help to have a 'worry time' earlier in your schedule, so that your child doesn't need to talk about them just before bedtime.

Finally, ask your child to think of four things they'd like to think about instead. They could draw four doors on a sheet of paper and fill in each door with an idea (birthday party, decorating cupcakes, blowing bubbles, etc). Before going to sleep, ask them which door they want to go through tonight and they can tell you all about their adventures in the morning.

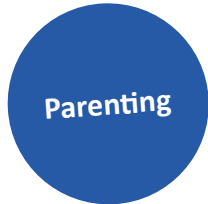
Summer Transitions Parental Coffee Morning Wednesday 3rd July from 9am-10am

A reminder that our Therapeutic Lead Tom will be running a coffee morning for parents and carers. Come and join a relaxed environment to discuss and share ideas for creating a smooth transition into the upcoming Summer holidays.



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

Support for Families



Family Learning Hub Parenting Programme

10 Week online course starting Wednesday 25th September (9.45am to 11.45am - plus 30 mins Q&A in first session).

This course offers parents and carers many positive, practical and fun ways to help children to manage their feelings and behaviour.



THE FAMILY LEARNING HUB
GROWING STRONGER TOGETHER

Please visit www.thefamilylearninghub.com for more information and email info@thefamilylearninghub.com to book your place now.

Week 1	Introduction
Week 2	Praise and criticism, discipline
Week 3	Family rules and rewards
Week 4	Personal power and self-esteem, choices and consequences
Week 5	Feelings, clear communication
Week 6	Nurturing ourselves
Week 7	Ages and stages in child development, stress, effects of labelling
Week 8	Helping children stay safe
Week 9	Behaviours, problem solving
Week 10	Family Nurturing Account, continuing the Family Journey



ADHD and Autism - Transition to High School 1st July & 15th July (7pm-9pm) - £30

This two-part online session for parents and carers of children with ADHD and Autism will offer practical advice and support on their transition from primary to secondary school.

Please see the flyer on the [Support for Families](#) page of our website for more information and [sign up here](#).

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 GAMBLING

WHAT ARE THE RISKS?

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

MANIPULATIVE ADVERTISING

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

FREE BET!!

ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

50 FREE SPINS

PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

Advice for Parents & Educators

ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online; an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0808 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/gambling>



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