

Whitchurch Weekly



Message from the Headteacher

6th Sept
2024
Issue 1

Dear Whitchurch Families,

Welcome back, to those families returning, and a warm welcome to the new families joining us at Whitchurch.

Children and staff have returned refreshed and revitalised, and already, I can see fantastic learning behaviours being demonstrated across the school. This has been my first week as your new Headteacher and it has been a pleasure beginning to get to know the staff, children and Whitchurch families. It has been lovely to have received such a warm welcome from everyone I've met so far.

The two INSET days I have spent with staff has already shown me how the whole team are committed, enthusiastic and keen to deliver a high quality engaging curriculum whilst striving for excellence. I spent time on the INSET day on Monday outlining some key themes of what I would like to achieve for the community at Whitchurch. These included:-

- Being the school of choice for parents and staff
- Leading a school that has a clear identity. Defining the 'Whitchurch Way'
- Delivering a curriculum which has a rich range opportunities for all children
- Being a model of excellence for other schools
- Looking outward for opportunities to collaborate and innovate

I will be leading assemblies on Monday to properly introduce myself to the children and share my vision for Whitchurch. My plan is to get to know and





understand the school and community over the Autumn term. I will be planning time with all our stakeholders to identify school priorities to achieve over the next three years.

With this in mind, I am planning on hosting my first Headteacher's coffee morning in the next few weeks - so please look out for the date in Whitchurch Weekly.

On a final note, I am keen to offer the school the stability it deserves and work hard to establish and secure our strengths while working collaboratively to identify and improve our offer to the community.



I looking forward to meeting you all over the coming weeks.

Ms Rachel Inniss
Headteacher



General Notices and Highlights



Year Group Information

Please remember to refer to your child's year group pages of the website for information including learning, routines and class P.E. days. Children will need to come to school wearing their P.E. kit on these days. Curriculum plans will be shared on these pages shortly.

Class pages
(click here)

Asthma, Allergies and Medication

Please ensure that your child's inhalers, epi-pens and other medication are in school. Please also notify the school if your child has had to take their reliever inhaler before school due to asthma symptoms. A reminder that we are a nut free school - NO NUTS are allowed.

School Meals

Remember 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. A copy of the Autumn menu is included on **page 7**.

Playground Gates

A reminder that the school gates close at 8.55am. Please ensure your child is in school before this time to avoid a late mark.

Staff Contacts

A list of key staff contacts can be found on **page 10**. If you have any general or learning related enquiries, please speak to your child's class teacher. If you have concerns about your child's safety or behaviour, please contact a member of our leadership team.

Childcare Booking - Junior Adventures Group

Please ensure that you book your before and after school childcare via the Junior Adventures Group website:

www.junioradventuresgroup.co.uk/find-us/whitchurch-primary-school-and-nursery



Book
here

Follow us on
Instagram:
WhitchurchPS



Term dates
on page 9

Dates for your Diary

Autumn
1st



Wednesday 18th September	6CM and 6HA visit to Imperial War Museum
Friday 20th September	6HH and 6ET visit to Imperial War Museum
Tuesday 1st October	3SM and 3SH visit to London Transport Museum
Tuesday 8th October	3NL and 3LA visit to London Transport Museum
Thursday 17th October	International Day / Evening
Tuesday 22nd October	Parents' Evening
Wednesday 23rd October	Parents' Evening

more
dates to be
confirmed

Class Assemblies

2024-25

Thursdays
Years 4 to 6
(9.05am to
9.45am)

Tues 1st Oct	3NL
Tues 15th Oct	2ST
Tues 22nd Oct	1RA
Tues 12th Nov	1SM
Tues 26th Nov	2DN
Tues 14th Jan	3MS
Tues 28th Jan	2SA
Tues 11th Feb	1PD
Tues 25th Feb	3SH
Tues 11th March	2KK
Tues 25th March	1IN
Tues 29th April	3LA
Tues 20th May	Jaguars
Tues 10th June	Lions
Tues 24th June	Tigers
Tues 8th July	Leopards

Tuesdays
Reception
to Year 3
(9.05am to
9.45am)

Thurs 10th Oct	6HH
Thurs 24th Oct	4BS
Thurs 14th Nov	5SK
Thurs 28th Nov	6CM
Thurs 16th Jan	6ET
Thurs 30th Jan	4PC
Thurs 13th Feb	6HA
Thurs 6th March	5TG
Thurs 20th March	4XL
Thurs 24th April	4ND
Thurs 8th May	5RC
Thurs 22nd May	5SC

Music Information



Instrumental Lessons

I hope you have all enjoyed a nice summer holiday. This is a reminder that the instrumental lessons will resume next week. The music timetables are already on display on the school's music board. They have also have been shared with all classroom teachers and will be sent out to parents via School Spider by the end of this week.

If you have opted to hire an instrument, it will be handed out to your child by their instrumental teacher within the first couple of weeks. If you are planning to buy an instrument, please wait until the music teacher has met with your child. The size, model, and specifications of the instrument are crucial for its suitability based on your child's size, age and level. The music teachers will provide detailed instructions via the practice diary, which will be distributed to all children at the start of the Autumn term.

If you wish to sign up for instrumental lessons, please contact the music office as soon as possible. There are only a few spaces left for some instruments and they will be allocated on first come first served basis.

Music Ensembles

Rehearsals for Orchestra, Guitar Ensemble, Wind Band, Rock Band, Percussion Group and the Junior and Senior Choirs will begin the following week. Auditions for the choirs will take place next week, and both children and class teachers will be notified. An invite to join the ensembles will be sent to selected pupils by the end of next week.

Children who were already members of the ensembles or choirs last year can join automatically without going through a selection process.

Mrs E Leutfeld (Director of Music)



Music Ensembles Schedule

Monday

Percussion Ensemble: 12.20pm-12.50pm

Wind Band: 1pm-1.45pm

Wednesday

Guitar Ensemble: 8.50am-9.35am

Orchestra: 1.15pm-2pm

Rock Band: 3.35pm-4.20pm

Friday

Junior Choir (Years 3-4): 12.20pm-1pm

Senior Choir (Years 5-6): 3.35pm-4.20pm

Support for Families



Supporting Children Going Back to School

September is here, and children and young people will be returning to settings across the country, ready to start the new school year. While plenty of children will be thrilled to reunite with friends and continue their education, this can be a stressful time for some youngsters, who may be feeling unsure about a number of incoming changes. Research commissioned for Children's Mental Health Week has found that 65% of UK children have felt anxious, nervous, or stressed because of school.

This highlights the important role played by trusted adults when helping young people get excited to return to education, and it's vital that parents and educators understand how best to ensure those first days back go as smoothly as possible.

Please refer to the poster attached to this newsletter for advice on how best to support children going back to school.



Reach Out - Schools Counselling Partnership

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**



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, fun and practical ways to help children to manage their feelings and behaviour.

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

Autumn Lunch Menu



Allergens are listed on our website (click here)

Salad bar and bread available daily



	WEEK ONE 02/09, 23/09, 14/10, 11/11, 02/12	WEEK TWO 09/09, 30/09, 21/10, 18/11, 09/12	WEEK THREE 16/09, 07/10, 04/11, 23/11, 16/12
MONDAY MAINS	Crispy BBQ Lamb Pizza, with Potato Wedges & Green Beans Margherita Pizza, with Potato Wedges & Green Beans (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Pear & Raspberry Crumble with Custard	Chicken Korma Curry with Rice & Green Beans Vegetarian Mince Keema Curry with Rice & Green Beans (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Ginger Cookie	Falafel Wrap, Diced Potatoes & Garden Peas Grilled Cheese Sub, Diced Potatoes & Garden Peas (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Apple & Raisin Flapjack
DESSERT			
TUESDAY MAINS	Sweet & Sour Chicken with Rice & Sweetcorn (V) Butternut Squash & Chickpea Tagine with Rice & Sweetcorn (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Tropical Fruit Salad	Beef Bolognese with Spaghetti & Sweetcorn Vegetarian Meatballs in Tomato Sauce with Spaghetti & Sweetcorn (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Tropical Fruit Salad	Shredded Peri Peri Turkey with Lemon Rice & Green Beans Peri Peri Tofu with Lemon Rice & Green Beans (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Tropical Fruit Salad
DESSERT			
WEDNESDAY MAINS	Chicken Sausage & Mash with Carrots & Broccoli Vegan Sausage & Mash with Carrots & Broccoli (V) Twisty Pasta with Tomato Sauce Lemon Drizzle Cake	Roast Chicken with Roast Potatoes, Carrots & Broccoli Cauliflower & Broccoli Cheese with Carrots (V) Twisty Pasta with Tomato Sauce Pink Icing Sponge Cake	Slow Cooked Beef Hot Pot with Carrots & Broccoli Braised Lentil Hot Pot with Carrots & Broccoli (V) Twisty Pasta with Tomato Sauce Jam & Coconut Sponge
DESSERT			
THURSDAY MAINS	Slow Cooked Beef Lasagne with Garlic Bread & Peas Quorn Sausage Pasta Bake with Garlic Bread & Peas (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Strawberry Mousse with Autumn Berries	Chicken Fajitas with Rainbow Rice & Corn on the Cob Quorn Fajita with Rainbow Rice & Corn on the Cob (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Orange Mandarin Jelly	Tuna & Broccoli Pasta Bake with Garlic Bread & Sweetcorn Macaroni Cheese with Garlic Bread & Sweetcorn (V) Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad Raspberry Jelly
DESSERT			
FRIDAY MAINS	Fish Fingers, Chips & Baked Beans or Peas Vegetarian Bean Burger, Chips & Baked Beans or Peas (V) Twisty Pasta with Tomato Sauce Cornflake Tart	Breaded Cod Bites, Chips & Baked Beans or Peas Farmhouse Omelette, Chips & Baked Beans or Peas (V) Twisty Pasta with Tomato Sauce Cherry Shortbread	Battered Fish Fillet Chips & Baked Beans or Peas Vegetable Nuggets Chips & Baked Beans or Peas (V) Twisty Pasta with Tomato Sauce Chocolate Crunch Biscuit
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 SERVICES



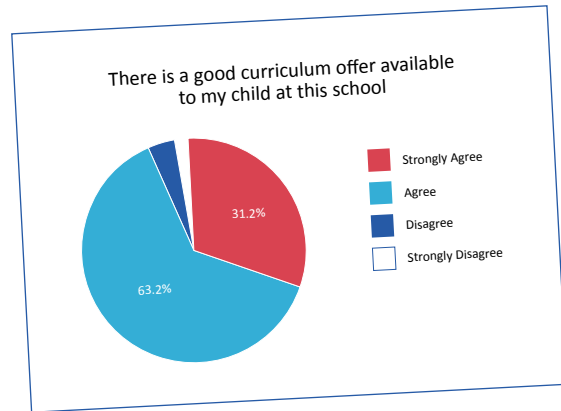
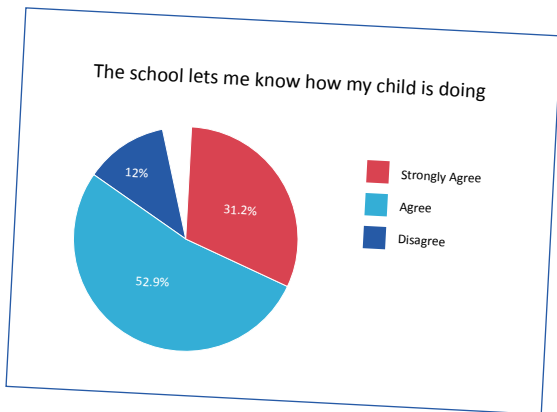
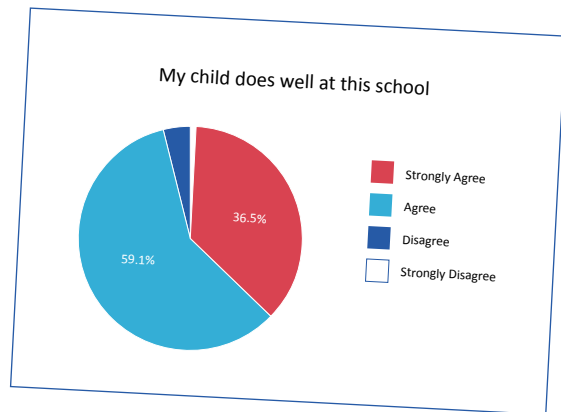
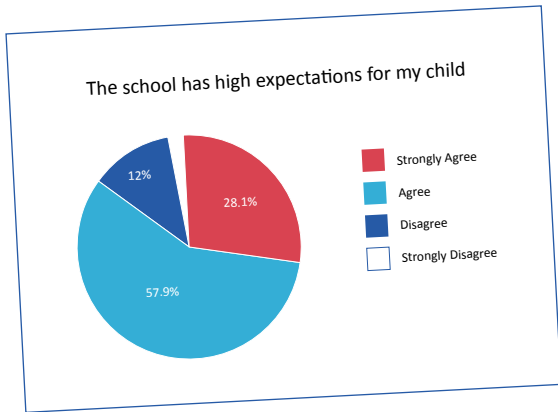
Parental Survey Findings

Summer 2024



More survey bites

Here are some more findings from our Summer survey for parents and carers. This feedback will help us to reflect on our strengths and where we can get even better.



“You could offer a much wider range of co-curricular activities throughout the year.”

We are reviewing our current extra-curricular and co-curricular programme and have started to liaise with more external lettings so we can increase this offer across the school starting in the Autumn term. We are proud of our enrichment offer and will continue with nominated visit leaders in every year group to further strengthen opportunities for pupils to engage in learning beyond the classroom.

2024-25 Term Dates

Holidays
during term
time are not
permitted



Autumn 2024

Autumn 1st	Wednesday 4 September to Friday 25 October
Half Term	Monday 28 October to Friday 1 November
Autumn 2nd	Tuesday 5 November to Friday 20 December*
Staff Training Days	Monday 2 September, Tuesday 3 September, Monday 4 November (no children in school)

Spring 2025

Spring 1st	Monday 6 January to Friday 14 February
Half Term	Monday 17 February to Friday 21 February
Spring 2nd	Tuesday 25 February to Friday 4 April*
Staff Training Day	Monday 24 February (no children in school)
Easter Bank Holiday	Monday 21 April

Summer 2025

Summer 1st	Tuesday 22 April to Friday 23 May
Half Term	Monday 26 May to Friday 30 May
Summer 2nd	Tuesday 3 June to Tuesday 22 July*
Staff Training Day	Monday 2 June (no children in school)
Early May Bank Holiday	Monday 5 May

*End of term
2pm finish

Key Contacts



Ms R Inniss (Headteacher)	head@whitchurchps.co.uk
Mr M Thompson-Lawrie (Deputy Headteacher)	deputy@whitchurchps.co.uk
Mrs D Qudsiyeh (Assistant Headteacher for Inclusion)	sendco@whitchurchps.co.uk
Miss N Ward (Assistant Headteacher for Early Years)	nward@whitchurchps.co.uk
Miss R Francis-Dottin (Assistant Headteacher for Years 1-3)	rfrancisdottin@whitchurchps.co.uk
Mrs K Portou (Assistant Headteacher for Years 4-6)	kportou@whitchurchps.co.uk
Mrs R Ahmed (Year 1 Leader)	rahmed@whitchurchps.co.uk
Mrs S Tezel (Year 2 Leader)	stezel@whitchurchps.co.uk
Miss N Lakhani (Year 3 Leader)	nlakhani@whitchurchps.co.uk
Mrs B Solanki (Year 4 Leader)	bsolanki@whitchurchps.co.uk
Mrs S Khan (Year 5 Leader)	skhan@whitchurchps.co.uk
Miss H Hogberg (Year 6 Leader)	hhogberg@whitchurchps.co.uk
Mrs N Chikhlia (Family Liaison)	nchikhlia@whitchurchps.co.uk
Mrs E Leutfeld (Director of Music) Music Department	eleutfeld@whitchurchps.co.uk music@whitchurchprimary.harrow.sch.uk
Friends of Whitchurch	FoW@whitchurchprimary.harrow.sch.uk
School Office	office@whitchurchprimary.harrow.sch.uk tel: 020 8951 5380

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.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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