

Whitchurch Weekly



20th Sept
2024
Issue 3

Meet the Team!

Name: Bradley Coutinho

Role: Learning Support Assistant



All about me: I was born in Mangalore, India, but grew up in Kilburn, North West London. I moved with my family to Harrow about four years ago, which has been a fantastic choice. Before joining Whitchurch, I worked at a children's centre for the City of Westminster Council, supporting children with special needs aged 5 to 17. My Portuguese surname, Coutinho, reflects my Goan heritage. I am Roman Catholic and speak Konkani, a local language many might not be familiar with! Before pursuing my passion for education, I had a career in banking and finance, moving from corporate banking to becoming an Adjudicator for the Financial Ombudsman Service. With the support of my wife and local borough career advisor, I realised it was not too late to retrain and follow my dream of working in education - so here I am!

Hobbies and interests: I am a keen artist and enjoy drawing and painting whenever I find the time. I also love sports, especially football, basketball, badminton, and cricket. I am always up for playing games and hope to coach a kids' team one day. I have an allotment where I enjoy planting and gardening, which has become a cherished family activity. We currently grow a variety of fruits and vegetables, including carrots, sweetcorn, beetroot, cabbage, broccoli, apples, plums, pears and grapes. Travel is another passion of mine; one of my most memorable destinations so far has been Cuba, especially seeing the classic cars.



Best thing about my role: What I enjoy most about my role is knowing the difference and impact I can make on a child's education and life, watching them grow and experience new things. I love engaging in creative activities with the children, such as arts and crafts, sensory play and sports. Working with children with special needs and helping them learn and integrate with their classmates is particularly rewarding. I also appreciate the work-life balance that allows me to spend quality time with my two children during the holidays.

General Notices and Highlights



Vacancies

We have a vacancies for a **Welfare Assistant** and **Midday Assistant** to work as part of our team. Please see the Vacancies page of our website for more information and application packs.

Apply
here

Meet the Teacher Presentations

Thank you for attending our 'meet the teacher' sessions this week. Presentations can be found on the Year Group pages of our website. Apologies for any issues you may have experienced with the running of this event, we have now reviewed this for next time.

View
here

Booking Lunches

Please ensure that you have booked your child's lunches for the week. If you do not, you will be asked to provide your child with a packed lunch for the rest of the week. This is because not booking lunches has an impact on the availability of meal choices for other children. If you are struggling with ParentPay, you are invited to come to the main reception where someone will help you.

Harrow Mental Health Support Team Coffee Morning

A reminder that our senior mental health practitioner Samiat will be holding a coffee morning this Tuesday at 9am (see **page 8**).

Follow us on
Instagram:
WhitchurchPS



Headteacher's Coffee Morning & Coombs Lunch Provision Thursday 3rd October (9am-10am)

Parents and carers are invited to attend a coffee morning with Ms Inniss on Thursday 3rd October (9am-10am) who will share her vision for the school. There will also be an opportunity to meet our lunch provider, Coombs, who will share information on their food provision and answer any questions.

Please contact the school office if you will be attending:
office@whitchurchprimary.harrow.sch.uk



Dates for your Diary

Autumn
1st



Tuesday 24th September	Harrow Mental Health Support Team Coffee Morning (9am-10am)
Tuesday 1st October	3SM and 3SH visit to London Transport Museum Year 5 visit to Buckingham Palace
Thursday 3rd October	Headteacher's Coffee Morning (9am-10am)
Tuesday 8th October	3NL and 3LA visit to London Transport Museum 4BS and 4ND Viking Workshop
Wednesday 9th October	4XL and 4PC Viking Workshop
Thursday 10th October Thursday 17th October	Year 2 Church Visitor International Day / Evening
Monday 21st October	2SA and 2ST visit to Woodland Forest School
Tuesday 22nd October and Wednesday 23rd October	Parents' Evening
Thursday 24th October	2KK and 2DN visit to Woodland Forest School

Autumn Class Assemblies

View class
assemblies on
our calendar
here

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

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

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

1RA Taksh
1SM Siya
1PD Rayn
1IN Siya

2ST Dhruv
2KK Jude
2DN Amirah
2SA Armina

3NL Tiana
3SH Isla
3LA Khushi
3SM Mark

Respect
Responsibility
Resilience
Honesty
Generosity
Aspiration

4BS Kiame
4XL Riya
4PC Zaki
4ND Ava

5SK Sahilram
5SC Viyaan
5TG Kian
5RC Ocean

6HH Veer
6ET Hewad
6HA Kahini
6CM Nkiruka



Attendance Stars

Top tip!

Aim to arrange routine appointments for outside school hours and during the holidays.

This week's attendance stars are Nursery AM (98.4%)

Whole School 93.4%

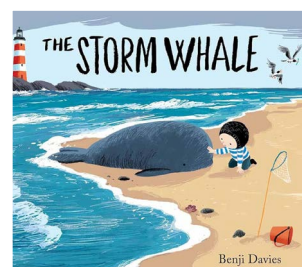
Spotlight on Year 2

Year 2
are reading
The Storm
Whale



The Storm Whale

In Year 2 this half term, our focus book for English is 'The Storm Whale' by Benji Davies. This is a lovely story of a lonely little boy, a whale washed up on a beach and a friendship that will change both of their lives forever. Year 2 have enjoyed reading the story, which links in well with our first topic, Animal Kingdom.



The children are going to devise an imaginative setting description using the five senses. They will be encouraged to use expanded noun phrases in their final piece of writing later this half term. We look forward to reading these together!

Miss Karia (Year 2 Teacher)



Year 2 Views

"It's about a boy called Noi who finds a whale on the land and tries to save him. I learned that we have to be kind to animals." June, 2KK

"I liked predicting the story. I predicted that the boy thought he saw a creature in the distance." David, 2DN

"I enjoyed when Noi put the whale in the bathtub and told him stories about the island!" Saajan, 2ST

"I liked that Noi made a friend. I learned that it's good to make a friend and to help others." Georgia, 2SA



Spotlight on Year 2

Year 2
share their
own reading
choices



Year 2 Reading

"I like reading because it makes me feel like I am in the book. My favourite book is Charlie Cook's favourite book because it has lots of different characters." Amelia, 2KK



"My favourite book is Charlie and the Chocolate Factory because everything is made out of chocolate." Abhay, 2DN

"I love the book Harry Potter and the Chamber of Secrets. My favourite part is when the flying car saved Harry Potter and takes him to Hogwarts!" Nyla, 2ST



"I really like reading. I am reading a book called the 'Dragon Storm' where a boy makes a sword, it's a really cool book because the boy didn't know he had powers." Dian, 2SA

Life Skills

Life Skills has begun for a new school year and the children are back in the kitchen this half term exploring healthy foods and learning how to use kitchen equipment safely to make different meals. It is always fun and the children get very excited trying different foods and becoming independent little chefs!

The children have also gardening and planting different seeds and bulbs; they are very eager to see what begins to bloom in the Springtime. As a team, we cannot wait to watch our children bloom and to see what new skills they learn along the way!

Miss Tunstall



The greatest gifts you can give
your children are
the roots of
responsibility
and the wings of
independence.
- Denis Waitley

Support for Families



Using and Reviewing Parental Controls

In 2023, Ofcom found that over half of UK children aged between 8 and 11 reported having a smartphone, as well as 96% of UK teens. However, a survey from the Children's Commissioner also found that 45% of under-18s have encountered inappropriate content online. That's a high number of children who could benefit from having parental controls on their devices to help safeguard them from such encounters in the future.

Due to the sheer volume of devices and apps available for purchase and download, it can be difficult to know where to start when implementing these safety measures.

Please refer to the poster attached to this newsletter for advice on how to effectively use and review parental controls on young people's devices.



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**



Support for Families

Sessions and Workshops



Harrow Mental Health Support Team Coffee Morning Tuesday 24th September, 9am-10am

You are invited to meet our Senior Mental Health Practitioner, Samiat Dabiri. This is a wonderful opportunity to learn how the Harrow Mental Health Support Team can assist pupils, staff and parents/carers with their wellbeing. We will also discuss common challenges and issues that parents/carers and children may be facing. Please join us for an informal chat over tea, coffee and biscuits. We look forward to seeing you there!



Family Learning Hub Parenting Programme 10 Week online course starting on Wednesday (9.45am to 11.45am - plus 30 mins Q&A in first session)



THE FAMILY
LEARNING HUB
GROWING STRONGER TOGETHER

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

Click
here to
enrol

Please visit www.thefamilylearninghub.com for more information.

Brilliant Parents Online Workshops



Dealing with Disobedience (Monday 7th October)
Managing Fighting and Aggression (Monday 14th October)
Hassle Free Shopping with Children (Tuesday 15th October)
Developing Good Bedtime Routines (Friday 18th October)

Click
here for
leaflets

Support for Families



Football Sessions at The Hive

Saturday Soccer School
Weekly mixed football sessions (Saturdays)

Girls Only Football
Weekly mixed football sessions
(Thursdays and Saturdays)

Book at www.thehivefoundation.com



Sustainable Fashion Competition Headstone Manor and Museum

Headstone Manor and Museum are holding a recycled fashion competition this September as part of their Sustainable Fashion Event. Simply find something old, turn it into something new and wearable, then drop it off to the museum by the **Thursday 26th September**.



Useful Signposting



Senior Leadership Team

Support for Families

School Meals - Lunch Menu

School Office Email

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 USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alpr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



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