

# Whitchurch Weekly



18th Oct  
2024  
Issue 7



**Name:** Nadia Zebkhan  
**Role:** Extended Services Administrator



**All about me:** Hi! I'm Nadia Zebkhan (you may already know me as Nadia Ahmet) and this week it is my turn to tell you lovely people all about me. I work in school as the Extended Services Administrator, although in reality, my role requires me do a bit of everything admin related, including Music and SEND.

I was born in London and grew up in Kingsbury where I spent many childhood days outside riding my bike. I'm the eldest of five siblings, so growing up there was never a dull moment in the Zebkhan household! We often played pretend schools together and I would always role-play the teacher... the bossy seed was firmly sown by then! I have three wonderful grown up daughters all doing amazing things, most importantly following their dreams. I am a proud mum indeed. I'm also a cat mum to two adorable male ginger tabbies called Harry and William, who both love to eat and sleep - a bit like me!



**Hobbies and interests:** I love a good pub quiz - my favourite topic would have to be politics, which can be either a crowd pleaser or a crowd loser. Travelling is also a passion of mine; my most recent adventure was to Costa Rica, where I got to trek in the cloud forests and discover the most fascinating species. My most memorable moment was when we stumbled across a gold beetle... and yes it was actually gold! The picture you see is of me holding the beetle.



**Best thing about my role:** My favourite part of my job is when I get to interact with you all - your smiles are priceless! I have been at Whitchurch since 2008, which makes it 16 years now. How time flies!

# General Notices and Highlights



## International Evening

Thank you to everyone who donated food and came along to International Evening. Many thanks to Friends of Whitchurch for organising the event.

## Parents' Evening

Parents' Evening (Reception to Year 6) will take place on **Tuesday** and **Wednesday (from 3.30pm-6.30pm)**. Please ensure that you book your appointment slot via the School Spider form this weekend.

Half term  
28th Oct to  
1st Nov



## Scholastic Book Fair

A reminder we shall be holding the Scholastic Book Fair during the Parents' Evening in the school hall.

## MUFTI Day - Friday 25th October

Next Friday is a non-uniform day to celebrate Black History Month and International Day. Children are welcome to wear red, yellow or green or cultural clothing to celebrate either event.

1RA and  
4BS Class  
assemblies  
next week

## Early Years Morning Drop Off

Nursery and Reception children should come to school via the Nursery gate in the morning. Reception families using the Marsh Lane gate will be allowed to walk their child to class, please then exit via the Nursery gate to help maintain a one-way flow.

## Headteacher's Coffee Afternoon Wednesday 6th November (2pm-3.15pm)

The next parental coffee session with Ms Inniss will be on Wednesday 6th November from 2pm-3.15pm. The focus will be on how we can improve Whitchurch and the ideas gathered from the community will help to inform our school development plan.

If you would like to attend this session please complete the School Spider booking form.



# General Notices and Highlights



## Phonics Workshops

We will be holding Phonics Workshops for parents/carers as follows:

**Reception - Monday 11th November at 9am**

**Year 1 and 2 - Friday 15th November at 9am**

## Penalty Notice Fines for Unauthorised Absences

Please refer to the 2024 penalty notice fines for unauthorised absences attached to this newsletter.

Follow us on  
Instagram:  
WhitchurchPS



## Holiday HQ - Junior Adventures Group

A reminder that Junior Adventures Group are launching **Holiday HQ** this half term. Please refer to the poster attached to this newsletter for more information.

## The Whitchurch Woodland - Planning Meeting Monday 21st October (2.30pm-3.20pm)

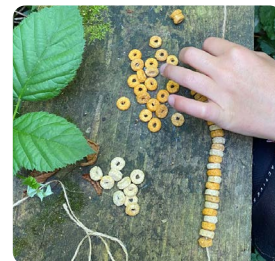
Calling all DIY enthusiasts, carpenters, builders, gardeners and landscapers! We need your help!



Whitchurch Primary School and Nursery has a lovely eco garden at the back of the school. We want to renovate this amazing space and turn it into our own outdoor learning area... **THE WHITCHURCH WOODLAND!**

In this area we will provide life skills and support the development of a lifelong relationship between the learner and the natural world. We have a plan on how to bring this space alive for the intended activities and invite anyone who is interested in volunteering their services to discuss this plan.

We hope to see you at the meeting on Monday!



# Dates for your Diary

Autumn  
1st/2nd



Monday 21st October	2SA and 2ST visit to Woodland Forest School Whitchurch Woodland Meeting (2.30pm-3.20pm)
Tuesday 22nd October and Wednesday 23rd October	Parents' Evening
Thursday 24th October	2KK and 2DN visit to Woodland Forest School Year 6 Holocaust Visitor
Friday 25th October	Mufti Day (Black History / International Day theme) Year 6 Holocaust Visitor
Tuesday 5th November	Year 2 Africa Day
Wednesday 6th November	Headteacher's Coffee Afternoon (2pm-3.15pm)

Staff  
Training Day  
Monday 4th  
November



More  
dates can be  
viewed on  
our calendar  
here

## Autumn Class Assemblies

View class  
assemblies on  
our calendar  
here

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

Tues 22nd Oct	1RA
Tues 12th Nov	1SM
Tues 26th Nov	2DN

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

Thurs 24th Oct	4BS
Thurs 14th Nov	5SK
Thurs 28th Nov	6CM

# Whitchurch Star Pupils



Well done to our stars of the week, who have been selected for excellent work and demonstrating our school values

1RA Aadi  
1SM Zayden  
1PD Rishil  
1IN Kiera

2ST Guga  
2KK Yahya  
2DN Shri  
2SA Vaani and Neel

3NL Andrei  
3SH Elias  
3LA Zackaria  
3SM Sofia

Respect  
Responsibility  
Resilience  
Honesty  
Generosity  
Aspiration

4BS Yasin  
4XL Riyansh  
4PC Kiaan  
4ND Idris and Samuel

5SK Elizabeth  
5SC Saisha  
5TG Chizri and Yashvi  
5RC Eduard

6HH Fariha  
6ET Aman  
6HA Ghadder  
6CM Jeysey

Shout out to Mariam, Emily, Hawa, and Sienna (6HH) and Faith (6ET) who have shown their generosity in sorting, labelling and organising books during their lunchtimes.



## Attendance Stars

Whole  
School  
94.7%

This week's  
attendance  
stars are  
4XL (97.5%)

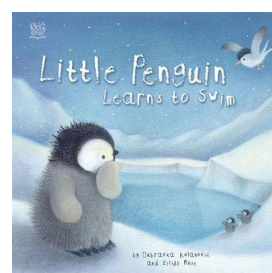
# Spotlight on Year 3

Year 3  
are exploring  
our values in  
action

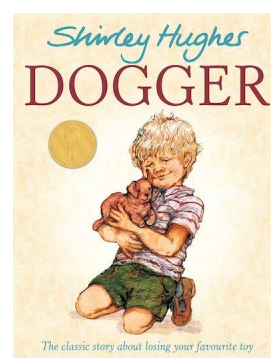


## 'Little Penguin Learns to Swim' and 'Dogger'

We started this term by reading books related to the Whitchurch values. Our first book was 'Little Penguin Learns to Swim' by Eilidh Rose. A very sweet story which demonstrated the value of resilience. We discussed the importance of not giving up and also that often when you worry about something, it turns out to be not so bad in the end. The children were able to use parts of the text as a model to draft their own sentences and paragraphs about resilience.



Then we moved onto the much loved story 'Dogger' by Shirley Hughes, a wonderful story about disappointment and generosity. The children enjoyed writing about their own favourite cuddly toys using excellent description.



*Mrs Selby (Year 3 Class Teacher)*

## Year 3 Views

"I loved it when Dave found Dogger and returned home safely with him. Dave kept looking for Dogger and never gave up!" Maariyah (3SM)

"My favourite part was when little penguin learnt how to swim again by practising. He never gave up!" Kayden (3SM)

"Dogger is lovely because he's a really fluffy toy. I felt bad for Dave when he lost Dogger but I was happy when he found him." Riya (3NL)

"I like when little penguin is brave and resilient. He teaches us to never give up!" Aarshay (3NL)



# Spotlight on Music

**Music Captains:**  
Anahi-Lily (5TG)  
Veer (5TG)  
Emily (6HH)  
Reyansh (6HA)



## Music News

Our Music programme is fully underway this term! Weekly lessons are now being held for all year groups, including our Year 4 pupils in the clarinet and trumpet programme. Every Friday morning we hold Music assemblies where we celebrate musical achievements and all year groups take part in singing and vocal warm-ups.

Instrumental lessons have also resumed, offering a wide variety of instruments taught each week. We currently have a limited number of spaces for violin, flute, clarinet, trumpet, saxophone, singing, drum kit, guitar, recorder, harmonium and tabla. We would also like to offer lessons on classical percussion instruments, including marimba. If you are interested in signing up for January, please contact me directly.

We are excited to see our more advanced musicians participating in the instrumental ensembles as they begin preparations for our Winter Concert. Both the Junior and Senior Choirs have reached full capacity and are a joy to lead, with their dedication over the past few years truly evident. Also many congratulations to the following Year 6 children for their wonderful instrumental performances during International Evening: Dylan and Martha (trumpet); Emily, Saavir and Aman (saxophone) and Adrian (electric guitar). With another musically busy year ahead, we look forward to a variety of events and inspiring opportunities for all our pupils!

**Mrs Leutfeld**  
**Director of Music**

**Clockwise: Rock Band,  
Wind Band, Percussion,  
Guitar & Orchestra**



# Support for Families

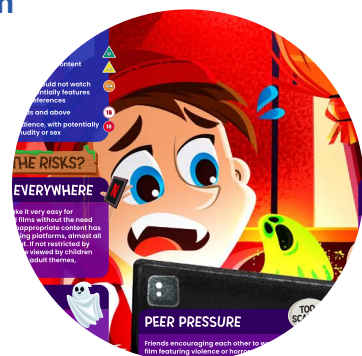


## Horror Films and Age Ratings

Ofcom's latest Media Use and Attitudes Report states that most children can watch streamed films on a mobile device both in and out of the home, with 80% of UK children watching films on phones, tablets or laptops. That's a lot of youngsters who might be using their own gadgets to watch something suitably spooky this Halloween season or perhaps, something a little too frightening.

The emotional and psychological impacts of viewing age-inappropriate content can be severe. It's vital for parents and educators to know how to keep the children in their care as safe as possible while young people explore new, potentially grittier or darker, pieces of media.

Please refer to the poster attached to this newsletter, which breaks down the risks of viewing age-inappropriate content, with a particular focus on horror, and offers expert advice on how to limit youngsters' exposure to material that might upset or disturb them.



## Football Sessions (including SEND)

- Wealdstone Youth FC - SEND Football Sessions (Saturdays, 10am-11am)
- Ickenham Youth FC - Pan-disability (Wednesdays 5.30pm-6.30pm)
- Barnet FC Half Term Camp at The Hive (Monday to Friday, 10am-3pm)
- Girls Only Football at The Hive for Years 4-6 (Thursday 5pm-6pm)





# Support for Families



## Reconnecting time

Children naturally look to their parents for nurturing and guidance. It is a stressful and anxious time for most people and sometimes we forget to reconnect with our children, asking how they feel or just opening conversation about their day, allowing time to reconnect with each other. Maybe we have forgotten how we feel ourselves; have you had 5 minutes to check in with your feelings today? Take a few breaths, pause and ask yourself how you are doing today.

Try to spend half an hour of Special Time, one-on-one, every day or as often as you can. Take it in turns to talk and to listen, maybe engage in an activity that is fun! It does not always have to be just talking, reconnecting is about finding ways to enjoy the time together, it might bring a smile to your face, embrace the fun.

### 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**



### HSCP: London Winter Walk Saturday 25th and Sunday 26th January 2025



Help Schools Counselling Partnership to raise much needed funds by joining the London Winter Walk. We are looking for participants to walk, jog or run: *Full Marathon / Half Marathon / 10K / Sunday Family 5K*

To sign up please contact **info@schoolscounsellingpartnership.co.uk**



# Penalty Notices for Unauthorised Absences

2024  
updates:  
what you  
need to  
know

With the introduction of the new National Framework for Penalty Notices, the following changes will come into force for unauthorised absences that occur after 19th August 2024.

## 5 consecutive days of Term Time Leave

Fines  
will be  
issued  
for:

Penalty Notice fines will be issued for term time leave of 5 or more consecutive days *(or for fewer days where this has happened before)*.

## 10 sessions of Unauthorised Absence in a 10 week period

Penalty Notice fines will be considered where there have been 10 sessions of absence in a 10 week period.

Fines  
will be  
issued  
to:

## Each parent/carer - for each child

Penalty Notice fines will be issued to each parent/carer, for each child who was absent.

*For example: 3 siblings absent for term time leave will result in each parent/carer receiving 3 separate fines.*



### First Offence

The first time a Penalty Notice is issued for Term Time Leave or irregular attendance the amount will be:

**£160 per parent/carer,  
per child when paid  
within 28 days.**

***(reduced to £80 per  
parent/carer, per child  
if paid within 21 days)***

### Second Offence (within 3 years)

The second time a Penalty Notice is issued for Term Time Leave or irregular attendance the amount will be:

**£160 per parent/carer,  
per child when paid  
within 28 days.**

***(no option to pay  
at £80 level)***

### Third Offence (and any further offences within 3 years)

The third time an offence is committed for Term Time Leave or irregular attendance a Penalty Notice will not be issued. the case will proceed to the Magistrates' court.

***Magistrate's fines can  
be up to £2,500 per  
parent/carer, per child.***

Please refer to our **Attendance and Punctuality Policy** and speak with the school if you are thinking of taking your child out of school during term time. You will need to make a written request to take your child out of school and any leave of absence will need to be agreed by the Headteacher before it is given.

# Junior Adventures Group - Holiday HQ

**HOLIDAY HQ**  
**DESTINATION IMAGINATION**

Send your children to a cosmos of creativity this October Half Term!  
Scan to find out more and secure your spot.

Junior Adventures Group

## Introducing Holiday HQ Destination Imagination!

Holiday HQ is the ultimate destination for kids looking for an unforgettable break from the school routine this Autumn!

Join us for a journey to imagination and beyond this October Half Term. Whether you're testing your sports skills, learning magic tricks, or heading out on exciting excursions, every day is an adventure waiting to happen.

## Check out some of the exciting activities on offer



Dress up as your favourite superhero! Make your own comic and enjoy superhero-themed activities as we support, and raise money for, Action for Children.



Create and showcase your own invention at our science fair.



Design your own magical map, craft a custom compass, and join in some spooky-themed adventures!



On your marks, get set, go! We've teamed up with scientists for a thrilling experiment, where you'll build your own race car and track to take home.



Celebrate the last day of Holiday HQ with an epic glow-in-the-dark bowling bash and a party packed with fun! Enjoy charades, theatre sports, and lots of exciting activities with your friends.



## JOIN US IN THE COSMOS!

Scan to find out more and secure your spot.



## JAG HHQ

October Half Term Activity Schedule

Dates & Times Apply please check the website for your desired venues specific operating details

For more detailed information about our programme and Special Events, please contact our friendly customer care team.

hello@junioradventuresgroup.co.uk

0333 577 1533

HOURS: 8:30AM TO 5:30PM  
MONDAY TO FRIDAY



Scan for further information and to secure a spot in one of our HHQ programmes today!

## Week 1 Schedule

Imagine if you are...

### MONDAY



#### AN INVENTOR

Create and showcase your own invention at our science fair.

### TUESDAY



#### A SUPERHERO

#### SPECIAL EVENT: ACTION FOR CHILDREN FUNDRAISER

Dress up as your favourite superhero! Make your own comic and enjoy superhero-themed activities as we support, and raise money for, Action for Children.

### WEDNESDAY



#### A SPEED RANGER

#### MAKE & TAKE: SPEED RACER CAR

On your marks, get set, go! We've teamed up with scientists for a thrilling experiment, where you'll build your own race car and track to take home.

### THURSDAY



#### ON AN ADVENTURE QUEST

Gear up for an exciting journey! Design your own magical map, craft a custom compass, and join in some spooky-themed adventures!

### FRIDAY



#### AT AN IMAGINATION PARTY

Celebrate the last day of Holiday HQ with an epic glow-in-the-dark bowling bash and a party packed with fun! Enjoy charades, theatre sports, spooky-themed fun, and lots of exciting activities with friends.



# Horror Films and Age Ratings

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](https://nationalcollege.com).

## What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

### CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

### WHAT ARE THE RISKS?

#### STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

#### FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

#### PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

#### CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

#### PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

## Advice for Parents & Educators

### WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

### REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them: this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

### DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

### USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

### Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>

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