

Whitchurch Weekly



Message from the Headteacher

25th Oct
2024
Issue 8

Dear Whitchurch Families,

I can hardly believe that the first half term of the school year has finished. It has been a busy and productive beginning to the year and I can already see the progress that children are making.

It has been a pleasure to welcome new families to Whitchurch and see how well children have settled into Nursery and Reception as they start their journey through the school with us.

The enrichment opportunities around our curriculum have already begun with children taking part in trips, workshops and local walks - such as the London Transport Museum, Buckingham Palace, Imperial War Museum, Woodland Forest School, road safety shows and Year 4 Viking workshop. We will continue to use public transport as much as possible so we can offer a range of opportunities across the school year while keeping these affordable.



International Evening was a huge success and highlighted the positive strength of the community. We are lucky to have Friends of Whitchurch (FoW) to support us in bringing the community together whilst raising valuable funds to improve the school.

We are currently focusing on ways to make the most of our outside environment in the school. FoW are helping us to improve our break and lunch time provision by



Visit
OPAL Play
Programme
website
here



funding for us to take part in the OPAL play programme. Donations you have already made - and continue to make over the school year - will be used to directly support this project. We will be sharing more about this in the Spring term but please see the link above for more information.

We are also redeveloping our Eco Garden into the 'Whitchurch Wild Area' and Mrs Portou is championing this project. The idea is to get this area of the school back up and running as soon as we can so we can run Forest school sessions, a gardening club and much more. Please sign up to help donate your time or resources to this great cause!



If you haven't already, please sign up for my next Headteacher session 2pm on the Wednesday 6th November via the School Spider form. This will be your opportunity to help shape the vision for the school over the next 2 to 3 years.



Thank you again for your ongoing support and for sharing your views and ideas with me.

I hope you have a wonderful half term and if you are celebrating Diwali or Bonfire night you do so joyfully and safely.

Ms Rachel Inniss
Headteacher



Staff
Training Day
Monday 4th
November

Follow us on
Instagram:
WhitchurchPS



General Notices and Highlights



Gate opening times

After half term the gates will be opening just before **8.40am** in the morning and continuing to close at **8.55am**. Lessons start promptly so please ensure your child arrives before 8.55am to ensure no learning time is lost.

Email Contact Changes - from Monday 4th November

From Monday 4th November, please use the new email addresses to contact key staff (including our leadership team and year leaders). These can be found on **page 10**.

International Evening Profits

Many thanks to Friends of Whitchurch, who have raised profits of **£850** from International Evening last week.

Flu Vaccination Programme

Flu vaccinations will take place on Tuesday 12th November. Please ensure you complete the consent form via School Spider.



Staff
Training Day
Monday 4th
November

Parents' Evening Survey

Please complete our parental survey via the following link if you did not get a chance to do so at Parents' Evening this week.

Complete
survey
here

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 are able to attend this session please complete the School Spider booking form.



General Notices and Highlights

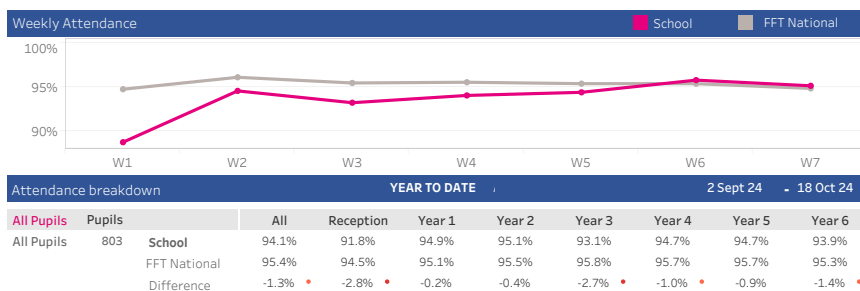


Penalty Notice Fines for Unauthorised Absences

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

Autumn 1 Attendance

This half term the attendance for the whole school is 94.1%.



FoW Bag2School Collection Thursday 7th November (at morning drop off)



Please fill your bin bags with old clothes and return to the main school gate on Thursday 7th November at 8.45am

We accept good quality items for re-use:

- Men's, Ladies' and Children's clothing
- Paired shoes (tied together or elastic band around)
- Bags, Handbags and Jewellery
- Hats, Scarves, Ties and Belts
- Socks and Lingerie
- Household Linen, Curtains, Towels and Bedding (bed sheets, pillow cases and duvet covers)



We DO NOT accept:

- Duvets, Blankets, Pillows and Cushions
- Carpets, Rugs and Mats
- Soiled, painted, ripped or wet clothing
- School Uniforms (with/without logo), Corporate Clothing and Workwear
- Textile offcuts, yarns or threaded materials



Dates for your Diary

Autumn
2nd



Tuesday 5th November	Year 2 Africa Day
Wednesday 6th November	Headteacher's Coffee Afternoon (2pm-3.15pm)
Thursday 7th November	FoW Bag2School Collection
Monday 11th November	Reception Phonics Workshop (9am)
Thursday 14th November	4PC and 4XL visit to Hampton Court Palace
Friday 15th November	Year 1 and 2 Phonics Workshop (9am) 4BS and 4ND visit to Hampton Court Palace
Wednesday 4th December	Winter Music Concert (5pm-6pm)
Wednesday 11th December	Christmas Lunch Day
Thursday 12th December	FoW Winter Fair (5pm-7pm)
Monday 16th December	Reception Carol Concert (9.15am)
Tuesday 17th December	Carol Concert (Years 1 to 3 at 9.15am; Years 4 to 6 at 2.45pm)
Wednesday 18th December	Carol Concert (Years 1 to 3 at 9.15am; Years 4 to 6 at 2.45pm)



Autumn Class Assemblies

View class
assemblies on
our calendar
here

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

Tues 12th Nov 1SM
Tues 26th Nov 2DN

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

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 Emma
1SM Lois
1PD Timeea and Avya
1IN Mariam

2ST Xavi
2KK Filip
2DN Iosif
2SA Zane

3NL Andreea
3SH Sara
3LA Reeva
3SM Nitya

Respect
Responsibility
Resilience
Honesty
Generosity
Aspiration

4BS Lara
4XL Jia
4PC Ansh
4ND Nikita

5SK Leon
5SC Darius
5TG Hamdan
5RC Amiya

6HH Gabriel
6ET Orzala
6HA Aisha
6CM Dylan

Many thanks to the following members of School Council for their great support at Parents' Evening: Tia (4PC), Aanya (4XL), Rian (5RC), Jay (5TG), Neel (6ET), Rhys (6HA) and Aaran (6CM)

Attendance Stars

Whole
School
94.5%

This week's
attendance
stars are
4XL (97.7%)



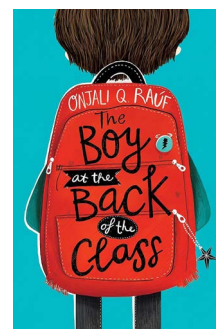
Spotlight on Year 5

Year 5
are reading
'The Boy at
the Back of
the Class'



'The Boy at the Back of the Class'

'The Boy at the Back of the Class' by Onjali Q. Raúf tells the story of a young girl, Ahmet, a refugee who joins a new school and faces challenges related to his traumatic past and cultural differences. The narrative highlights themes of empathy, friendship, and resilience, emphasizing the importance of mental well-being in overcoming adversity.



The book links to mental and physical well-being by illustrating how supportive relationships can positively impact individuals who have experienced trauma. Ahmet's classmates, particularly the protagonist, advocate for kindness and understanding, fostering an environment that promotes emotional healing. The story also addresses the physical implications of stress and fear in refugees, reinforcing the need for safe spaces where children can thrive. Overall, it underscores the significance of community support in nurturing both mental and physical health, particularly for those facing hardship.

Mrs Cumming (Year 5 Class Teacher)

Year 5 Views

"This book teaches us about resilience because the protagonist went to the measure of even pursuing the queen's guards!" Ankush (5SK)

"I love this story. It teaches me how to feel empathy for others who have suffered a terrible war and lost their family." Saanvi (5SC)

"I like the twists and turns in the story like he faints in the car and there is a problem after he gets out." Dylan (5TG)

"I thought the story would be like a quest but it was about saving a boy and that surprised me." Shaurya (5SC)

Support for Families



Building Emotional Resilience

Facing unpleasant feelings can be a challenge, even for adults - let alone for children and young people, whose minds are still developing. To many youngsters, a mistake in an exam, a hurtful word or even losing in a game can sometimes feel like the worst thing in the world, causing them to react accordingly.

However, this isn't always an effective way to deal with difficult emotions or life's setbacks, so it's important that parents and educators are able to impress a healthy approach to these feelings on the children in their care.

Please refer to the poster attached to this newsletter, which offers expert tips on how to instil emotional resilience in young people, helping them to learn from unexpected feelings and situations - and to process them in a mature, effective manner.



Spotlight on Sport



Year 5 and 6 Football Tournament

Congratulations to the children who took part in a football tournament this week. Whitchurch were the winners at the Premier League Primary Stars Year 5 & 6 Football Tournament. We thoroughly enjoyed the morning of football and activities and through great teamwork and believing in ourselves we showed we are capable of achieving results!

Miss Wong and Miss Byrne

Support for Families



Developing Friendship Skills

School is the place where children learn to navigate the world of friendships. At this age, alliances often shift and change. Learning to make friends and get along with peers can cause some distress to most children.

It is important to listen to your child's experiences with peer challenges. Instead of telling them what to do, help them problem-solve, and also to clarify and understand their feelings. It is always best to stay away from taking sides with either child - offer empathy for all of your child's feelings, and also reflect together on how their peer might be feeling. Coach your child to stand up for themselves using their words and help them learn to express their needs rather than attacking their friend. It is helpful to practise this together!

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@schoolsounsellingpartnership.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@schoolsounsellingpartnership.co.uk**

Key Contacts

Please use our
updated email
addresses from
4th November



Ms R Inniss (Headteacher)	head@whitchurchps.co.uk
Mr M Thompson-Lawrie (Deputy Headteacher)	deputy@whitchurchps.co.uk
Mrs D Qudsiyeh (AHT Inclusion)	sendco@whitchurchps.co.uk
Miss N Ward (AHT Early Years)	nward@whitchurchps.co.uk
Miss R Francis-Dottin (AHT Years 1-3)	rfrancisdottin@whitchurchps.co.uk
Mrs K Portou (AHT 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 E Leutfeld (Director of Music) Music Department	eleutfeld@whitchurchps.co.uk music@whitchurchps.co.uk
Friends of Whitchurch	FoW@whitchurchps.co.uk
All enquiries	office@whitchurchps.co.uk
Pupil absence due to illness	absence@whitchurchps.co.uk
Exceptional leave	attendance@whitchurchps.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.

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 YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

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