

Whitchurch Weekly

13th Dec
2024
Issue 14



Radio Station Launch - School Council

Our School Council class representatives have been working hard over the past few weeks to set up and learn how to use our radio station with the support of Mr Leigh and Ms Liu. The children had the exciting task of interviewing our Headteacher Ms Inniss yesterday and we shall look forward to this session being broadcast before the end of term. School Council have previously been working on our school lunch survey earlier this term - taking an involvement in the survey design, gathering children's ideas and reviewing the findings. Well done School Council!



Friends of Whitchurch



Winter Fair Highlights

Thank you to everyone who came to our Winter Fair, it was a fantastic success and great to see everyone enjoying some festive fun and entertainment. The reindeer and Santa's Grotto were particular highlights of the evening!

Festive Bake Off Competition Winners

Congratulations to the winners of the Festive Bake Off Competition:
**3rd prize - Ava (4ND) and Siyana (4BS); 2nd prize - Austin (2SA);
1st prize - Maysa (1SM) and Zakaria (5SC)**

FoW have raised approx. **£3800** from the Winter Fair!



General Notices and Highlights



Carol Concerts

A reminder that next week we shall be hosting our carol concerts.
Please arrive 10 mins before the start of the performance and ready to begin.
Reception - Monday at 9.15am
Years 1 to 3 on Tuesday and Wednesday at 9.15am
Years 4 to 6 on Tuesday and Wednesday at 2.30pm
(see dates for the diary for your child's class)

Winter Music Concert Videos

Videos of performances from last week's Winter Music Concert can be viewed on the Music Enrichment page of our website.

View Winter
Music Concert
videos here

Spring Lunch Menu

Please see our new Lunch menu for the Spring term on **page 8**. Following feedback from the parental session at the beginning of the term, we have worked with Coombs to create a menu with less beef. On days when beef is served, a vegetarian alternative that is popular with the children (such as Macaroni Cheese) will also be offered. On other days, the vegetarian equivalent will be served.

Fundraising for Riya's Rainbows Day

Thank you to everyone who supported Riya's Rainbows with donations on our recent non-uniform day. With your support we have raised **£1052.46**, which will be used to support medical care at Great Ormond Street Hospital as well as grieving families.



End of Term for Nursery

A reminder that the end of term for Nursery is on Thursday.

Penalty Notice Fines for Unauthorised Absences

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

Last day
of term
Friday 20th
December
(2pm finish)

Spotlight on Music

View Winter Music Concert videos here



Music Exams

Many congratulations to our musicians who have successfully passed their graded exams this term:

- Nkiruka 6CM - Grade 1 Singing with Merit
- Emily 6HH - Grade 4 Saxophone with Merit
- Saavir 6HH - Grade 4 Saxophone with Merit
- Aman 6ET - Grade 4 Saxophone with Merit
- Shayn 6HH - Grade 2 Piano with Merit



Christmas Jumper Day



Follow us on Instagram:
WhitchurchPS



We got into the festive spirit - wearing our Christmas jumpers and enjoying Christmas lunch together with all the trimmings!

Spotlight on Year 3

Year 3
are learning
about the
Stone Age



Prehistoric Paintings

This half term in Art we have been learning about prehistoric paintings. We have tried to recreate the style of cave paintings using charcoal and natural pigments. The children particularly enjoyed mixing their own colours using spices such as turmeric, saffron, cinnamon and dill. They have learnt about scaling up drawings and also about adding texture so that the background looks and feels like a cave. The topic has enhanced their artistic skills and their history learning about the Stone Age.

Mrs Selby (Year 3 Class Teacher)



Year 3 Views

"We are learning about how to use paint with natural resources. We are learning about this because we were exploring how stone age people use natural things to create paints. My favourite part was using spices with a mixture of flour and water to make paint." Avyaan

"We were learning about prehistoric art. We learnt how to draw animals like the Stone Age people did. We drew owls, badgers, foxes and birds. my favourite part was drawing the owl." Shanaya

"We are learning about the Stone Age and their prehistoric art. We learnt all about the animals they drew. We used grass, sticks, berries and leaves to colour. My favourite part was when we drew the animals." Nitya



Year 5
spotlight
next week

Dates for your Diary

Autumn
2nd



| | |
|-------------------------|---|
| Monday 16th December | Reception Carol Concert (9.15am) |
| Tuesday 17th December | Carol Concert (1PD, 1IN, 2SA, 2DN, 3NL & 3LA at 9.15am; 4BS, 4ND, 5RC, 5SC, 6ET & 6CM at 2.30pm) Reception visit to the Post Box |
| Wednesday 18th December | Carol Concert (1SM, 1RA, 2ST, 2KK, 3SM & 3SH at 9.15am; 4XL, 4PC, 5TG, 5SK, 6HA & 6HH at 2.30pm) |
| Thursday 19th December | Class Christmas Parties (1pm-3pm) |



Spring Class Assemblies

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

| | |
|---------------|-----|
| Tues 14th Jan | 3SM |
| Tues 28th Jan | 2SA |
| Tues 11th Feb | 1PD |
| Tues 25th Feb | 3SH |
| Tues 11th Mar | 2KK |
| Tues 25th Mar | 1IN |

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

| | |
|----------------|-----|
| Thurs 16th Jan | 6ET |
| Thurs 30th Jan | 4PC |
| Thurs 13th Feb | 6HA |
| Thurs 6th Mar | 5TG |
| Thurs 20th Mar | 4XL |

Whitchurch



Star Pupils



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



1RA Dina
1SM Amber
1PD Evelyn
1IN Nathan

2ST Mikayla
2KK Saman
2DN Aisha
2SA Vedanshi

3NL Shayan
3SH Maanit
3LA Whole Class
3SM Muhra

Respect
Responsibility
Resilience
Honesty
Generosity
Aspiration

4BS Fedor
4XL Ilinca
4PC Dheven
4ND Musa

5SK Manahil
5SC Saisha
5TG Yousif
5RC Rebeca

6HH Diyaani
6ET Toby
6HA Thomasina
6CM Avni

Attendance Stars



This week's
attendance
stars are
5SC (97.2%)

Whole
School
94.6%

Top tip

Make sure that your child is
in school every day, on time
and ready to learn!

Spring Lunch Menu



Allergens are listed on our website (click here)



Salad bar and bread available daily

| | WEEK ONE 06/01, 27/01, 24/02, 17/03 | WEEK TWO 13/01, 03/02, 03/03, 24/03 | WEEK THREE 20/01, 10/02, 10/03, 31/03 |
|------------------------|--|--|---|
| MONDAY MAINS | <p>Chicken Pesto (Nut Free) Pasta, with Broccoli</p> <p>Vegetarian Lasagne with Broccoli (V)</p> <p>Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad</p> <p>Apple Flapjack</p> | <p>Chicken Burger, with Jacket Wedges & Green Beans</p> <p>Vegetable Burger, with Jacket Wedges & Green Beans (V)</p> <p>Pasta with Tomato Sauce</p> <p>Rice Crispie Cake</p> | <p>BBO Chicken Pizza, with Diced Potatoes & Peas</p> <p>Margherita Pizza, with Diced Potatoes & Peas (V)</p> <p>Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad</p> <p>Sultana Shortbread</p> |
| DESSERT | | | |
| TUESDAY MAINS | <p>Turkey Korma Curry, with Jewelled Rice & Green Beans</p> <p>Sweet Potato & Chickpea Curry, with Jewelled Rice & Green Beans (V)</p> <p>Pasta with Tomato Sauce</p> <p>Tropical Fruit Salad</p> | <p>Beef Bolognese Pasta Bake with Peas</p> <p>Macaroni & Cheese, with Garlic Bread & Peas (V)</p> <p>Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad</p> <p>Tropical Fruit Salad</p> | <p>Lamb Hot Pot with Green Beans</p> <p>Lentil Hot Pot with Green Beans (V)</p> <p>Pasta with Tomato Sauce</p> <p>Tropical Fruit Salad</p> |
| DESSERT | | | |
| WEDNESDAY MAINS | <p>Beef Meatloaf, with Mashed Potatoes, Peas & Gravy</p> <p>Roasted Carrots, Coriander & Lentil Loaf, with Roast Potatoes, Peas & Gravy (V)</p> <p>Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad</p> <p>Strawberry Jelly</p> | <p>Roast Turkey, with Roast Potatoes, Carrots, Savoy Cabbage & Gravy</p> <p>Roasted Root Vegetables Wellington, with Roast Potatoes, Carrots, Savoy Cabbage & Gravy (V)</p> <p>Pasta with Tomato Sauce</p> <p>Rainbow Vanilla Cake</p> | <p>Roast Chicken, with Roast Potatoes, Broccoli & Cauliflower</p> <p>Roast Quorn, with Roast Potatoes, Broccoli & Cauliflower (V)</p> <p>Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad</p> <p>Raspberry jelly</p> |
| DESSERT | | | |
| THURSDAY MAINS | <p>Chicken Shawarma Wraps, with Diced Potatoes & Sweetcorn</p> <p>Falafel Wraps with Diced Potatoes & Sweetcorn (V)</p> <p>Pasta with Tomato Sauce</p> <p>Chocolate & Pear Traybake</p> | <p>Chicken & Vegetable Pie, with Mashed Potatoes & Broccoli</p> <p>Cheese & Potato Pie with Broccoli (V)</p> <p>Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad</p> <p>Peach Cobbler</p> | <p>Singapore Turkey, with Noodles & Sweetcorn</p> <p>Singapore Tofu, with Noodles & Sweetcorn (V)</p> <p>Pasta with Tomato Sauce</p> <p>Apple & Raspberry Crumble</p> |
| DESSERT | | | |
| FRIDAY MAINS | <p>Fish Fingers, Chips, Baked Beans or Peas</p> <p>Cheese & Onion Lattice, Chips, Baked Beans or Peas (V)</p> <p>Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad</p> <p>Cherry Shortbread</p> | <p>Battered Fish, Chips, Baked Beans or Peas</p> <p>Veggie Sausage Roll, Chips, Baked Beans or Peas (V)</p> <p>Pasta with Tomato Sauce</p> <p>Strawberry Mousse</p> | <p>Fish Stars, Chips & Baked Beans or Peas</p> <p>Cheese & Tomato Pinwheel, Chips & Baked Beans or Peas (V)</p> <p>Jacket Potato with Cheese, Baked Beans or Tuna Mayo with Side Salad</p> <p>Ginger Cookies</p> |
| 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 PARTNERSHIP



Staff

Snapshot



Name: Rhea Chauhan D'Souza
Role: Year 5 Class Teacher 

All about me

I've lived in Harrow my whole life and attended local schools - my journey even started at Whitchurch Nursery! Growing up, I was lucky to have some truly amazing teachers who inspired me to follow in their footsteps. That spark led me to study Psychology at university and then dive straight into my PGCE. Once I stepped into the classroom, I knew I'd found my calling. Teaching is where my heart is, and I'm so excited to share that passion every day!

I have a younger sister, Shanae, who I like to think of as my custom-made best friend (whether she likes it or not). Growing up, we definitely didn't always see eye to eye, it was a bit of a sibling battle zone. But now? I can't imagine a single day without chatting with her or, let's be honest, finding some way to lovingly annoy her!

Hobbies and interests

In my spare time, I love exploring art galleries and exhibitions. One of my all-time favorites has to be Entangled Pasts at the Royal Academy of Arts - it was such a powerful exhibition, and I learned so much from it. Alongside admiring art, I also enjoy drawing and painting when I get the chance. I even started a 'cookbook,' but somewhere along the way, it turned into more of an art book with drawings than actual recipes! Speaking of cooking, I love it (baking, not so much). Let's just say I'm much better at eating baked goods than making them! I also enjoy going on long walks with friends and exploring my local area, usually because I give the wrong directions! It usually works in our favour however, because we manage to find some really cool spots and have some fun stories to tell afterwards.



Best part of my role

I absolutely love working as a class teacher because every day is an opportunity to make a positive impact on young minds. Watching my pupils grow in confidence, discover their strengths, and achieve things they never thought possible is incredibly rewarding. No two days are ever the same. There's always a new challenge or moment of joy that keeps the job exciting. Being able to create a supportive, fun, and inspiring environment for my pupils is what makes teaching so fulfilling for me.

Support for Families

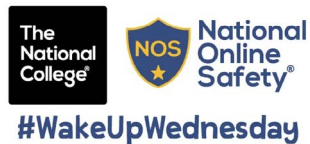


Safety over the Festive Season

The holiday season is fast approaching! While we hope you're excited to relax and enjoy some well-earned rest with friends and family, it's still vitally important that we do all we can to safeguard the children and young people in our care over the festive period.

However, it can be tricky to know what specific steps we can take to ensure our winter break is as calm and risk-free as possible.

Please refer to the poster attached to this newsletter for expert advice on keeping youngsters safe over the festive season.



Family Learning Hub Parenting Programme
10 week course starting Tuesday 21st January
(online) or Wednesday 22nd January (in person)
9am to 11.30am



THE FAMILY
LEARNING HUB
GROWING STRONGER TOGETHER

This course supports parents and carers with useful strategies for positive discipline, stress management and improving family dynamics.

www.thefamilylearninghub.com



Support for Families



Help your child feel heard

Children are more likely to follow our rules when they feel we are listening to them. It can be hard right now especially if people are at home together, or it all feels too hectic however, taking a moment to listen to your child will really model how they respond and react to you. Sometimes it's good to think what it's like when us as adults are not heard or listened too, how does that make you feel? This might be how your child feels.

Acknowledge what your child is asking for, even if your answer is 'no'. Offering a choice to your child can be really powerful because they feel they have some control, even if it's small.

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 Sunday 26th January 2025

Help Schools Counselling Partnership to raise awareness of their services and 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**



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

SAFETY OVER THE FESTIVE SEASON.

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

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