

Whitchurch Weekly

25th Apr
2025
Issue 28



Whitchurch Radio - Our Favourite Jokes!

School Council have had lots of fun putting together their third radio show, all about jokes. They collected jokes (and in some cases, riddles) from children across the school then selected their top 8 for the show. You can listen to this via the news feed on the homepage of our website - we hope you enjoy it!



Listen to
our latest
radio show
here



Follow us on Instagram!
WhitchurchPS



GARETH P. JONES



ROAD SAFETY SHOW



ANCIENT GREECE DAY



YEAR 3
VR VOLCANO WORKSHOP

Enrichment Highlights



3NL visit to Pizza Express

This week, 3NL had an exciting trip to Pizza Express in Stanmore where they became mini pizza chefs for the day! They had the opportunity to create their very own margherita pizzas - carefully spreading tomato sauce and topping their dough with just the right amount of cheese.

While the pizzas baked in the oven, the children put their pizza knowledge to the test. Some wowed the staff by recalling impressive facts about the history of pizza, including the story of the very first margherita pizza made for Princess Margherita of Italy. The group also enjoyed lively discussions about their favourite pizza spots and toppings - sparking a fun debate over which flavours truly reign supreme!

Once their pizzas were ready, the highlight of the morning was, of course, devouring their delicious, handmade creations. Many were pleasantly surprised at just how tasty their own pizzas turned out to be - some even declaring them the best they'd ever had! A fantastic day full of learning, laughter and lots of cheese!

Miss Lakhani

"What I enjoyed about the trip to Pizza Express was when we had the quiz about pizza where we learnt how pizza was created and made. I also enjoyed making the pizza and finding out what five ingredients are needed to make the dough." Aarshay



General Notices and Highlights



Summer 1 Topic Maps

Please refer to the year group pages of our website for an overview of your child's topics this half term, as well as P.E. days.

[View Summer 1 topic maps here](#)

School Uniform

Please ensure that children wear black school shoes to school - trainers can only be worn on P.E. days. No jewellery should be worn during P.E. lessons (a Karra band must be covered by a sweatband and Hindu sacred threads must be worn underneath a t-shirt/sweatshirt). Thank you for your support.

[3LA and 1PD class assemblies next week](#)

Instrumental Lessons 2025-26

Please note that if you have already submitted an application form for next year's instrumental lessons then no further action is required - your child has been allocated a space on the chosen instrumental lessons.

Year 4 Music Concert: Trumpets and Clarinets

Year 4 will be performing for Year 4 parents/carers on **Friday 9th May** as follows:

4XL and 4PC - 9.15am-9.45am

4ND and 4BS - 10.15am-10.45am

[View our Summer term menu and allergens here](#)

Electronic Medical Notifications

We are introducing a new system to let you know if/when your child needed to visit the Welfare Room during the school day. Please be aware that from Monday, we will only be sending electronic medical notifications via School Spider (no paper slips).

Wraparound Care Feedback - Junior Adventures Group

If you haven't tried Before, After School or Holiday Clubs then Junior Adventures Group would appreciate your feedback to help them shape future plans and to understand the needs of local families. Please complete the 5 minute survey to help JAG to grow and develop their service for you.

[Access JAG survey here](#)

Dates for your Diary

Summer 1



Mon 28th to Tues 29th April	Year 5 residential visit to Woodrow High House
Tuesday 6th May	Year 5 (Girls) Discovery Day at Northwood College
Friday 9th May	Year 4 Trumpets/Clarinets (9.15am and 10.15am)
Monday 12th May	3SH and 3SM visit to Neasden Hindu Temple
Thursday 15th May	FoW Kids' Disco (sessions from 3.15pm to 7pm)
Monday 19th May	3LA and 3NL visit to Neasden Hindu Temple
Tuesday 20th May	5SK and 5RC visit to Kew Gardens
Wednesday 21st May	4PC and 4XL visit to London Zoo 6ET and 6HH visit to the Paradox Museum
Thursday 22nd May	Class Photographs 4BS and 4ND visit to London Zoo 6CM and 6HA visit to the Paradox Museum
Friday 23rd May	Class Photographs 5SC and 5TG visit to Kew Gardens



Class Assemblies

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

Tues 29th April	3LA
Tues 20th May	RBP
Tues 10th June	RLS
Tues 24th June	RTP
Tues 8th July	RWD

Thurs 1st May	1PD
Thurs 8th May	5RC
Thurs 22nd May	5SC

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

Spotlight on Reception

Reception
are learning
about Growth
and Change



Earth Week

This half term our topic is 'Growth and Change' and Reception have been learning about Earth Week. We have been exploring what the Earth is and how to look after it. We learnt 10 things we can do to make the world a better place and how to cut down on pollution. We understand we have to throw rubbish in the bin, turn light switches off, recycle and keep the environment clean.

During the week we have been creating Earth pictures using sponge art, materials and paint. We have also written 'promise wishes to the Earth' of things we will do to look after our planet. Later in this topic we will be learning about the life cycle of plants and will have the chance to plant our own bean!

Mrs Patel, Reception Leader



Reception views

"I will throw rubbish in the bin and turn off the lights." Maya

"I will put the rubbish in the correct bins." Aleena

"I will feed and look after the birds." Veer

"Don't cut the trees." Lorenzo

"Turn off the lights." Neeva

"Do not waste any food." Vivaan

"You have to look after the world by picking up rubbish." Lord

"Switch off the lights when you don't use it." Sofia P

"Don't use too much fuel." Archer

"I can help my world by putting all of the rubbish in the bin." Diyani

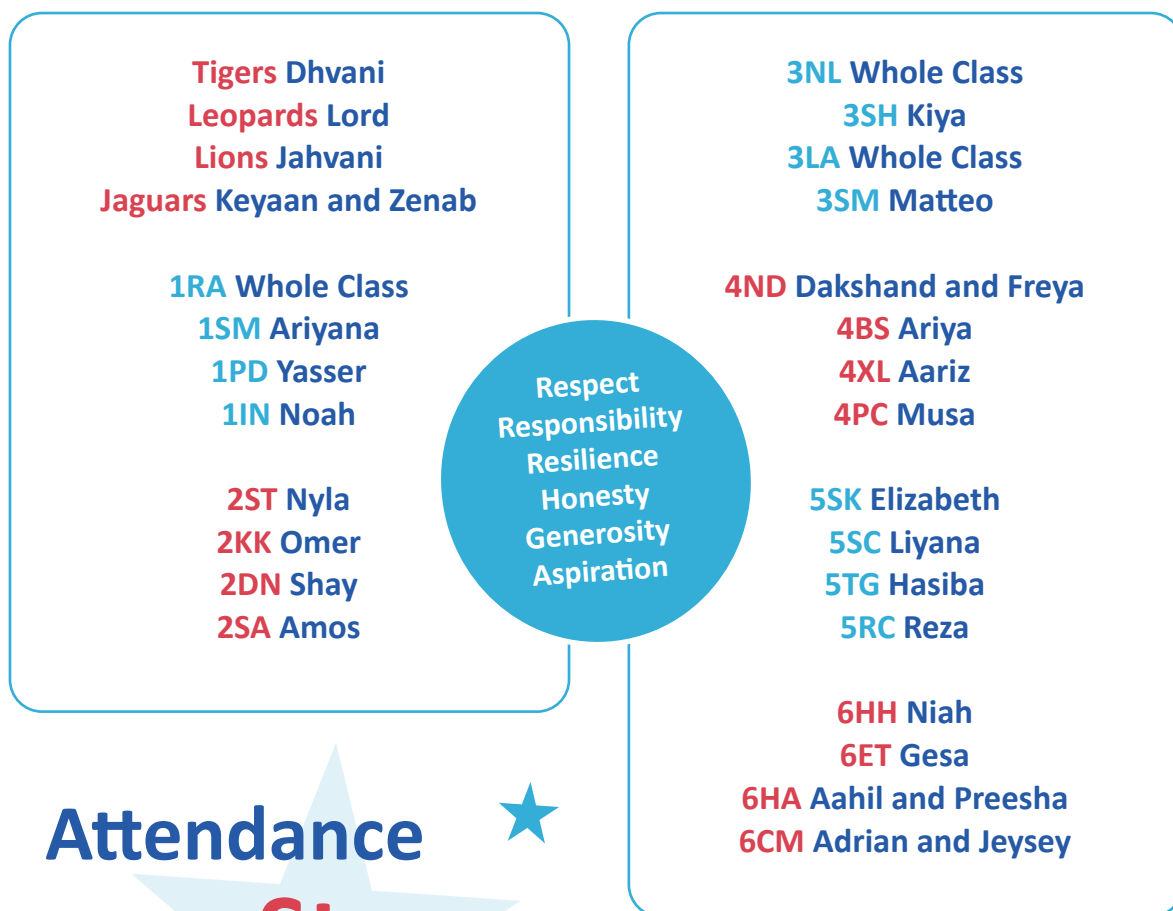
"I can help my world by switching the lights off and turning the tap off so we don't waste water." Sophia



Whitchurch Star Pupils



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



Attendance Stars

This week's
attendance
stars are
4BS (100%)

Whole
School
93.48%



Top tip!

Aim to arrange routine appointments for outside of school hours.

Summer Lunch Menu



Allergens
are listed on
our website
(click here)



Salad bar
and bread
available
daily

	WEEK ONE 21/4, 12/5, 9/6, 30/6	WEEK TWO 28/4, 19/5, 16/6, 7/7	WEEK THREE 5/5, 2/6, 23/6, 14/7
MONDAY MAINS	Chicken Hot Dog, with Potato Wedges & Garden Peas Grilled Cheese Sub, with Potato Wedges & Garden Peas (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Fruity Flapjack (Ve)	Chicken Burger with Jacket Wedges & Green Beans Vegetable Burger with Jacket Wedges & Green Beans (V) (Ve) Pasta & Tomato Sauce (Ve) Cornflake Cake (Ve)	BBQ Chicken & Sweetcorn Pizza with Diced Potatoes & Peas Margherita Pizza with Diced Potatoes & Peas (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Banana Bread Traybake
DESSERT			
TUESDAY MAINS	Turkey Korma Curry, with Jewelled Rice & Green Peas Vegan Lentil & Chickpea Keema Curry with Rice & Green Beans (V) (Ve) Pasta and Tomato Sauce (Ve) Tropical Fruit Salad (Ve)	Beef Hot Pot with Potatoes & Broccoli Macaroni and Cheese with Garlic Bread & Broccoli (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Tropical Fruit Salad (Ve)	Mild Lamb Chilli with 50/50 Rice & Green Beans Mild Vegan Mince Chilli with 50/50 Rice & Green Beans (V) (Ve) Pasta and Tomato Sauce (Ve) Tropical Fruit Salad (Ve)
DESSERT			
WEDNESDAY MAINS	Beef Bolognese, with Pasta & Broccoli Vegetarian Meatballs in Tomato Sauce, with Pasta & Broccoli (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Cherry Shortbread	Chicken Sausage & Mash with Gravy, Peas & Carrots Vegan Sausage & Mash, Peas & Carrots (V) (Ve) Pasta and Tomato Sauce (Ve) Strawberry Mousse	Roast Chicken with Roast Potatoes, with Carrots & Cauliflower Lentil Cheese & Mixed Pepper Roulade with Potatoes, Carrots & Cauliflower (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Raspberry Jelly (Ve)
DESSERT			
THURSDAY MAINS	Chicken Fajita Wraps, with Diced Potatoes & Sweetcorn Quorn Fajita Wraps, with Diced Potatoes & Sweetcorn (V) Pasta and Tomato Sauce (Ve) Chocolate & Pear Traybake	Peri Peri Chicken with Rainbow Rice & Corn on the Cob Peri Peri Quorn with Rainbow Rice & Corn on the Cob (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Jam & Coconut Sponge Cake	Sticky Honey Chicken with Noodles & Broccoli Sticky Honey Tofu with Noodles & Broccoli (V) Pasta and Tomato Sauce (Ve) Jam Sponge
DESSERT			
FRIDAY MAINS	Fish Fingers, Chips & Baked Beans or Peas Cheese & Onion Lattice with Chips, Peas or Baked Beans (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Strawberry Jelly (Ve)	Battered Fish, Chips & Baked Beans or Peas Cheese & Sweetcorn Puff, Chips & Baked Beans or Peas (V) Pasta and Tomato Sauce (Ve) Vanilla Ice Cream	Fish Cake Chips & Baked Beans or Peas Cheese & Tomato Quiche Chips & Baked Beans or Peas (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Chocolate Ice Cream
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) and Vegan options are indicated by the symbol (Ve).

COOMBS
CATERING PARTNERSHIP



Support for Families

Online Safety



Making Friends Online

Making friends online can open doors to exciting new experiences - but it can also expose children to serious risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face.

Please see the poster attached to this newsletter for expert advice on encouraging safer habits, spotting red flags and keeping communication open. It's all about helping children navigate online friendships safely, confidently - and most importantly, happily.



#WakeUpWednesday

Family Learning Hub: Nurturing Parenting Programme

There are some spaces left for the Family Learning Hub's online parenting programme - with a choice of Tuesday or Wednesday morning sessions from 9.45am-12.15pm. For more information please see the links.

Tuesdays
(29 April
to 8 July) -
enrol here

Wednesdays
(30 April
to 9 July) -
enrol here

Hope Harrow Online Workshops

Parenting for Separated Parents - Tuesdays until 6th May
Gaining Family Cooperation - Monday 28th April
Setting Limits Defining Boundaries - Monday 12th May

View
leaflets
here

Support for Families



Schools
Counselling
Partnership



Supporting your child who worries in social situations

Many children can be described as 'shy'. Often, what this can mean is that they are very sensitive to their environment and can easily feel overwhelmed; perhaps they are introverted, meaning that they need quiet time away from people to renew their energy; or maybe they get so absorbed in their play and ideas that they aren't so interested in interacting with others.

Try to avoid labelling your child as 'shy', as they may think there is something wrong with them. Instead, be sure to stay sensitive to their needs and empathise with what they are finding difficult. You can point out that they are able to overcome their fears: take the time to coach them on how to make friends and how to express their needs to others. Let them know that it is normal for everyone to feel a little uncomfortable when they first meet someone or walk into a room full of people, and together, come up with ways to overcome worries in these situations. Remember to empower your child and avoid being over-protective. Instead, after validating their feelings, let them know that they are capable of doing hard things.



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@schools counsellingpartnership.co.uk**

Reading Corner

reading for parents
and carers

Year 2
teachers share
their favourite
books for parents
and carers to
enjoy



'The Secret Garden' by Frances Hodgson Burnett *Mrs Akhund*

'The Secret Garden' is about a girl named Mary Lennox who is lonely and unhappy. She moves to her uncle's big, quiet house and finds a secret garden that no one has taken care of. Mary decides to fix the garden and, as she works on it, she starts to change. She becomes kinder and makes new friends, including her cousin Colin, who is very sick. Together they bring the garden - and themselves - back to life.



I enjoyed reading this story because to me it shows how nature, friendship, and caring for others can help people grow and feel better.

'The Midnight Library' by Matt Haig *Ms Doshi*

'The Midnight Library' is a beautifully written, thought-provoking book that explores the idea of 'what if' through the life of Nora Seed, a woman given the chance to explore all the lives she could have lived. Caught between life and death, Nora discovers a magical library filled with books, each representing a different version of her life based on the choices she might have made.



Despite its emotional depth, the story is ultimately about self-acceptance and finding value in the life you're living. This book gently reminds us that even the smallest actions can lead to meaningful change, and that every life - even with its imperfections - has worth.

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'It Ends With Us' by Colleen Hoover *Miss Karia*

Colleen Hoover delivers a deeply emotional and thought-provoking novel that explores the complexities of love and the strength it takes to walk away from something toxic. With raw honesty, 'It Ends With Us' sheds light on domestic abuse in a way that's empathetic and empowering. The writing is accessible, the characters are emotionally layered, and the story balances romance with serious, real-world themes. It's not just a love story - it's a story about resilience, self-worth, and the courage to end harmful patterns.



'Homecoming' by Kate Morton *Mrs Bainbridge*

Homecoming is a dual-timeline family drama set in 1959 and 2018 that takes place in Australia. It is a breathtaking, gripping mystery of love, lies and a cold case come back to life. It is a novel that spans generations and asks what we would do for those we love and how we protect the lies we tell. It explores the complexity of family dynamics and the power of motherhood, the effects of tightly held secrets, and the healing nature of truth. It delves into the haunting mysteries of family secrets, complex relationships and the impact of past events on the present.

Having previously worked in policing, this book was gifted to me by someone who knew I would be gripped by the mystery and investigative storyline - and it didn't disappoint!



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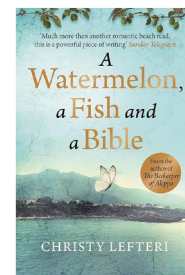
'A Watermelon, a Fish and a Bible' by Christi Lefteri *Miss Nickson*

Right then, let's have a proper look at Christi Lefteri's 'A Watermelon, a Fish and a Bible'. Now, I do have a soft spot for yarns grounded in the grit of real life, and this one certainly fits the bill, being a work of historical fiction. What's rather clever about it is that it's not just one tale, but a trio of narratives all woven together.

At its heart, the story plunges you head first into the brutal realities of the 1974 invasion of Cyprus, and it doesn't shy away from showing the particularly tough hand dealt to women during such times. Lefteri kicks things off with a real touch of magic, almost like stepping into a fairytale, and there's a fair bit of symbolism tucked away in there too. It's a beautiful, albeit poignant, opening that really sets the scene for the difficult journey ahead through a Cyprus torn apart by war in '74.

Lefteri expertly navigates the capture of Kyrenia by shifting perspectives, giving us a good look through different eyes. We see Maroulla's innocent, childlike view of events, the heavy weight of loss and guilt carried by Adem Berker, Richard's yearning for something more, the simmering anger and hatred of Commander Serkan Demir, and Koki's palpable fear.

Now, I won't lie, there were moments in the middle where I had to rather stick with it, dig my heels in a bit, you know? But the payoff in the end is absolutely worth it. It concludes beautifully - and I wouldn't dream of spoiling that for you. All in all, a thoughtful and moving read that stays with you.



Our Thailand Adventure

Miss Goldsmith
and Miss Hogberg
visited Thailand
during the Easter
break!



Our Adventure in Thailand!

Our adventure in Thailand began in the vibrant city of Bangkok. We explored stunning temples, met a local Buddhist monk, and experienced life along the Chao Phraya River with a boat ride that led us to a floating market. A thrilling tuk tuk ride through the city's busy streets added to the excitement, and a hands-on cooking class allowed us to prepare classic Thai dishes like massaman curry and Pad Thai. It was the perfect introduction to Thailand's culture and cuisine.

From Bangkok, we boarded an overnight sleeper train - an unforgettable 10-hour journey where we slept in top bunks - heading south to the breathtaking Khao Sok National Park. There, we stayed in overwater bungalows surrounded by lush jungle and serene waters. One of the most magical moments of the trip was seeing wild elephants, a personal highlight for Miss Goldsmith as this is her favourite animal! The connection to nature and peaceful atmosphere made this leg of the trip incredibly special.

We slowed down the pace with a visit to the tropical island of Koh Phangan, where we joined the Thai New Year celebrations, marked by lively water fights in the streets. We explored beautiful beaches, hiked to scenic viewpoints, and even tried our hand at Muay Thai, Thailand's traditional martial art. Our journey continued to the stunning Phi Phi Islands, where we visited Maya Bay and Monkey Beach, surrounded by crystal-clear waters. Finally, we wrapped up our trip in the energetic town of Phuket, where we indulged in some shopping and sunbathing before the long journey home! **Miss Goldsmith and Miss Hogberg**





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.

Each parent/carer - for each child

Fines
will be
issued
to:

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. Trigger Warning: This guide contains mention of suicide, which may be distressing for some readers.

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 28-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



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