

# Whitchurch Weekly



## Message from the Headteacher

5th Sept  
2025  
Issue 1



**Dear Whitchurch Families,**

It gives me great pleasure to welcome you all back at the start of a brand-new academic year - and a warm welcome to our new Nursery and Reception families! I hope you had a restful summer and are ready for the exciting opportunities ahead.



Looking back on my first year as Headteacher here at Whitchurch, I feel incredibly proud of all that we achieved together. Our children shone in so many areas - from their wonderful musical performances to the successful launch of our forest school, which will give pupils rich opportunities to learn and explore outdoors. We have introduced a whole-class reading approach which has strengthened children's love of books and stories; meanwhile our new Reception outdoor space is now almost complete and will offer our children an exciting outside environment to further develop their learning in Early Years. The year was also filled with memorable trips, inspiring workshops and a wide range of enrichment activities designed to broaden horizons and built confidence. To top it all off, our Year 6 pupils achieved outstanding SATs results, significantly above the national averages. This is a true reflection of their hard work, the dedication of our staff, and the support of our families.

As we begin the new school year, I am excited to build on these successes and take our school from strength to strength. Some of these improvements include us taking a new approach to the teaching of writing, further improving our outdoor provision at lunchtimes through the OPAL programme, and offering more opportunities for parents to take part in workshops so we can learn and grow together as a





community. We will also continue our journey towards becoming a Rights Respecting School, ensuring that every child's voice is heard and valued.

Next week we shall be holding Meet the Teacher sessions for parents/carers of children in Years 1 to 6. We very much hope that you will be able to come along to become familiar with your child's new year group and to get an overview of the year ahead. Please refer to **page 7** of this newsletter for the dates.

I am confident that, with the continued commitment of our staff, families and children, this will be another year full of learning, creativity and achievement. Thank you, as always, for your support.

I look forward to working with you all in the months ahead.

**Ms Rachel Inniss**  
**Headteacher**



# General Notices and Highlights



## Morning Drop Off Arrangements

**Years 1 to 6** - please drop off your child at the playground gates in the morning and then move back so that children can get on to the site safely.

**Reception** - this term, please drop off your child at their classroom patio door via the Nursery gate (next to the main entrance).

## Playground Gates

A reminder that the school gates open at 8.40am and close at 8.55am. Please ensure that your child is in school before this time to avoid a late mark.

## Year Group Information

Please refer to your child's year group pages of the website for curriculum information (including yearly overviews and half termly topic maps), routines and class P.E. days. Children will need to come to school wearing their P.E. kit on these days.

View year  
group pages  
here

## Home Learning policy

A reminder that our Home Learning policy can be viewed on the Policies page of our website.

View  
Home  
Learning  
policy

## Asthma, Allergies and Medication

Please ensure that your child's inhalers, epi-pens and other medication are in school. Please also notify the school if your child has had to take their reliever inhaler before school due to asthma symptoms. Please be aware that we are a nut free school - **NO NUTS** are allowed.

## SMSA Vacancy

We have a vacancy for a SMSA (Lunchtime Assistant). For more details and to apply please see the Vacancies page of our website.

Apply  
here

## Autumn Lunch Menu

A copy of the Autumn lunch menu can be viewed on **page 11**.

## School Meals Booking

Please remember to book your child's lunches for the rest of this term via ParentPay. To confirm your booking, you will need to also select the dessert option.





# General Notices and Highlights



## Childcare Booking Junior Adventures Group

Please ensure that you book your before and after school childcare via the Junior Adventures Group website.



## Snack-tember

This month, we will be taking part in Snack-tember, an initiative from the British Nutrition Foundation, which promotes healthier, more sustainable snacking for children and young people aged 5-16 years.

During Snack-tember, we will be encouraging pupils to:

- **EXPLORE** better snacking
- **TRY** new snacks
- **MAKE** their own healthy snacks

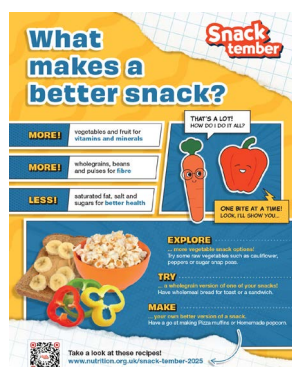
Find out  
more here

We want our young people to choose and make snacks that have:

- **MORE** vegetables and fruit
- **MORE** wholegrains, beans and pulses
- **LESS** saturated fat, salt and sugars



We will be sending home a challenge sheet to launch Snack-tember - parents/carers are encouraged to get involved too!



# Music Information

Instrumental  
Lessons  
and Music  
Ensembles



## Instrumental Lessons

This is a reminder that the instrumental lessons will resume next week. The music timetables are already on display on the school's music board. They are also shared with all classroom teachers and have been sent out to parents via School Spider.



If you have opted to borrow a school instrument, it will be handed out to your child by their instrumental teacher within the first couple of weeks. If you are planning to purchase an instrument, please wait until your child has met their music teacher. The size, model, and specifications of the instrument are important and must be appropriate for your child's age, size, and playing level. Music teachers will provide guidance in your child's practice diary, which will be distributed at the start of the Autumn term.

For piano lessons, please ensure your child has access to a piano (not a keyboard) for regular practice. If you would like advice on purchasing one, feel free to contact me directly at [eleutfeld@whitchurchps.co.uk](mailto:eleutfeld@whitchurchps.co.uk)

Rehearsals for Orchestra, Guitar Ensemble, Wind Band, Rock Band, Percussion Ensemble, and the Mini, Junior and Senior Choirs will commence the week beginning 15th September. Participation in the ensembles is based on selection and an invite to join will be handed to the new members by the end of next week. Children who were already members of the ensembles or choirs last year do not have to go through the selection process again, they will continue to participate.

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

## Music Ensembles Schedule



### Tuesday

**Percussion Ensemble: 12.20pm-12.50pm**  
**Wind Band: 3.30pm-4.15pm**

### Wednesday

**Guitar Ensemble: 8.50am-9.35am**  
**Orchestra 1.10pm-1.55pm**  
**Rock Band: 3.30pm-4.30pm**

### Friday

**Mini Choir (Years 1-2): 10.30am-11am**  
**Junior Choir (Years 3-4): 12pm-12.30pm**  
**Senior Choir (Years 5-6): 3.30pm-4.30pm**

# Whitchurch Reading Project



## Whitchurch Recommended Reading Lists

At Whitchurch, we are committed to nurturing a love of reading. All year groups have a Recommended Reading List which consists of a selection of high-quality books that children can enjoy in class and take home to read.

We are still collecting book donations to help us stock each classroom with high-quality texts as part of our new reading initiative launching in Autumn 2. If you are able to support, please consider purchasing a book from your child's year group via the Amazon Wish Lists below.

**Thank you to everyone who has contributed so far. Your support is helping us create fantastic reading spaces and inspire a lifelong love of reading across Whitchurch.**

Early  
Years

Year 2

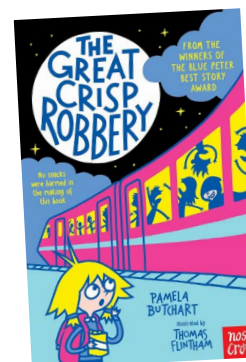
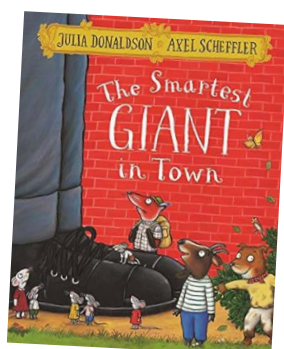
Year 4

Year 6

Year 1

Year 3

Year 5



# Dates for your Diary

Autumn  
1st



Wednesday 10th September

Year 4 Meet the Teacher (9am-9.30am)

Thursday 11th September

Year 2 Meet the Teacher (2.45pm-3.15pm)

Year 6 Meet the Teacher (9am-9.30am)

Friday 12th September

Year 3 Meet the Teacher (2.45pm-3.15pm)

Year 5 Meet the Teacher (9am-9.30am)

Year 1 Meet the Teacher (2.45pm-3.15pm)

Monday 29th September

Year 5 visit to Buckingham Palace

Tuesday 30th September

Year 6 visit to Imperial War Museum (2 classes)

Thursday 2nd October

Year 6 visit to Imperial War Museum (2 classes)

Friday 3rd October

Staff Training Day

Wed 8th & Thurs 9th October

Individual Photos

Friday 10th October

National Poetry Day (Poet Visit)

Tuesday 14th October

Parents' Evening (3.30pm-6.10pm)

Thursday 16th October

Flu Immunisation

Parents' Evening (3.30pm-6.10pm)

Monday 20th October

Year 6 Holocaust Visitor

View our  
website  
calendar  
here

Class  
assembly  
dates to be  
announced  
soon

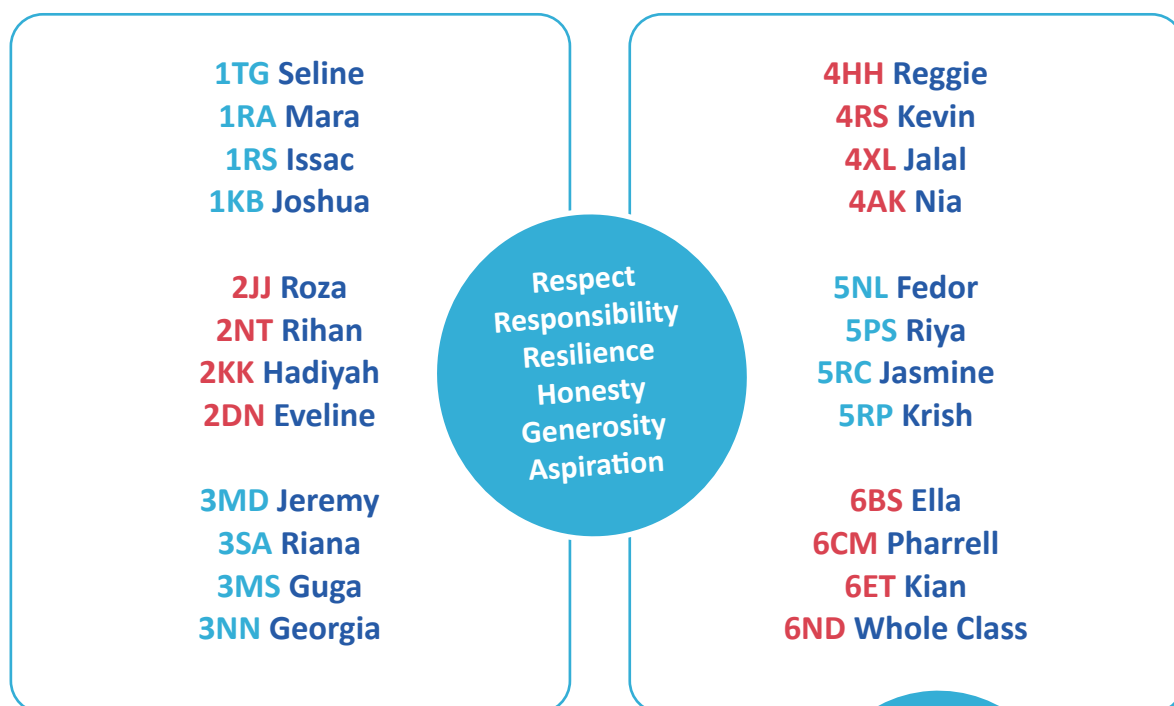
Half term  
27th to 31st  
October



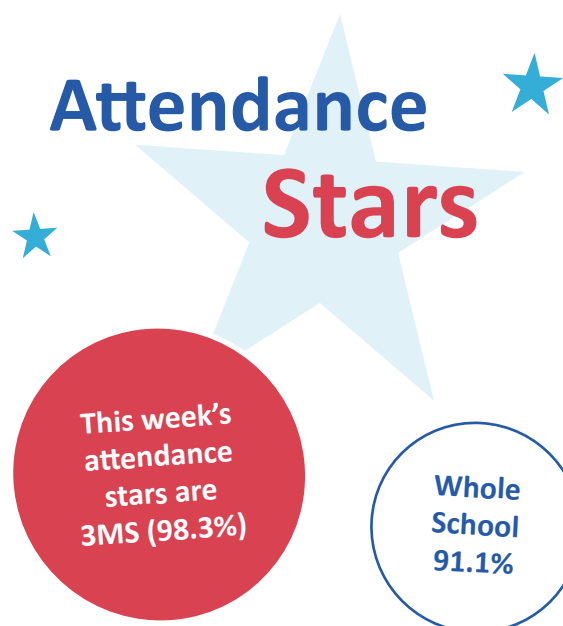
# Whitchurch Star Pupils



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



## Attendance Stars



This half term our focus value is: Responsibility

### Top Tip!

Establish a good routine in the mornings and evenings so your child is prepared for the school day.



# Support for Families

Health and Wellbeing



## Recognising and Managing Stress

With over 60% of children and young people regularly feeling overwhelmed, it's never been more important to support them in managing stress as they head back to school. Small everyday actions can help young people feel more in control and nurture emotional resilience. mindful habits and healthy routines can become part of daily life, promoting long-term emotional strength and mental wellbeing.

Please refer to the guide attached to this newsletter for top tips, from spotting early signs to encouraging healthy sleep patterns, that can make a meaningful difference.



## Stanmore Fire Station Open Day Saturday 6th September, 11am-4pm

Come along to meet your local firefighters, see the latest fire and rescue service equipment and get fire safety advice! *650 Honeypot Lane (HA7 1JS)*



## 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](mailto:tom@schoolsounsellingpartnership.co.uk)**

# Support for Families



Schools  
Counselling  
Partnership



## Reconnecting Time

Children naturally look to their parents for nurturing and guidance, especially in the current climate we find ourselves in. 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 breathes, 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). This seems so simple that most parents under-estimate the impact. 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.



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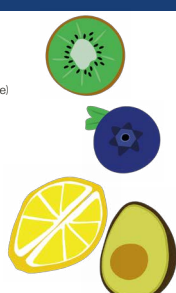





# Autumn Lunch Menu



Allergens  
are listed on  
our website  
(click here)



Salad bar  
and bread  
available  
daily

WEEK ONE 1/9, 22/9, 13/10, 10/11, 1/12		WEEK TWO 8/9, 29/9, 20/10, 17/11, 8/12		WEEK THREE 15/9, 6/10, 3/11, 24/11, 15/12	
<b>MONDAY</b> 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 & Corn on the Cob Vegetable Burger, with Jacket Wedges & Corn on the Cob (V) Pasta & Tomato Sauce (Ve) Cornflake Cake (Ve) (V)		Cajun Chicken 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 Apple & Raspberry Crumble with Custard (V)
DESSERT					
<b>TUESDAY</b> MAINS	Turkey Tikka Curry, with 50/50 Rice & Green Beans Sweet Potato, Chickpea & Tofu Curry, with 50/50 Rice & Green Beans (V) (Ve) Pasta & Tomato Sauce (Ve) Tropical Fruit Salad (Ve)		Tuna Pasta Bake, with Garlic Bread & Broccoli Macaroni & Cheese, with Garlic Bread & Broccoli (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Tropical Fruit Salad (Ve) (V)		Mild Lamb Chilli, with 50/50 Rice & Green Beans Vegan Mince Chilli, with 50/50 Rice & Green Beans (V) (Ve) Pasta & Tomato Sauce (Ve) Tropical Fruit Salad (Ve)
DESSERT					
<b>WEDNESDAY</b> MAINS	Lamb 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 Strawberry Jelly (Ve)		Chicken Sausage & Mash, with Gravy, Peas & Carrots Vegan Sausage & Mash, with Gravy, Peas & Carrots (V) (Ve) Pasta & Tomato Sauce (Ve) Raspberry Mousse (V)		Roast Chicken with Gravy, Roast Potatoes, Carrots & Cauliflower Lentil Hot Pot, with Roast Potatoes, Carrots & Cauliflower (V) (Ve) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Orange Mandarin Jelly (Ve)
DESSERT					
<b>THURSDAY</b> MAINS	Chicken Shawarma Wraps, with Cous Cous & Sweetcorn Falafel Wraps, with Cous Cous & Sweetcorn (V) (Ve) Pasta & Tomato Sauce (Ve) Apple Sponge Cake (V)		Peri Peri Chicken, with Rainbow Rice & Green Beans Peri Peri Quorn, with Rainbow Rice & Green Beans (V) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Pineapple Sponge (V)		Turkey Biryani, with Naan Bread & Broccoli Quorn Biryani, with Naan Bread & Broccoli (V) Pasta & Tomato Sauce (Ve) Vanilla Sponge (V)
DESSERT					
<b>FRIDAY</b> MAINS	Fish Fingers, with 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 Ice Cream (V)		Whitchurch Brunch Lunch, Chicken Sausage, Hash Brown, Omelette, Baked Beans & Tomato Vegetarian Brunch Lunch, Vegan Sausage, Omelette, Hash Brown, Baked Beans & Tomato (V) Pasta & Tomato Sauce (Ve) Vanilla Ice Cream (V)		Battered Fish, with Chips & Baked Beans or Peas Vegetable Nuggets, with Chips & Baked Beans or Peas (V) (Ve) Jacket Potato with Cheese, Baked Beans (Ve) or Tuna Mayo with Side Salad Chocolate Ice Cream (V)
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



# 2025-26

## Term Dates



Holidays  
during term  
time are not  
permitted

### Autumn Term 2025

<b>Autumn 1st</b>	Tuesday 2nd September to Friday 24th October
<b>Half Term</b>	Monday 27th October to Friday 31st October
<b>Autumn 2nd</b>	Monday 3rd November to <i>Friday 19th December (2pm finish)</i>
<b>Staff Training Days</b>	<i>Monday 1st September and Friday 3rd October (no children in school)</i>



### Spring Term 2026

<b>Spring 1st</b>	Tuesday 6th January to Friday 13th February
<b>Half Term</b>	Monday 16th February to Friday 20th February
<b>Spring 2nd</b>	Monday 23rd February to <i>Friday 27th March (2pm finish)</i>
<b>Staff Training Day</b>	<i>Monday 5th January (no children in school)</i>

May Day  
Bank Holiday  
Monday  
4th May

### Summer Term 2026

<b>Summer 1st</b>	Monday 13th April to Friday 22nd May
<b>Half Term</b>	Monday 25th May to Friday 29th May
<b>Summer 2nd</b>	Tuesday 2nd June to <i>Friday 17th July (2pm finish)</i>
<b>Staff Training Days</b>	<i>Monday 1st June and Monday 20th July (no children in school)</i>



# Key Contacts



<b>Ms R Inniss (Headteacher)</b>	<b>head@whitchurchps.co.uk</b>
<b>Mr M Thompson-Lawrie (Deputy Headteacher)</b>	<b>deputy@whitchurchps.co.uk</b>
<b>Mrs D Qudsiyeh (Assistant Headteacher for Inclusion)</b>	<b>sendco@whitchurchps.co.uk</b>
<b>Miss N Ward (Assistant Headteacher for Early Years)</b>	<b>nward@whitchurchps.co.uk</b>
<b>Miss R Francis-Dottin (Assistant Headteacher for Years 1-3)</b>	<b>rfrancisdottin@whitchurchps.co.uk</b>
<b>Mrs K Portou (Assistant Headteacher for Years 4-6)</b>	<b>kportou@whitchurchps.co.uk</b>
<b>Miaa T Goldsmith (Year 1 Leader)</b>	<b>tgoldsmith@whitchurchps.co.uk</b>
<b>Miss Nickson / Ms Doshi (Interim Year 2 Leaders)</b>	<b>mnickson@whitchurchps.co.uk tdoshi@whitchurchps.co.uk</b>
<b>Miss M Daniel (Year 3 Leader)</b>	<b>mdaniel@whitchurchps.co.uk</b>
<b>Miss H Hogberg (Year 4 Leader)</b>	<b>hhogberg@whitchurchps.co.uk</b>
<b>Miss N Lakhani (Year 5 Leader)</b>	<b>nlakhani@whitchurchps.co.uk</b>
<b>Mrs B Solanki (Year 6 Leader)</b>	<b>bsolanki@whitchurchps.co.uk</b>
<b>Mrs E Leutfeld (Director of Music) Music Department</b>	<b>eleutfeld@whitchurchps.co.uk music@whitchurchps.co.uk</b>
<b>Friends of Whitchurch</b>	<b>FoW@whitchurchps.co.uk</b>
<b>School Office</b>	<b>office@whitchurchps.co.uk tel: 020 8951 5380</b>



# 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](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College®

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yt @wake.up.weds

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