

Whitchurch Weekly

19th Sept
2025
Issue 3



The Whitchurch Woodland

Year 3 enjoyed another fantastic Forest School session in the Whitchurch Woodland. We began with a foraging activity, learning how to safely explore and respect our natural environment. We then worked together to create clay tree decorations, showing excellent teamwork and creativity as we designed and hung our pieces around the woodland. Later on, we harvested a cucumber and some tomatoes from our garden and enjoyed them as part of a healthy snack for 'Snacktember'. A brilliant session full of collaboration, nature connection, and fresh produce from our own garden.

Mr Coutinho, Forest School Leader

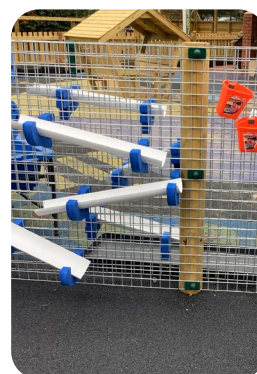


Special Highlights



Early Years Outdoor Area

We are delighted to share that our Early Years outdoor area is now complete - featuring climbing equipment, sand pit, water area, mud garden and a colourful canopy area. It is a big improvement that will enhance outdoor learning and play!



Lavinia's Litter Pick for Alzheimer's Society

Lavinia loves nature and is appalled by the amount of litter she sees on her daily walk to school and in the car park and the streets around Whitchurch.

This Sunday, with the assistance of her friends Naiya and Stephie, she is going to pick up her trusty litter picker-upper claw (a birthday gift!) and tackle our corner of Stanmore, collecting as much litter and covering as much territory as possible.

As well as caring for our local area, Lavinia is doing this in aid of Alzheimer's Society - so far she has raised in excess of £450! In her spare time has been researching the impact of Alzheimer's on elderly people and their families.

Please visit Lavinia's JustGiving page to find out more and make a donation.



Visit
Lavinia's
JustGiving
page here

Spotlight on Year 1

Year 1 are
learning what
history is all
about!



History

In History this half term, Year 1 have made a fantastic start by learning all about what history means and how it connects to their own lives. The children have been introduced to important words such as past, present and memory, and have been using these to talk about their own experiences. One of the highlights has been creating personal memory boxes filled with drawings to represent their favourite memories - the children were so proud to share these with their friends. We have also been working on personal timelines, where the children placed key events from their lives in order, from when they were babies to now. It has been wonderful to see the children making links between their own histories and beginning to understand how events fit together over time!

Miss Goldsmith, Year 1 leader

What Year 1 children have to say...

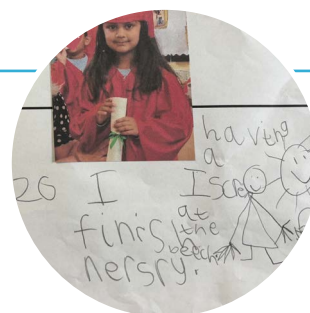
"We learnt to use the words past and present." Seline

"I liked sticking pictures of myself when I was baby and when I was big." Raeya

"We learnt to order things from when we were young to now." Lord

"We learnt about a timeline."
Arya

"We used pictures of
ourselves." Zian



General Notices and Highlights



Year 1 and 2 Phonics Workshop on Monday

A reminder that we shall be holding a phonics workshop for Year 1 and 2 parents/carers on **Monday 22nd September at 9am** in the school hall.

Class Assemblies

A list of class assemblies for this school year can be found on **page 5**. We look forward to welcoming you to see what your children have been learning in class.

ParentPay

ParentPay have been alerted to a fraudulent app that mimics ParentPay branding. ParentPay does not have an app, therefore you will need to use the ParentPay website to log in and make payments.

Visit
ParentPay
website
here

Outdoor Play and Learning - Donations

As we work towards making lunchtimes more exciting, we would be grateful for any of the following items: small world toys, animals, people, cars/trucks and figures. Please leave any donations in the OPAL boxes at the playground gate after school.

Gala Academy Yoga for Children - Thursdays

Gala Academy are offering yoga sessions for children on **Thursdays from 7.45am-8.45am**. For more information please see the leaflet on the Support for Families page of our website.

View
leaflet
here

Flu Immunisation

Flu immunisation will take place in school on **Thursday 16th October**. Please see the link for more information about the flu vaccine.

Find out
more here

Harrow Flu and MMR Vaccination Catch-up Clinics

If your child has missed their vaccinations at school, catch-up clinics are available at locations in Harrow. Please see the link for details.

View list
of catch-up
clinics here

Dates for your Diary

Autumn
1st



Monday 22nd September

Year 1 and 2 Phonics Workshop for Parents/Carers (9am-9.30am)

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

Monday 6th October

Early Years Phonics Workshop for Parents/Carers (9am-9.30am)

Wed 8th & Thurs 9th October

Individual Photos

Friday 10th October

National Poetry Day (Poet Visit)

Tuesday 14th October

Parents' Evening (3.30pm-6.10pm)

Wednesday 15th October

4AK and 4HH visit to the Foundling Museum

Thursday 16th October

Flu Immunisation

Parents' Evening (3.30pm-6.10pm)

Monday 20th October

Year 6 Holocaust Visitor

Wednesday 22nd October

4RS and 4XL visit to the Foundling Museum

Class Assemblies 2025-26

Tues 7th Oct 3MS

Tues 14th Oct 2DN

Tues 25th Nov 3SA

Tues 2nd Dec 2NT

Tues 20th Jan 1TG

Tues 3rd Feb 3MD

Tues 3rd Mar 2KK

Tues 17th Mar 1RA

Tues 28th Apr 3NN

Tues 5th May 2JJ

Tues 19th May 1KB

Tues 16th June 1RS

Tuesdays
9.05am to
9.45am

Thurs 9th Oct 4HH

Thurs 23rd Oct 5NL

Thurs 13th Nov 6BS

Thurs 27th Nov 4XL

Thurs 11th Dec 5RP

Thurs 15th Jan 6CM

Thurs 29th Jan 5RC

Thurs 12th Feb 6ET

Thurs 19th Mar 4AK

Thurs 26th Mar 6ND

Thurs 23rd Apr 5PS

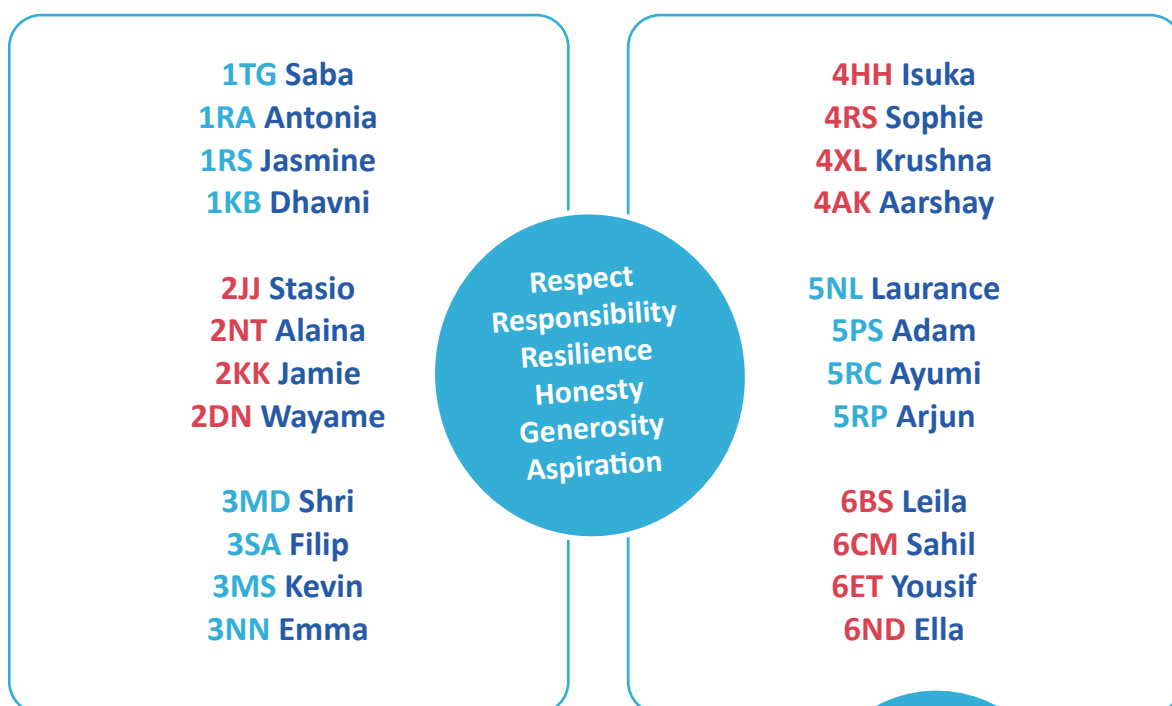
Thurs 7th May 4RS

Thursdays
9.05am to
9.45am

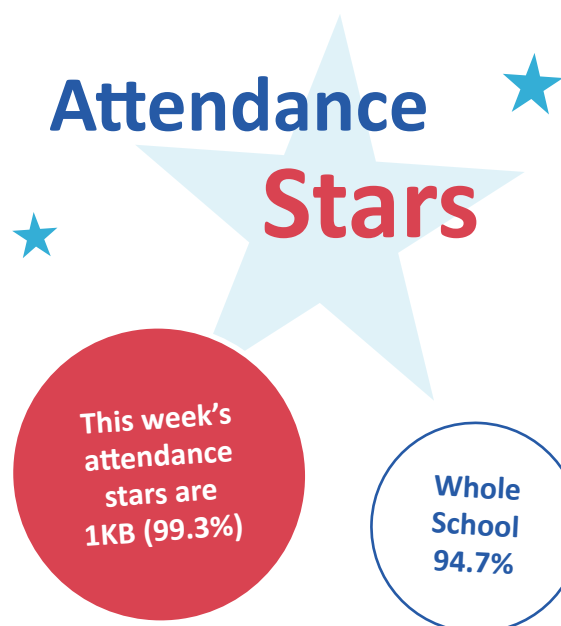
Whitchurch Star Pupils



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 evening so that your child is ready for the school day.

Support for Families

Online Safety



Snapchat

With Snapchat's ever-evolving features, it's essential for parents and educators to stay informed about new and emerging safeguarding risks. From AI chatbots to paid content options, there are dangers and fresh updates to be aware of.

Please refer to the guide attached to this newsletter, which provides up-to-date advice to help keep young users safe. It's essential reading for any parent or educator who wants to understand Snapchat's key risks - and support a safer, more positive experience for the children in their care.



THE FAMILY
LEARNING HUB
GROWING STRONGER TOGETHER

Online Nurturing Parenting Programme (10 weeks from Tuesday 23rd September, 9.45am-12.15pm)

Join in weekly online interactive sessions with expert parent coaches, enabling parents and carers to boost children's self-esteem, foster independence and build responsibility. Learn techniques for positive discipline, stress management and creating a harmonious and supportive home environment.

Please visit The Family Learning Hub website for more information and to book your place.

Register
here



Support for Families



Schools
Counselling
Partnership



Help your child to build emotional intelligence

Returning to school some children can find it difficult to pick up from where they left off especially with friendships. It might feel like starting all over again or coming back into a welcoming group of friends, others may struggle to get along or to find other children who share their interests. Some children have or make a best friend, some wish they could. Here's a few things to help your child with their social skills and work through issues with friends or peers...

- Listen when your child has peer challenges - help them to clarify their feelings and to problem solve the issue.
- Avoid taking sides when your child fights with their friends - listen to their views and empathise with their feelings.
- Help your child learn how to express their feelings without attacking the other person.
- Make it a habit to acknowledge and reflect on feelings instead of dismissing them. Empathise with your child's feelings - once they feel better they can do better problem solving.
- Help your child to think through various problem solving actions, such as writing down thoughts. Once children work through their feelings they know what action to take.
- If your child is having a hard time, try different approaches to offer support. This could include reading books about social skills, acting out scenarios with toys.

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**

Staff Snapshot

Name: Rachel Inniss
Role: Headteacher



All about me

I grew up in a small village in Norfolk, surrounded by countryside and close to the beach, the perfect place to spend lots of time outdoors. My primary school was right next to a farm, so animals and fields were a big part of my early years. Looking back, it was a very special place to learn and play.



At high school I discovered a love for music, especially playing the flute. I was lucky enough to travel with the wind band to perform in different concerts, which gave me so many wonderful memories and helped me develop a real love of teamwork and shared experiences. Later, I went on to study at the University of Manchester, which was a big change from village life, but an exciting one!



Norfolk is still very close to my heart, and I regularly go back to visit my mum. I always enjoy returning to the familiar countryside and beaches I grew up with, there's something very grounding about going home.



Staff Snapshot

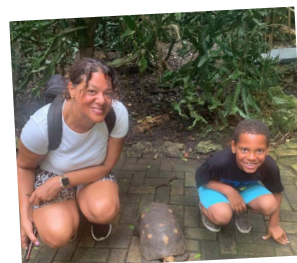


Hobbies and interests

Outside of school life, I like to keep active through netball and pilates. I also have a love of musical theatre, in another life I like to imagine I'd be up on stage myself! Travelling is another passion of mine, and I've been fortunate enough to explore places like New Zealand, Australia, America and Barbados. Each trip has given me new experiences and perspectives, which I love bringing back into my everyday life.



Most importantly, I'm a mum. My son and I spend lots of time together, whether that's cooking, creating Gravitrax tracks, building epic Lego structures, or heading off to explore somewhere new. Those moments of fun and curiosity are really special to me.



Best part of my role

The very best part of my role as Headteacher is seeing pupils grow and thrive during their journey through school. Watching their confidence develop, celebrating their successes, and being there for the ups and downs is a privilege. I also really enjoy working collaboratively with staff, pupils, families and the wider community to keep moving the school forward and making it the very best it can be.



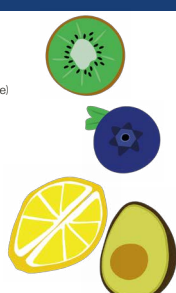





Autumn Lunch Menu



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	
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 & 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					
TUESDAY 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					
WEDNESDAY 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					
THURSDAY 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					
FRIDAY 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





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.

Fines
will be
issued
for:

5 consecutive days of Term Time Leave

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.

2026/27 School Admissions



Important School Admissions Information

Children who are due to start in primary / secondary school in September 2026.



PRIMARY SCHOOL CHILDREN BORN BETWEEN 1 SEPTEMBER 2021 AND 31 AUGUST 2022	SECONDARY SCHOOL CHILDREN BORN BETWEEN 1 SEPTEMBER 2014 AND 31 AUGUST 2015
<p>You need to apply for a reception place. Please apply online at: www.eadmissions.org.uk</p> <p>Closing date for applications is 15 January 2026</p>	<p>You need to apply to transfer to secondary school. Please apply online at: www.eadmissions.org.uk</p> <p>Closing date for applications is 31 October 2025</p> <p><i>We strongly recommend that you submit your secondary application by Friday 24 October 2025, as this is the Friday before the half term holiday.</i></p>
<p>Applying online is easy and you get an instant acknowledgement that your application has been received. You will also receive an email with the outcome of your application on offer day.</p> <p>For details go to www.harrow.gov.uk/schooladmissions</p> <p>For help and advice on how to complete your application please email schooladmissions@harrow.gov.uk</p>	

For more information including a list of Secondary School open evenings please see the Admissions page of our website.

View
Admissions
here

www.whitchurchprimary.harrow.sch.uk

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.

SNAP STREAK

97

WHAT ARE THE RISKS?

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.



SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🥰 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.



SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.



SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+ giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.



ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.



INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.



Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.



ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.



BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.



USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

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