



Whitchurch  
Weekly

School  
News

9th  
September  
Issue 41

Dear Whitchurch Families,

We have had a great first week back at school and welcomed all our new children in Reception who will be doing their first full week from Monday. Children have settled well into their classes and we are really seeing the benefits of all the careful planning and transition work we did in the Summer Term. This coming week we have our Meet the Teacher meetings for all year groups and I have included the schedule below. These are group meetings where all parents in the year group are invited to meet the four class teachers who will go through some of the weekly routines and expectations of the year group. There will of course be chance for you to ask the teachers any questions (myself or Mr Thompson-Lawrie will also be at the meetings for more general questions).

A reminder that parents with children in Years 1 to 6 should be dropping at the gate to encourage children to be as independent as possible; at the end of the day all parents can collect from the class patio areas. I know that many of you have been asking about PE days so I have also included the weekly schedule a bit further down in this newsletter. Please remember that children should come to school in their PE kits on that day.

Finally, the death of Queen Elizabeth II will touch everyone as the country enters a period of mourning. We know many of our children will see and hear news of the royal death but may not properly understand what it all means. They will likely be curious and will ask lots of questions about the Queen and death itself. We also know that when a significant figure dies this can trigger our own feelings of loss or grief or those in children. Later in the newsletter I have given you some tips and advice about how to have tricky conversations with young children about death and loss.

Have a restful weekend

Ms Caroline Rowley  
Headteacher

'Meet the  
Teacher'  
Meetings  
next week

Learners  
today, leaders  
tomorrow



## Dates for your Diary

Tuesday 4th October	KS1 Reading Workshop (9am-10.30am)
Wednesday 5th October	KS2 Reading Workshop (9am-10.30am)
17th to 21st October	Maths Week
Monday 17th October	Flu Vaccination (Reception to Year 6)
Tuesday 18th October	Autumn Parents' Evening (3.30pm - 6.30pm)
Wednesday 19th October	Autumn Parents' Evening (3.30pm - 6.30pm)

More  
events to be  
announced  
soon

### 'Meet the Teacher' Meetings

Monday 12th September	9am - Year 4 & 2.30pm - Year 1
Tuesday 13th September	9am - Year 5 & 2.30pm - Year 2
Wednesday 14th September	9am - Year 6 (Nursery postponed)
Thursday 15th September	2.30pm - Year 3
Friday 16th September	2.30pm - Reception

## Autumn 1 Class Assemblies

Parents should arrive 5 mins before the assembly starts

### Infant Class Assemblies

Tuesdays  
9.05am

27th September - 3NL  
4th October - 2GH  
11th October - 1ST  
18th October - 2LJ

### Junior Class Assemblies

Wednesdays  
10.15am

28th September - 5KP  
5th October - 6SC  
12th October - 4BS  
19th October - 5CM



Come back  
to class after the  
assembly to take  
a look at your  
child's books

## Notices

### Delivery of Packed Lunches

Children must bring their packed lunches with them at the start of the day. With almost 900 children on site, our admin team do not have the capacity to deliver or store packed lunches brought in throughout the day. When your child arrives at school in the morning they should come with everything they need.

### No Nuts

This week we have started to monitor packed lunches more closely and have noticed we have a significant number of children who are bringing nut products in their packed lunches. Please - we cannot stress enough how dangerous this is for some of our children; no nut products are allowed in any packed lunches or snacks.

### Leftover Packed Lunches

As part of our new packed lunch policy, children will be bringing home any uneaten packed lunch items and all their rubbish so you can monitor the quantities consumed. We noticed last year that many children were throwing away large parts of their packed lunches - hence the new rule.



### Family Liaison Support

If you need any support please reach out to Mrs Chikhliya, our Family Liaison Officer. We know times are tricky and some families may be struggling financially. If you need any advice or support please make an appointment.

attendance

support  
and advice

supporting  
your child

welfare

### Jewellery

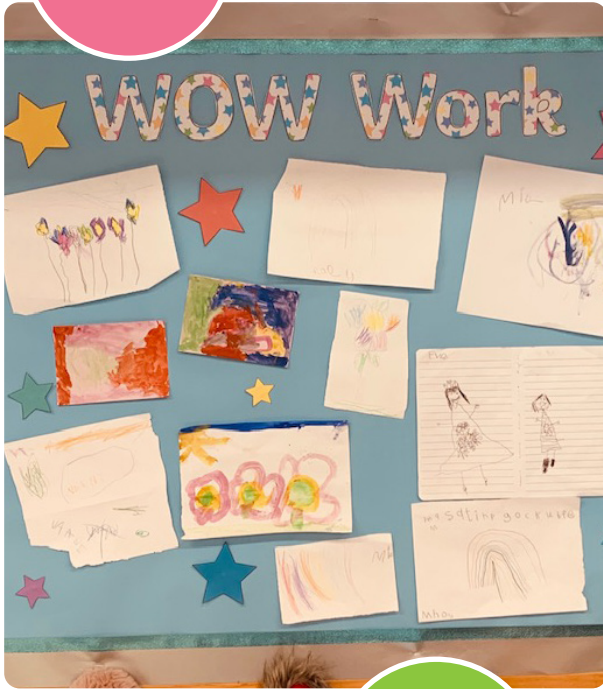
We do not allow any kind of jewellery in school due to health and safety.

### School Meals

A reminder that school meals need to be booked for the whole half term via your ParentPay account.

## Year Group Highlights

### Reception



### Settling In

This week our new Reception children started and it has been wonderful watching them explore their new classrooms and learning areas. They have been busy making new friends, playing and working together.

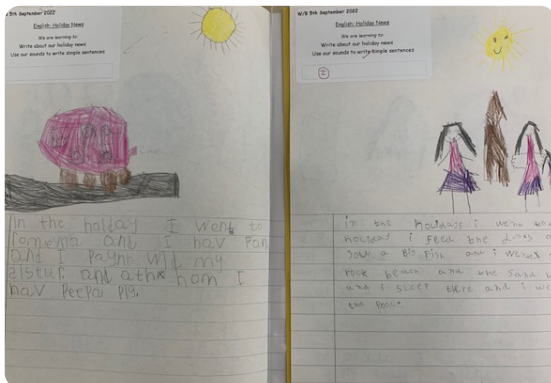
The home visits have been very positive, we have all been overwhelmed with the kindness and hospitality, thank you to all our parents for welcoming us into your homes.

We are looking forward to our first full week of school next week. Our classrooms are now starting to be filled with the children's beautiful drawing and paintings!

### Year 1

### Holiday News

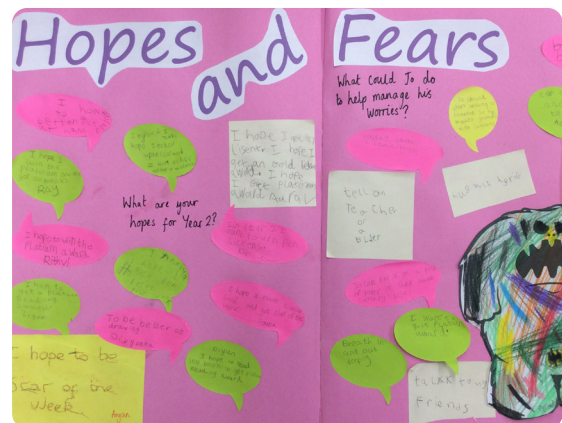
This week in English, Year 1 have been drawing and writing about their Summer holidays. We looked at some conjunctions to help us join our sentences together. The children really enjoyed sharing their exciting holiday news with their friends!



### Year 2

### Hopes and Fears

This week, Year 2 have been exploring their hopes and fears for the year. We have been discussing how to manage worries and what we should do when we have a worry!





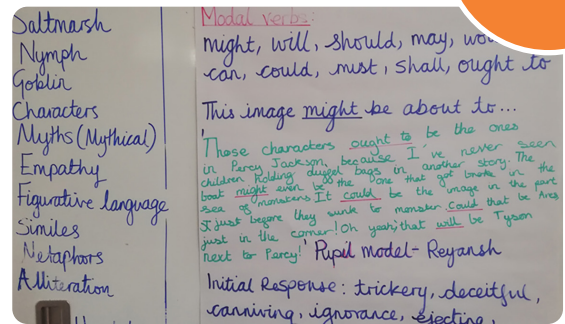
## Stone Age to the Iron Age

Year 3 have started their topic about the Stone Age leading to the Iron Age. The children worked in groups to research and share what they learnt about this special period in history.



## Myths and Legends

This week in English, Year 4 used their imagination and curiosity to respond to an image relating to Myths and Legends. They also used modal verbs in their writing to make links with the mythical image.



## Year 5

## The Street Child

Year 5 are learning about the Victorians in their topic this half term. In English, the children have started reading *The Street Child*, which explores the hardships for a family living during this period of time.



## World War II

Year 6 visited the Imperial War Museum this week to learn about the WWII and the events leading up to it. The children learnt about heroes from the war, experienced an Anderson and Morrison shelter and walked through some life-like trenches.



Remember  
to finish the  
challenge by  
this Sunday!

## Remember to complete the Summer Reading Challenge!

There's still time to complete the Summer Reading Challenge to make sure the Gadgeteers are ready for their summer party. If you haven't quite read six books remember to finish them by 11th September to make sure you get your certificate and medal.

Don't forget everyone who completes the challenge can enjoy a **free swim** at Harrow Leisure Centre courtesy of EveryoneActive, and also be entered into a prize draw to win a **Family Ticket** to attend a performance of Jack and the Beanstalk kindly donated by Harrow Arts Centre.



Illustrations by Adam Lee and © The Reading Agency 2022

**HARROW  
LIBRARIES**

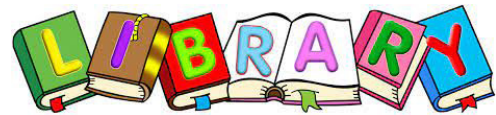
**Harrow COUNCIL**  
LONDON

**SCIENCE  
MUSEUM  
GRO**

**IDENTITY  
IMAGINATION  
INSPIRING  
INNOVATORS**

**20  
THE  
READING  
AGENCY**

**SUMMER  
READING  
CHALLENGE**



## Summer Reading Challenge

A reminder - please can children bring their Summer Reading Challenge certificates and medals to the library so that our librarian Mrs Stachurska can display these!

If you have any library related queries or book donations please contact Mrs Stachurska:

**mstachurska@whitchurchprimary.  
harrow.sch.uk**

## PE Days

Please remember to send children to school in their PE Kits on the following days this half term:

**1ST, 1MT, 1DS & 1SM - Tuesday & Wednesday**

**2KD & 2GH - Monday & Thursday / 2KB & 2LJ - Monday & Friday**

**3NL & 3SA - Monday & Wednesday / 3TG & 3MS - Wednesday & Friday**

**4BS - Wednesday & Friday / 4SK - Monday & Thursday /**

**4CA - Tuesday & Thursday / 4EH - Tuesday & Wednesday**

**5DA & 5CM - Tuesday & Thursday / 5KP & 5HH - Thursday & Friday**

**6OL & 6TM - Monday & Thursday / 6SC & 6AS - Monday & Friday**

# Packed Lunch Guidance

## Everyday:

- 1 portion of fruit
- 1 portion of vegetables
- 1 portion of protein *(to help you grow and stay healthy)*  
This includes: meat, fish, chickpeas, lentils, kidney beans, falafel, hummus.
- 1 portion of starchy food *(for energy!)*  
This includes: potatoes, pasta, bread, rice, couscous, noodles, cereals.
- 1 portion of dairy *(to build up strength)*  
This includes: milk, cheese, yoghurt, fromage frais, custard.



## Once a week:

- Source of Omega *(to help your overall health)*  
This includes: oily fish, flaxseeds, chia seeds, soy beans, kidney beans.



## Drink:

- Only water, milk or yoghurt drinks



*You can have healthy treats in your lunch  
– but eat these after everything else!*

### Fridays Only:

Chocolate bars  
Crisps  
Processed Food: sausage rolls,  
pies, corned meat/sausages



### NO NUTS

NO FIZZY DRINKS

NO FAST FOODS  
*(burgers, chips,  
McDonalds, KFC etc)*

# School Meals

## Autumn 1 Menu



WEEK ONE 05/09, 26/09, 17/10, 14/11, 05/12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken Tikka Masala, Rice, Naan Bread & Sweetcorn	Beef Meatballs, Tomato Sauce Spaghetti, Garlic Bread & Salad	Roast Chicken, Roast Potatoes, Fresh Vegetables & Gravy	Chicken & Sweetcorn Pizza, Potato Wedges & Baked Beans	Battered Fish Fillet, Chips & Mushy Peas
VEGETARIAN	Quorn Tikka Masala, Rice, Naan Bread & Sweetcorn (V)	Tomato & Basil Spaghetti, Garlic Bread & Salad (V)	Roast Quorn Steak, Roast Potatoes, Seasonal Vegetables & Gravy (V)	Margherita Pizza, Potato Wedges & Baked Beans (V)	Cheese Lattice Slice, Chips, & Baked Beans (V)
ALTERNATIVE	Tomato & Basil Pasta & Sweetcorn (VE)	Jacket Potato with Baked Beans, Grated Cheese or Tuna Mayo	Neapolitan Pasta & Fresh Vegetables (VE)	Veggie Wrap with Tomato Topping & Salad (V)	Jacket Potato with Baked Beans, Grated Cheese or Tuna Mayo
PUDDING	Chocolate Mousse (V)	Mixed Fruit Flapjack (V)	Jam Sponge & Custard (V)	Chocolate Cornflake Tart (V)	Vanilla Ice Cream (V)

WEEK TWO 12/09, 03/10, 31/10, 02/11, 12/12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken Burger, Diced Potatoes & Salad	Lamb Pasta Bake, Garlic Bread & Garden Peas	Toad in the Hole (Chicken Sausage), Roast Potatoes, Carrots & Gravy	Chicken Curry, Pilau Rice & Naan Bread, with Peas & Sweetcorn	Breaded Fish Fingers, Chips & Baked Beans
VEGETARIAN	Vegetable Burger, Diced Potatoes & Salad (V)	Macaroni Cheese, Garlic Bread & Garden Peas (V)	Roasted Quorn Steaks, Yorkshire Pudding, Roast Potatoes, Carrots & Gravy (V)	Mixed Vegetable Curry, Pilau Rice & Naan Bread, with Peas & Sweetcorn (V)	Grilled Cheese Sub with Salad & Coleslaw (V)
ALTERNATIVE	Spicy Tomato Pasta & Salad (VE)	Jacket Potato with Baked Beans, Grated Cheese or Tuna Mayo	Tomato & Basil Pasta & Carrots (VE)	Jacket Potato with Baked Beans, Grated Cheese or Tuna Mayo	Veggie Wrap in Tomato Sauce, Salad & Coleslaw (VE)
PUDDING	Cherry Shortbread Biscuit (V)	Fruit Crumble & Custard (V)	Chocolate Sponge & Custard (V)	Strawberry Jelly (VE)	Carrot Cake (V)

WEEK THREE 19/09, 10/10, 07/11, 28/11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken Sausage & Mash, Garden Peas & Gravy	Beef Bolognese, Pasta Shells, Garlic Bread & Salad	Roast Turkey, Roast Potatoes, Fresh Vegetables & Gravy	Shepherd's Pie, Peas, Carrots & Gravy	Fish Stars, Potato Wedges & Peas
VEGETARIAN	Quorn Sausage & Mash, Garden Peas & Gravy (V)	Tomato & Vegetable Pasta Bake, Garlic Bread & Salad (V)	Quorn Sausage, Roast Potatoes, Fresh Vegetables & Gravy (V)	Quorn Shepherd's Pie, Peas, Carrots & Gravy (V)	Vegetarian Nuggets, Potato Wedges & Peas (V)
ALTERNATIVE	Jacket Potato with Baked Beans, Grated Cheese or Tuna Mayo	Neapolitan Pasta & Fresh Vegetables (VE)	Jacket Potato with Baked Beans, Grated Cheese or Tuna Mayo	Tomato & Basil Pasta & Peas (VE)	Veggie Wrap with Tomato Topping & Peas (V)
PUDDING	Chocolate Brownie (V)	Fruit Mousse (V)	Apple Pie & Custard (V)	Milk Chocolate Cookie (V)	Sticky Toffee Pudding (V)

Each day we provide fresh fruit, vegetables, salad and bread. All our desserts are home cooked and this year we have considerably reduced the fat and sugar contents to support healthy eating.



School meals are £2 a day (2022/23)

Fresh vegetables served with every meal

Fruit, salad, bread and yoghurt are available daily





## Talking about Bereavement

Tips and advice for having conversations with youngsters about death and loss.

- Use clear, age-appropriate language - don't say the queen has 'gone to sleep', 'passed away' or 'lost'; this can be confusing to children who often take things literally. If she's gone to sleep, why can't we wake her up? If she's lost, why can't we find her?
- Explain what death is using concepts they understand. Try this: When someone dies, their body has stopped working and they can't be brought back to life. They are no longer able to do the things they could when they were alive, such as move or talk. When someone dies, their heart stops beating, they stop breathing, their brain stops thinking. Sometimes it helps to start by talking about the concept of being alive.
- Reassure your child. Make sure you deal with any worries about people around them dying. If you can, offer them reassurance but without making impossible promises. Saying things like "we are healthy and we're going to do all we can to keep that way because I want to do X in the future", or if someone is seriously ill, you can still offer reassurance but being honest is important. An explanation such as "you know X is very ill at the moment and has an illness called Y, the doctors are giving X special medicine and is working very hard to make them better."
- Be honest. Without clear information children tend to fill the gaps to try and make sense of what is happening. There will also be lots of information available to them elsewhere which they may start searching for - on TV, online, overhearing conversations and playground talk. This can mean that children imagine all sorts of things about death, which are often worse than the reality.
- Encourage questions and honest answers. Their questions could come all at once or they may come back to you several hours or days later. Try to answer them honestly and if you don't know the answer, let them know you will try to find out for them. By reassuring them that questions are ok, and you'll do your best to answer it, they are learning to trust the responses you give.
- Let them know their feelings are normal. Anger, sadness, guilt, worry, confusion and more - are all normal reactions to hearing that someone has died. They may not feel upset as they didn't really have a connection to The Queen, and that's okay. However, if they do feel upset, it's important to also honour their reaction and sadness, and allow them to explore their feelings.
- Don't be afraid of showing your own emotions. Children will look to adults around them to make sense of grief and try to understand how they should react. It's ok to explore feelings with children and give them permission to explore their feelings with you. For example, if they see you upset you could say "I'm crying because I am sad that The Queen has died" or "I'm crying because The Queen's death has made me think about when X died".

Reach out to us at Whitchurch if you feel you need support - we are always here for you.



## Useful Contacts

Headteacher (Ms C Rowley)

[head@whitchurchprimary.harrow.sch.uk](mailto:head@whitchurchprimary.harrow.sch.uk)

Deputy Headteacher (Mr M Thompson-Lawrie)

[mthompson-lawrie@whitchurchprimary.harrow.sch.uk](mailto:mthompson-lawrie@whitchurchprimary.harrow.sch.uk)

SEND Co-ordinator (Mrs D Qudsiyeh)

[senco@whitchurchprimary.harrow.sch.uk](mailto:senco@whitchurchprimary.harrow.sch.uk)

Assistant Headteacher for Early Years (Mrs R Ahmed)

[rahmed@whitchurchprimary.harrow.sch.uk](mailto:rahmed@whitchurchprimary.harrow.sch.uk)

Assistant Headteacher for Years 1, 2 & 3 (Miss G Harris)

[gharris@whitchurchprimary.harrow.sch.uk](mailto:gharris@whitchurchprimary.harrow.sch.uk)

Assistant Headteacher for Years 4, 5 & 6 (Mrs K Portou)

[kportou@whitchurchprimary.harrow.sch.uk](mailto:kportou@whitchurchprimary.harrow.sch.uk)

Year 1 Leader (Miss S Tezel)

[stezel@whitchurchprimary.harrow.sch.uk](mailto:stezel@whitchurchprimary.harrow.sch.uk)

Year 2 Leader (Miss G Harris)

[gharris@whitchurchprimary.harrow.sch.uk](mailto:gharris@whitchurchprimary.harrow.sch.uk)

Year 3 Leader (Miss N Lakhani)

[nlakhani@whitchurchprimary.harrow.sch.uk](mailto:nlakhani@whitchurchprimary.harrow.sch.uk)

Year 4 Leader (Mrs B Solanki)

[bsolanki@whitchurchprimary.harrow.sch.uk](mailto:bsolanki@whitchurchprimary.harrow.sch.uk)

Year 5 Leader (Mrs K Portou)

[kportou@whitchurchprimary.harrow.sch.uk](mailto:kportou@whitchurchprimary.harrow.sch.uk)

Year 6 Leader (Mrs S Chentouf)

[schentouf@whitchurchprimary.harrow.sch.uk](mailto:schentouf@whitchurchprimary.harrow.sch.uk)

Family Liaison (Mrs N Chikhliya)

[nchikhliya@whitchurchprimary.harrow.sch.uk](mailto:nchikhliya@whitchurchprimary.harrow.sch.uk)

Director of Music (Mrs E Leutfeld)

[eleutfeld@whitchurchprimary.harrow.sch.uk](mailto:eleutfeld@whitchurchprimary.harrow.sch.uk)

Music Department

[music@whitchurchprimary.harrow.sch.uk](mailto:music@whitchurchprimary.harrow.sch.uk)

Friends of Whitchurch

[FoW@whitchurchprimary.harrow.sch.uk](mailto:FoW@whitchurchprimary.harrow.sch.uk)

Childcare (Early Birds and Night Owls)

[childcare@whitchurchprimary.harrow.sch.uk](mailto:childcare@whitchurchprimary.harrow.sch.uk)

If you have any concerns or communications about your child, please speak to the class teacher in the first instance

### School Office

Tel: 020 8951 5380

[office@whitchurchprimary.harrow.sch.uk](mailto:office@whitchurchprimary.harrow.sch.uk)



## 2022-23 School Term Dates

### Autumn Term 2022

Autumn 1st	Monday 5 September to Thursday 20 October
Half Term	Monday 24 October to Friday 28 October
Autumn 2nd	Monday 31 October to Friday 16 December

Staff Training Days	Thursday 1 September, Friday 2 September & Friday 21 October (no children in school)
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### Spring Term 2023

Spring 1st	Tuesday 3 January to Thursday 9 February
Half Term	Monday 13 February to Friday 17 February
Spring 2nd	Monday 20 February to Friday 31 March

Staff Training Days	Friday 10 February (no children in school)
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Holidays  
during term  
time are **not**  
permitted

### Summer Term 2023

Summer 1st	Monday 17 April to Friday 26 May
Half Term	Monday 29 May to Friday 2 June
Summer 2nd	Tuesday 6 June to Friday 21 July

Staff Training Days	Monday 5 June (no children in school)
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Bank Holiday	Monday 1st May
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Term dates  
are posted  
on the school  
website

