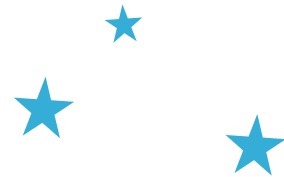


Whitchurch Highlights



21st Nov
2025
Issue 9

Message from the Headteacher



Dear Whitchurch Families,

The second half of the Autumn term is already in full swing with children across the school engaged in their curriculum learning and topics. As well as Year 4's visit to St Paul's Cathedral, we have topic related themed days including a Year 3 Stone Age workshop and a Year 5 Victorian Day - bringing learning to life.

As we approach the festive season we are also busy preparing for our carol concerts, which we look forward to welcoming you to on the date of child's class performance (please refer to the dates for your diary in this newsletter).

Other events this term include our flagship Winter ensembles concert on Wednesday 3rd December for our Whitchurch musicians and choirs, as well as a range of sporting events including athletics, basketball, gymnastics and cricket. We also look forward to the popular FoW Winter Fair on Monday 15th December from 4pm to 7pm - be sure to come along for some festive fun!

Remember you can keep up to date with events taking place via the website and School Spider messages. You can also get a glimpse of these events via our Instagram page and the news feature on our website.

Have a lovely weekend.

Ms Rachel Inniss
Headteacher



News and Highlights



Whitchurch Cultural Creative Day

Our Cultural Creative Day was a wonderful way for the whole school to mark Black History Month and to kick start the second half of the Autumn term. Across the school, we dressed up in the colours and national dress of our year group focus countries - Jamaica, Barbados, Grenada, Ghana, St Lucia, Senegal and Ethiopia.

With the day off timetable, we took part in an array of creative and cultural activities to explore the heritage, culture and achievements of these countries. We explored food and music associated with these countries and created fantastic factfiles and flags to contribute to a memorable day.



The Whitchurch Woodland

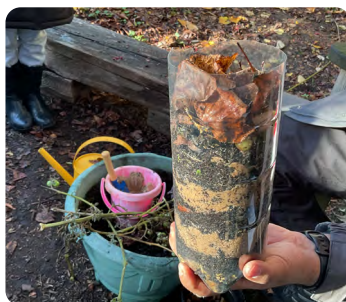


Year 4 Forest School Sessions

Year 4 are taking full advantage of the changing season through a rich variety of hands-on outdoor learning experiences. We are exploring the wildlife and plant life of the woodland (flora and fauna). So far we have created natural art of woodland animals using materials foraged such as leaves, acorns, pine cones, pebbles and sticks.

We are now investigating the role of worms and the importance of composting. Together, we are building a wormery and collecting worms from the raised beds and surrounding woodland, making direct links to sustainability and environmental care. There is also gardening - harvesting garlic, radish, red cabbage, green peppers and beans grown on-site. Rooted in the principles of the Forest School Association, our Whitchurch Woodland is a hub of ecological understanding, outdoor exploration and joyful learning!

Mr Coutinho, Forest School Leader



News and Highlights



Karate - Gold and Silver Awards (World Karate Club London)

Congratulations once again to Krisha (Year 6), who attends World Karate Club London, for winning a Gold and Silver medal at the International Karate Championships earlier this month.

We are so proud of you for your hard work and dedication to martial arts!



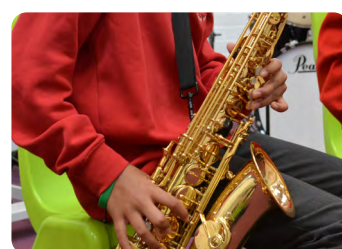
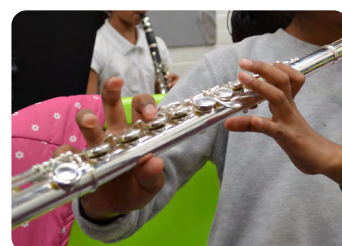
HMS Band Festival

Seven of our woodwind players were selected to take part in the HMS Band Festival this week, where they showcased their musical skills and commitment. Well done to our saxophonist Krishay (Year 5), our flautists Aarna (Year 4), Ella and Rian (Year 6), and our clarinet players Ayesha, Alexis and Kian (Year 6).

The festival provided a wonderful opportunity for our pupils to collaborate musically with other primary and secondary schools across Harrow. It offered a valuable learning and performance experience that will undoubtedly support their continued musical development.

Congratulations once again to our talented musicians - and thank you to all families for your ongoing support.

Mrs Leutfeld, Director of Music



News and Highlights



Boys Football League Match vs Stanburn

The boys football team played in our first league game against Stanburn this week. Although we went down 1-0 in the first half, we went on to win 4-1 with some fabulous goals scored and some amazing saves made - showing great resilience and effort!

Indoor Cricket

Our Year 5 and 6 cricket team took part in an indoor cricket tournament hosted by Harrow School. We had a fun filled day playing lots of cricket against other local schools and also had a chance to meet a former England cricketer Mark Ramprakash, which was a lovely treat!



News and Highlights



Whitchurch Leadership Programme

Our Leadership Programme is under way with all of Year 6 now taking on leadership responsibilities. These include prefects, house captains, stationery shop assistants, librarians, corridor monitors, the Sustainability Squad and Woodland Warriors!



We look forward to extending the programme to children in Years 1 to 5 soon. Special thanks to Friends of Whitchurch for providing the lanyards and badge making machine so that children can wear their badges with pride!

Mrs Portou

Lions Club Donation

We wish to say a big thank you to the Lions Club who have raised **£1100** for Whitchurch. We have spent this money on a selection of comfy new chairs for our fiction library!



Dates for your Diary

Autumn
2nd



Monday 24th November

4AK and 4XL visit to St Paul's Cathedral
Flu Immunisation catch-up session (PM)

Wednesday 26th November

Winter Ensembles Concert Dress Rehearsals
(music ensembles and choirs)

Thursday 27th November

FoW Annual General Meeting (6.30pm)

Monday 1st December

Riya's Rainbows: Non-Uniform Day
Year 3 Stone Age Workshop

Wednesday 3rd December

Winter Ensembles Concert (5pm-7pm)

Thursday 11th December

HMS Piano Festival (Harrow Arts Centre)

Monday 15th December

Year 5 Victorian Day
Reception Carols (9.15am-9.45am)
FoW Winter Fair (4pm-7pm)

Tuesday 16th December

Carols: 5NL, 5RC, 6ET and 6BS (9.15am-9.45am)
Carols: 5RP, 5PS, 6CM and 6ND (10.30am-11am)
Carols: 1TG, 1RA, 2DN and 2KK (2.30pm-3pm)

Wednesday 17th December

HMS Orchestra visit for Years 3 to 6 (10am)

Thursday 18th December

Carols: 3MS, 3MD, 4XL and 4HH (9.15am-9.45am)
Carols: 3NN, 3SA, 4AK and 4RS (10.30am-11am)
Carols: 1RS, 1KB, 2JJ and 2NT (2.30pm-3pm)



Class Assemblies

2025-26



Tuesdays (Years 1 to 3) 9.05am-9.45am

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

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

Thurs 27th Nov	4XL
Thurs 11th Dec	5RP
Thurs 15th Jan	6CM
Thurs 22nd Jan	5NL
Thurs 29th Jan	5RC
Thurs 12th Feb	6ET
Thurs 19th Mar	4AK
Thurs 26th Mar	6ND
Thurs 23rd Apr	5PS
Thurs 7th May	4RS

Schools Counselling

Partnership



Schools
Counselling
Partnership

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**

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



10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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