



# WHITEHEATH JUNIOR SCHOOL

Opportunity, Confidence & Growth

## Whole School Newsletter

Newsletter No: 7

Friday 17<sup>th</sup> October, 2025.

Welcome to our whole school newsletter. Our aim is to keep you informed of achievements, successes and general information regarding Whiteheath Junior School. These newsletters will be sent to you at the end of the week. You can also find this newsletter on the home page of the school **website** along with our '**year group pages**' (under the 'children' section on the website). Please check your emails regularly as this is our main form of communication with you.

### BRITISH COUNCIL INTERNATIONAL SCHOOL AWARD



Whiteheath, and Mrs Kan and the Globetrotters, have been recognised for the work to promote international links has been awarded the British Council International Award (see below). We are so proud of them, thank you for the hard work!

***Whiteheath Junior School in Hillingdon has been awarded Foundation level of the British Council's prestigious International School Award in recognition of its work to bring the world into the classroom.***

*The International School Award celebrates the achievements of schools that do exceptional work in international education. Fostering an international dimension in the curriculum is at the heart of the British Council's work with schools, so that young people gain the cultural understanding and skills they need for life and work in today's world.*

### HELPFUL RESOURCE FOR FAMILIES

Please see the link below, which may be helpful for families in reducing the spread of illness during the winter months:

[Reducing the spread of illness this winter: Seven steps to healthier schools and higher school attendance – The Education Hub](#)



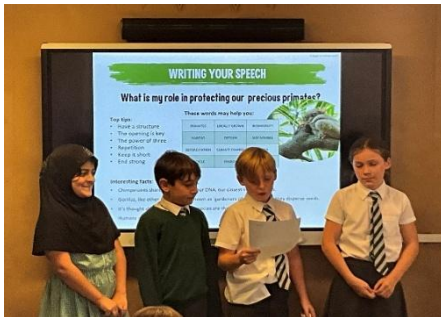
## Year 5 Discover the Wonders of the Rainforest

Recently, Year 5 have been deep in the rainforest - without leaving the classroom! They took part in an inspiring **GenEarth workshop**, funded by the Born Free Foundation, full of stories, quizzes, and hands-on learning about tropical forests and the primates that call them home.

During the 75-minute session, the children explored **where rainforests are found**, why they are so vital to our planet and how plants, animals, and humans all depend on these vibrant ecosystems. The facilitators brought the topic to life with fascinating facts and real-life stories, keeping everyone engaged and curious from start to finish.

The children were amazed to discover that **chimpanzees share about 98% of our DNA** and that **gorillas are "gardeners of the forest"**, helping new trees grow by spreading seeds. They explored the challenges these species face and discussed practical ways we can all help protect wildlife and the environment.

To round off the session, the children wrote and presented short speeches about why the rainforest matters and how everyone can make a difference. Their ideas were thoughtful, passionate, and full of creativity, showing just how much they had learned.



Teachers commented on how engaged and enthusiastic the children were throughout the day. **Genearth praised the groups for their curiosity, energy and positive attitude**, describing it as a **"delightful day"** working with them.

Today, visitors came to our classroom to talk about the importance of primates. The people who came were called Born Free and were really helpful and filled me with facts. The message that they talked about was one in West Africa and it was all types of primates along with the ones they rescued themselves. Sadly, primates are becoming more and more endangered by the day because some people are taking baby gorillas when they are born in their houses and when they are old, they take them back but they don't survive because they don't know how to look after themselves in the wild. Also, when deforestation happens, they die out of starvation or they die because they're homeless. You might be thinking: why would they die out of starvation when they eat meat? Well, the answer to that is simple - gorillas are actually vegetarians/herbivores and on top of that, they are gentle giants and are homeless. Anyway, what can we do to stop it and protect them? Stop deforestation, use less energy and water and tell everyone how good primates are!

Precious primates visit  
Wednesday 1st October 2025

Today, some visitors came to our classroom and talked to us about primates. We learnt about different types of primates and the West African jungle where they live and the importance of them. Primates are really important because they help the world's oxygen by posing in the jungle. This is why we need to help them and here are a few ideas how: to eat more locally, convince people to stop deforestation and tell people how amazing primates are.

By the end of the workshop, Year 5 were buzzing with ideas and eager to help protect our planet and its incredible wildlife. Mrs Kan

# Sports News

## FOOTBALL MATCH

This week our boys football A team host Glebe in our latest fixture. The boys started extremely well and created some excellent chances which forced the Glebe goalkeeper to make some superb saves. Glebe however did end up taking the lead early on, but this did not reflect on how the game was going.

The patterns of play throughout the game were excellent and really made for a tense match. However, Glebe finished the game very strong and scored twice more to make it 3-0 to them. However, it was an excellent performance from all of the team and a game they should be very proud of against a very tough Glebe side.



Well done! Mr Newing.

## ROAD SAFETY COMPETITION

### Design Your Dream Bike — Art Competition!

With an extended deadline, this could be a great activity for children to do over the half term break.

#### How to Enter:

Pupils draw their dream bike using any traditional art materials (no digital art or models).

The more creative the designs the better.

Scan or photograph your child's drawing.

Email it to [stars@hillington.gov.uk](mailto:stars@hillington.gov.uk) with subject "Dream Bike Comp"

Include the pupil's name, age, and school

**EXTENDED Deadline: Friday 7th November**

#### Prizes to be won!

Winners from KS1, KS2 and KS3 will have their dream bike designs professionally recreated, printed in A3, and beautifully framed for them to keep — plus, they'll receive a fitness tracker watch to keep them moving long after the competition ends! Every entrant will also receive a STaRS Certificate to celebrate their efforts.

This competition is part of **Cycle to School Week (13–17 Oct)** — encouraging our children to travel actively, stay healthy, reduce congestion, and think creatively about how they move.

Let's get our children/students dreaming big — and moving happily! 🚲  
The amazing winning entry on the right is from a past pupil!



# Reminders

## PROMOTING FUTURE CAREERS

We would like to invite parents and carers into school to deliver in a short assembly where they can talk to the children about their jobs.

This is a great opportunity for pupils to learn more about different careers, gain an insight into the world of work and be inspired by the variety of roles that people in our community do. Sharing your experiences helps children see how what they learn in school links to real life, and it encourages them to start thinking about their own aspirations for the future.

We can be flexible with assembly timings that work for you. If this is something you would like to do, please send an email to Mr Goodchild at [juniper@whiteheath-jun.hillingdon.sch.uk](mailto:juniper@whiteheath-jun.hillingdon.sch.uk). Thank you.



## HELP NEEDED! – SCHOOL GARDEN/GARDENING CLUB

In school we have a small but very eager gardening club who are keen to grow flowers and food. However, our garden beds are in desperate need of a makeover!



We have six raised beds which are falling apart and require replacing. Some of these have also been taken over by brambles and although the gardening club have been making an effort to clear them, we could do with some more help with this. We are also in need of more topsoil and compost and need some replacement bark chips to fill in the paths

between the beds.

If any parents are involved in a business or company that could support us in any way to get our garden going again, please contact us. In return, we would be happy to advertise your business in our school newsletter for a term.



## PARENT/CARER CURRICULUM WORKSHOPS

We have several workshops planned for parents/carers this year. These are to provide you with more information about specific subjects/topics that we teach and how we teach them and to give you some ideas about the ways you could support your child(ren) at home.

The date/time of the workshops for this year are:

- **Autumn 1 - Grammar - Tuesday 21st October 9:00 - 10:00am**
- **Autumn 2 - Reading - Friday 5th December 9:00 - 10:00am**
- **Spring 1 - Maths - Wednesday 14th January 9:00 - 10:00am**
- **Spring 2 - Oracy - TBC**
- **Summer 1 - Spelling - TBC**
- **Summer 2 - Computing - Wednesday 10th June 9:00 - 10:00am**



All parents/carers are welcome to attend and information about each workshop and booking details will be sent out in due course.

## HALF TERMLY SEND AND PASTORAL SUPPORT MEETINGS

We are pleased to inform you that we will be holding half termly SEND and Pastoral Support meetings. These are an informal opportunity to let you know about some of the processes and support which is available in school.

The meetings this term will be held on:

- **10<sup>th</sup> December 2:45pm**

You are warmly invited to attend and in order to anticipate numbers, please email [sendco@whiteheath-jun.hillingdon.sch.uk](mailto:sendco@whiteheath-jun.hillingdon.sch.uk) if we will be seeing you at the meetings.

Regards, Mrs Manfredi (SENDCo) & Mrs Ventin (Pastoral Leader)

## CHRISTMAS CARD COMPETITION

I am writing to extend a very warm welcome back to all staff and pupils as we enter a new academic year, which I trust has got off to a good start.

You will be aware that my office has a tradition of hosting a Christmas card competition for local infant, primary and junior schools across the constituency. The winning design is printed and sent to local stakeholders, including schools and healthcare providers, wishing them a Merry Christmas from their Member of Parliament.

I am delighted to invite pupils to take part in this year's competition, either at school or at home. The theme this year is '**A Flag for Christmas**', where children are encouraged to think about and design what they would put on a Christmas-themed flag. All entries should be sent to my constituency office at 10 Village Way, Pinner, HA5 5AF with the child's full name, age and school on the back of the design by **Friday 7 November**.

Kind regards,

**David Simmonds CBE MP**



## Merit Assembly

### Class of the Week - Willow

### Class Merit Awards

Year 3	Year 4	Year 5	Year 6
Alyssa, Eesa, Xander	Matthew, Jena, Amiley	Callista, Raani	Ryan, Harry, Evelyn

### House Points

Hampton	Windsor	London	Westminster
30	40	10	20



# Online Safety

Each week we are going to include a guide in this newsletter, covering different aspects, to help ensure children and young people are supported and protected online. We aim to reach and engage our entire school community, fostering a collaborative approach to promoting online safety and digital citizenship.

**What Parents & Educators Need to Know about MEMES**

**WHAT ARE THE RISKS?**  
Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (78%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

**SPREADING MISINFORMATION**  
While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

**EXPOSURE TO INAPPROPRIATE CONTENT**  
Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery even without searching for it. As memes spread fast on platforms like Instagram, TikTok or WhatsApp, it's nearly impossible to filter them completely.

**MASKED MESSAGES**  
Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

**HIDDEN HARMS & LOSING SENSITIVITY**  
When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

**PERMANENT DIGITAL FOOTPRINT**  
Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital decisions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original content has been shared.

**Advice for Parents & Educators**

**ENCOURAGE OPEN CONVERSATIONS**  
Talk regularly with young people and try to understand their online world - discuss how they find funny or useful the internet, openly, by listening without judgement you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

**TEACH DIGITAL LITERACY**  
Help children and young people learn to question where information comes from and whether it's reliable - encourage them to question what they see, young people to understand and recognise through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to seek credible sources when memes claim to present truth.

**MODEL HEALTHY BOUNDARIES**  
Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risk of overuse. By modeling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

**FOSTER EMPATHY ONLINE**  
Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

**Meet Our Expert**  
Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.

**Wake Up Wednesday**  
The National College

## Community Events/Info

### MEET THE AUTHOR EVENTS AT HILLINGDON LIBRARIES THIS AUTUMN

Come and meet two best-selling authors at our workshops at Botwell Green, Ruislip Manor and Uxbridge libraries:

**Children's Writing Workshops - Mythical Beasts and Festivals and Celebrations** - Reluctant writers and keen scribblers will love these fun, relaxed workshops with children's writer and poet Gita Ralleigh - author of *The Destiny of Minou Moonshine* and *The Voyage of Sam Singh*. Open to 7 to 11-year-olds.

[Library Writing Workshops with Gita Ralleigh \(PDF, 7 MB\)](#)

**Storytelling and Activity with Laura Henry-Allain MBE** - Join international award-winning writer, producer and storyteller Laura Henry-Allain, the creator of the well-loved JoJo and Gran Gran series of books and CBeebies animation for this exciting workshop.

[Storytelling Fun LHA \(PDF, 1 MB\)](#)



# Payment/deadline Dates

## OUTSTANDING PAYMENTS DUE

Payment
Year 3 Stone Age workshop
Year 5 Brazil Day
Year 6 Science Museum

## UPCOMING PAYMENTS

Payment	Date due
Year 6 Isle of Wight next instalment	28 <sup>th</sup> November
Year 5 PGL next instalment	30 <sup>th</sup> November
D & T resources for the year	1 <sup>st</sup> January

## DEADLINES FOR OTHER THINGS

Deadline	Date due
Registration for Young Voices Concert (choir)	3 <sup>rd</sup> November

# Weekly Attendance

Class	% Attendance W/C 13 <sup>th</sup> Oct 2025	% Attendance 03.09.25 – 17.10.25	Year Group Attendance % 03.09.25 – 17.10.25
Ash	73.9	95.1	
Oak	96.8	98.1	
Willow	97.5	97.2	
<b>Year 3</b>	-	-	96.8
Beech	97.3	97.5	
Elm	100	95.8	
Maple	96.2	97.1	
<b>Year 4</b>	-	-	96.9
Birch	93.5	96.8	
Yew	96.1	97.0	
<b>Year 5</b>	-	-	96.9
Juniper	98.5	97.1	
Pine	99.3	96.2	
Poplar	99.3	95.6	
<b>Year 6</b>	-	-	96.3
<b>Totals</b>	<b>95.4</b>	<b>96.7</b>	<b>96.7</b>



# Contacting us

<b>Contacting class teachers</b>	Willow	Miss Atkinson	willow@whiteheath-jun.hillingdon.sch.uk
	Ash	Mrs Garland/ Mrs Robert	ash@whiteheath-jun.hillingdon.sch.uk
	Oak	Miss Malone	oak@whiteheath-jun.hillingdon.sch.uk
	Maple	Mrs Mendez	maple@whiteheath-jun.hillingdon.sch.uk
	Beech	Miss Cook	beech@whiteheath-jun.hillingdon.sch.uk
	Elm	Mr Lewington	elm@whiteheath-jun.hillingdon.sch.uk
	Yew	Ms Prioli	yew@whiteheath-jun.hillingdon.sch.uk
	Birch	Miss Bryant	birch@whiteheath-jun.hillingdon.sch.uk
	Poplar	Miss Lawrence	poplar@whiteheath-jun.hillingdon.sch.uk
	Pine	Miss Jackman	pine@whiteheath-jun.hillingdon.sch.uk
Juniper	Mr Goodchild	juniper@whiteheath-jun.hillingdon.sch.uk	
Years 5 & 6 maths sets	Miss Wells	maths56@whiteheath-jun.hillingdon.sch.uk	
<b>General enquiries</b>	<a href="mailto:office@whiteheath-jun.hillingdon.sch.uk">office@whiteheath-jun.hillingdon.sch.uk</a>		
<b>Welfare/reporting your child's absence</b>	<a href="mailto:welfare@whiteheath-jun.hillingdon.sch.uk">welfare@whiteheath-jun.hillingdon.sch.uk</a>		
<b>Safeguarding concerns</b>	<a href="mailto:dsl@whiteheath-jun.hillingdon.sch.uk">dsl@whiteheath-jun.hillingdon.sch.uk</a>		
<p>Whiteheath Junior School is a safe space for <b>any child or adult</b> to come to talk about issues affecting them. Ask the office to speak to a Designated Safeguarding Lead, (Mrs Ventin or Ms Kenny), or the Deputy Designated Safeguarding Lead (Miss Wells). Alternatively, you can email the address above <a href="mailto:dsl@whiteheath-jun.hillingdon.sch.uk">dsl@whiteheath-jun.hillingdon.sch.uk</a> - this is a confidential email address only read by the safeguarding leads.</p>			
<p>If you are concerned a child may be at risk, you can also contact the Stronger Families Hub on 01895 556006 (available all year round).</p>			

## Extra-curricular Clubs

We are very fortunate in being able to offer the children a wide variety of before, lunchtime and after school clubs. To see the full schedule, and for details of how to sign up for clubs, please visit:

<https://www.whiteheath-jun.hillingdon.sch.uk/extra-curricular-clubs/>

## Autumn Term Dates

Wednesday 22<sup>nd</sup> October

Thursday 23<sup>rd</sup> October

Thursday 23<sup>rd</sup> October

Friday 24<sup>th</sup> October

*(Half term - Monday 27<sup>th</sup> October to Friday 31<sup>st</sup> October)*

Monday 3<sup>rd</sup> November

Thursday 6<sup>th</sup> November

Friday 7<sup>th</sup> November

Friday 7<sup>th</sup> November

Wednesday 12<sup>th</sup> November

Friday 14<sup>th</sup> November

Saturday 15<sup>th</sup> November

Wednesday 19<sup>th</sup> November

Year 4 -6 Virtual author visit

Yr 5 Harvest Festival assembly to school am

Yr 5 Harvest Festival assembly to parents/carers 2:30pm

Training Day (no children)

Children return to school

Girls' District Football Tournament

Individual photographs

Kwik Sticks Hockey competition - TBC

Geobus workshop Year 4

Children In Need Day

Choir singing at Ruislip Manor Xmas Funday

Geobus workshop Year 6



Thursday 20 <sup>th</sup> November	SportsHall Athletics - TBC
Thursday 27 <sup>th</sup> November	Borough Girls' Football competition and Best team
football tournament – TBC	
Thursday 27 <sup>th</sup> November	Year 4 Badminton Team – London Youth Games
Friday 28 <sup>th</sup> November	Year 6 visit to Science Museum
Thursday 4 <sup>th</sup> December	PTA Christmas Fayre
Wednesday 10 <sup>th</sup> December	SEND & Pastoral meeting for parents/carers 2:45pm
Thursday 11 <sup>th</sup> December	Year 6 Height and Weight Check
Friday 12 <sup>th</sup> December	Christmas lunch, Christmas Service and Christmas Jumper Day
Monday 15 <sup>th</sup> December	Year 3 Christmas performances dress rehearsal to the school
Tuesday 16 <sup>th</sup> December	Autumn term report cards out to parents/carers
Tuesday 16 <sup>th</sup> December	Year 3 Christmas Performance to parents/carers at 9:30am
Wednesday 17 <sup>th</sup> December	Year 3 Christmas Performance to parents/carers at 5pm
Thursday 18 <sup>th</sup> December	Christmas Parties
Friday 19 <sup>th</sup> December	School term ends at 12:30pm

Have a nice weekend,

**M Kenny,**  
**Headteacher**

