



WHITEHEATH JUNIOR SCHOOL

Opportunity, Confidence & Growth

Whole School Newsletter

Newsletter No: 6

Friday 10th 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.

YEAR 4 TRIP

Year 4 had an exciting day out this week as they visited the Verulamium Museum in St Albans, deepening their understanding of Roman Britain.

The museum, built on the site of the ancient Roman town of Verulamium, gave pupils the chance to see incredible artefacts up close, including original mosaics, Roman coins and everyday household items from nearly 2,000 years ago. One of the highlights was walking around the remains of the Roman city walls and viewing the hypocaust system – an early form of underfloor heating – which really helped bring their classroom learning to life.

The visit sparked plenty of enthusiasm and discussion back at school and many pupils said it was a highlight of their history topic this term. Thank you to our parent volunteers who accompanied us and helped make the trip a memorable experience!

Mrs Mendez





DIGITAL LEADERS

Our Digital Leaders programme aims to support children to develop confidence and leadership skills by acting as digital ambassadors and peer mentors for staff and pupils alike.

Helping with technical issues throughout the school, to enable things to run smoothly is only one of the many responsibilities our Digital Leaders have. The Digital Leaders for 2025-26 are:

Oak - Alexandra and Salman

Ash - Olivia and Eliana

Willow - Hasan and Celine

Beech - Leon and Ria

Maple - Ellis and Olivia

Elm - Henry and Maya

Yew - Aranveer and Sara

Birch - Taileigh and Sana

Poplar - Neil and Daksh

Pine - Emily and Malachi

Juniper - Jonathan and Bradley

Well done to all those who applied and interviewed! Miss Malone

PTA FUNDING

Thanks to the generosity of our parents/carers, after a couple of years of hard saving, our lovely PTA have now managed to raise enough money to purchase Air Conditioning for the school hall! Because it is a large space to cool, it is a considerable cost. However, this will make a huge difference to the children and staff.

We have had more and more occasions over the past couple of years when it has been simply too hot in the hall for it to be used, meaning that events/assemblies have been cancelled/postponed. The children have sweltered in the heat during productions performing under the stage lights, wearing their costumes. And, during the day, A/C will be very welcomed for all the children and staff during lunchtimes!

We are hoping to arrange the installation during the February half term, ready for the summer.

Many thanks again to our PTA and everyone who has made donations during the PTA events.



PACKED LUNCHES

Most children now have a hot meal for lunch, however for parents/carers of children who prefer a packed lunch, please can we remind you that we have a 'Packed Lunch Policy' (on our website) to promote healthy and nutritious food.

Our policy gives guidance on what packed lunches should include and food that should only occasionally be eaten. We would like to remind you that no sweets or chocolate bars are allowed. Thank you for your support.

CYCLE TO SCHOOL WEEK NEXT WEEK (13TH – 17TH OCTOBER)



Get pedal ready to go from A to B by Cycle, and enjoy all the benefits along the way—saving money, boosting health, and helping the environment.

Cycle to School Week 2025 takes place from **Monday 13 – Friday 17 October**. Last year, thousands of families and schools pledged to swap the school run for pedal power. This year, it's your turn!

This year it coincides with our Year 6 children undertaking their Bikeability Training but we would like as many children as possible to cycle to school next week.

PENNIES/POUNDS FOR THE PTA COMPETITION – LED BY OUR HOUSE CAPTAINS

During next we will be collecting money to raise funds for the PTA. The House Captains will be collecting money for their House every morning for the whole week. They collect coins AND NOTES in their buckets, and once counted and verified, the winning House receive an extra playtime!

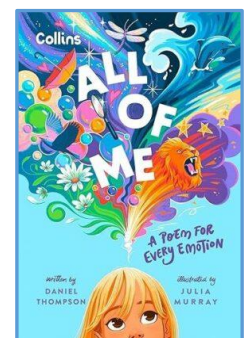


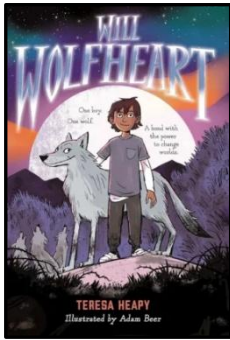
BOOKS THAT BOOK TRUST LOVE THIS MONTH

Each month, Book Trust reviews dozens of children's books. Below are their favourites for October 2025. We hope these are books that your child will enjoy but please check these are suitable for your child as these are only recommendations.

All of Me: A Poem for Every Emotion by Daniel Thompson, illustrated by Julia Murray

There are 50 poems contained within this splendid collection, each of which focuses on a different emotion. From kindness and joy to guilt and jealousy, there's a poem to suit every mood.





Will Wolfheart by Teresa Heapy, illustrated by Adam Beer

Will and his beloved dog Whisker are the best of friends. Then, one fateful Sunday while playing in the garden, the pair are unexpectedly summoned to Wolf-World – a magical, forested realm where wolves are in charge.

Will is shocked to discover that he can now communicate with Whisker, and that his cheeky pup has transformed into a mighty wolf!

What Came First? by Kit Frost, illustrated by Aaron Cushley

What's older – Mount Everest or sharks? Did flushing toilets come before toilet paper (unbelievably: yes! By the Minoans, approximately 3500 years ago!) What was invented first – the can or the can opener? (The can, with a whopping 48 years before the invention of the can opener. Puzzle that one!) Fortunately, What Came First sets out a useful timeline showing young readers the sometimes surprising order of events, with lovely illustrations and several quirky "which came first?" questions per page.



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

WHITEHEATH KINDNESS AWARD



This award is given to one child from each class on a regular basis to acknowledge their acts of kindness.

The celebrated children will have their photos displayed on our Whiteheath Wall of Kindness. Here are the latest winners:

Yew – Ryan, Ash – Anelise, Willow – Zander, Oak – Sophie, Beech – Harper, Maple – Elsie, Elm – Maya, Birch – Ella, Poplar Dua, Pine – Chloe, Juniper – Eliot.



Sports News

NETBALL MATCH

This week our girls Netball team travel to Glebe Primary School to take part in their first netball fixture in the calendar. The girls, unfortunately went 4-0 down quite early on in the game due to a rampant start from Glebe. After the first quarter however, you could see that the girls were still positive and after a team talk about being more aggressive in and out of possession, Whiteheath got themselves back into the game and the score changed to 6-4 to Glebe.

As the final quarter approached the game began to become really tense and Whiteheath managed to close the lead to just 1 goal, but after a few rotations Glebe managed to finish the game very strong, winning 9-5. An excellent first game with so many positives to take from.

Well done to all the girls involved. Mr Newing.

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. 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.



ROAD SAFETY – DESIGN YOUR DREAM BIKE – ART COMPETITION

This October, pupils across Hillingdon are invited to take part in a fun and imaginative art competition: **Design Your Dream Bike!**

DESIGN YOUR DREAM BIKE! ART COMPETITION

★ **Let your imagination ride free!**
From wings, rockets, fairy dust, rainbow wheels
Anything goes!

HOW TO ENTER:

Draw Your Dream Bike!
Use pencils, pens, paint, or crayons.
No digital art or models.
Open to all pupils in years 1-9
📷 Snap a photo or scan your drawing.
✉ Email to: stars@hillington.gov.uk
Subject: Dream Bike Comp
Include: Your name, age, and school.

Deadline for entries!
OCTOBER 24TH

PRIZES

- 🏆 Top 3 Winning designs turned into framed artwork
- 📱 Fitness tracker watches!
- 🎉 Everybody receives a Certificate for Creativity!

WHY TAKE PART?

This competition is part of October Walk to School Month and Cycle to School Week
– Helping children to travel actively, stay healthy, and be creative!

QUESTIONS?

Contact the STARS team at:
stars@hillington.gov.uk

Dream it. Draw it. Ride it!



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:

- 10th December 2:45pm

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

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



Merit Assembly

Headteacher's award – David (yr4)

Class of the Week - Elm

Class Merit Awards

Year 3	Year 4	Year 5	Year 6
Mohamed, Orson, Muhammad	Jade, Stanley, Hanna	Kutay, Galal	Ellie, Smir, Neil

House Points

Hampton	Windsor	London	Westminster
50	10	30	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 TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 36% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD

Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine release, making these interactions highly addictive. Over time, this can contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can be self-reinforcing in online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to extremist ideologies, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can cause distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS

Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation, or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS

Technology transforms how young people socialise, often replacing face-to-face interactions with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM

Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

DON'T WAIT, REACH OUT EARLY

If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SHAPE DIGITAL BOUNDARIES

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use as they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

SET THE STANDARD

Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Phillipa Weatherill is an award-winning educator, author of *The Digital Ecosystem*, and founder of *Eduplusion and Digital Bridge*. Digital Bridge supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.



#WakeUpWednesday

The National College



Community Events/Info

OPEN MORNING AT THE INFANT AND NURSERY SCHOOL



OPEN MORNING STAY AND PLAY

Looking for the right school for your child?

Join us for a welcoming school tour with refreshments and a magic show, while your child enjoys playtime in our warm and nurturing environment.

Discover why our school is the ideal place for their bright future!

18TH OCTOBER 25 9-11AM

WHITEHEATH INFANT AND
NURSERY SCHOOL
SIGN UP HERE:



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 \(PDF, 1 MB\)](#)

HALF TERM TENNIS CAMP



**GET SET 4 TENNIS
OCTOBER ½ TERM CAMP**

DENHAM WAY RECREATION GROUND WD3 9SL
<https://clubspark.lta.org.uk/getset4tennis/coaching/camps>

All sessions and camps are run by LTA qualified coaches who are fully DBS checked and first aid trained. • All major shots will be taught during the week along with a tournament on Friday of every week. • Open to players aged 4-16 indoor facilities are available in case of bad weather, equipment will be provided for those who need it. • Children will need a packed lunch and toilets are onsite. On hot days sun cream should be applied before camp • A player of the week award will be awarded at the end of the week

**TENNIS CAMP FOR AGES 4-16
MONDAY TO FRIDAY. 9-1PM £29
FULL WEEK DISCOUNT
CHILDCARE VOUCHERS ACCEPTED**

BOOK NOW



Payment/deadline Dates

OUTSTANDING PAYMENTS DUE

Payment
Year 3 Stone Age workshop
Year 4 Verulamium
Year 5 Brazil Day
Year 6 Science Museum

UPCOMING PAYMENTS

Payment	Date due
Year 6 Isle of Wight next instalment	28 th November
Year 5 PGL next instalment	30 th November

DEADLINES FOR OTHER THINGS

Deadline	Date due
Registration for Young Voices Concert (choir)	3 rd November

Weekly Attendance

Class	% Attendance W/C 6 th Oct 2025	% Attendance 03.09.25 – 10.10.25	Year Group Attendance % 03.09.25 – 10.10.25
Ash	98.3	98.6	
Oak	96.8	98.0	
Willow	96.1	97.1	
Year 3	-	-	97.9
Beech	99.5	97.6	
Elm	97.2	94.7	
Maple	97.6	97.4	
Year 4	-	-	96.7
Birch	97.3	97.2	
Yew	97.4	97.2	
Year 5	-	-	97.2
Juniper	98.1	96.2	
Pine	97.1	95.7	
Poplar	98.1	94.4	
Year 6	-	-	95.4
Totals	97.6	96.7	96.7



Contacting us

Contacting class teachers	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	
General enquiries	office@whiteheath-jun.hillingdon.sch.uk		
Welfare/reporting your child's absence	welfare@whiteheath-jun.hillingdon.sch.uk		
Safeguarding concerns	dsl@whiteheath-jun.hillingdon.sch.uk		
<p>Whiteheath Junior School is a safe space for any child or adult 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 dsl@whiteheath-jun.hillingdon.sch.uk - 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

Week Beginning 13th October

Week beginning 13th October

Monday 13th October

Tuesday 14th October

Wednesday 15th October

Friday 17th October

Wednesday 22nd October

Thursday 23rd October

Thursday 23rd October

Friday 24th October

(Half term - Monday 27th October to Friday 31st October)

Monday 3rd November

Friday 7th November

Pennies for the PTA House Competition

Cycle to School Week

Year 3 Stone Age Workshop

Parents' Consultation Evening

Parents' Consultation Evening

Nasal Flu Vaccinations

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

Individual photographs



Friday 7th November
Wednesday 12th November
Friday 14th November
Saturday 15th November
Wednesday 19th November
Thursday 20th November
**Wednesday 27th November
football tournament – TBC**
Wednesday 27th November
Friday 28th November
Thursday 4th December
Wednesday 10th December
Thursday 11th December
Friday 12th December

Monday 15th December

Tuesday 16th December
Tuesday 16th December

Wednesday 17th December

Thursday 18th December
Friday 19th December

Kwik Sticks Hockey competition - TBC
Geobus workshop Year 4
Children In Need Day
Choir singing at Ruislip Manor Xmas Funday
Geobus workshop Year 6
SportsHall Athletics - TBC
Borough Girls' Football competition and Best team

Year 4 Badminton Team – London Youth Games
Year 6 visit to Science Museum
PTA Christmas Fayre
SEND & Pastoral meeting for parents/carers 2:45pm
Year 6 Height and Weight Check
Christmas lunch, Christmas Service and Christmas
Jumper Day TBC
Year 3 Christmas performances dress rehearsal to
the school
Autumn term report cards out to parents/carers
Year 3 Christmas Performance to parents/carers at
9:30am
Year 3 Christmas Performance to parents/carers at
5pm
Christmas Parties
School term ends at 12:30pm

Have a nice weekend,

M Kenny,
Headteacher

