



WHITEHEATH JUNIOR SCHOOL

Opportunity, Confidence & Growth

Whole School Newsletter

Newsletter No: 16

Friday 16th January, 2026.

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.

COMMUNICATION VIA EMAILS

Important message - for parents/carers

Please add the following email address to your contacts to prevent school emails being detected as spam as they are now sent from a no-reply address which can filter to your junk. Thank you.

noreply@whiteheathjun.juniperwebsites.co.uk

STEEL PAN LESSONS IN YEAR 4



On Thursday afternoon, the Year 4 children had their first lesson on the steel pans taught by one of the teachers from Hillingdon Music Service.

The children will have lessons on the steel pans throughout Spring term, to allow their musical skills and knowledge of the instrument time to progress.

I spoke to some of the Year 4s after their lesson and was very impressed with their recall of which notes are used within different chords! They were able to explain how to hit the steel pans without making a 'bang' and were very enthusiastic about their lessons!

Nathan said, 'I enjoyed it very much because it sounded really good. It was my first time playing steel pans and I think I was pretty good!' Hanna said, 'It was my first time too - we had a chance to play different notes and practiced how to play them properly.' The children learnt a song called 'Bamba' which they played using different chords, learnt about rhythms with rests and then played along to an accompaniment. Max said 'I thought the music was really energetic - it was so much fun, I loved it!' - Miss Wells



Reminders

PARENT/CARER CURRICULUM WORKSHOPS

We have several workshops this year. The date/time of the workshops for the next 2 terms are (Please note a date change in red):

- Spring 1 - Maths - Wednesday 21st January 9:00 - 10:00am
- Spring 2 - Oracy – Friday 6th March 9:00 – 10:00am
- Summer 1 – Behaviour Policy and Behaviour Curriculum– 16th April - 2pm
- Summer 1 - Spelling – 21st April 9am 10am
- Summer 2 – Computing/Online Safety - Wednesday 10th June 9:00 - 10:00am

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

JAG HALF TERM HOLIDAY CAMP



February half-term childcare at our school

When school's out but work isn't, having familiar childcare in place can make half-term much easier to manage.





This February half-term, Holiday HQ returns to our school, delivered by Junior Adventures Group, the same trusted team that provides our wraparound care, offering structured, active holiday childcare for children aged 4–11 with activities adapted across age groups.

Holiday HQ: Destination Imagination

This February's theme, Destination Imagination, invites children to step into imaginative roles each day — from **underwater explorers and creative engineers to sports stars and intelligence agents** — through hands-on activities, team challenges and creative play.

 **Monday 16 – Friday 20 February**





As with all Holiday HQ camps, each day includes

-  Themed Hero Activities
-  Make & Take creative workshops
-  Skill Zone teamwork challenges
-  Sports

and active games



What parents can continue to expect

-  Ofsted-registered childcare with familiar, DBS-checked staff
-  Reliable holiday cover you can plan around
-  48-hour cancellation if plans change
-  Tax-Free Childcare accepted, where eligible

Ways families can save on February half-term childcare

Sibling discount

An **extra 10%** off automatically applied when booking more than one child


+ Multi-day discount

Book **4+ days** in the same week and receive an **additional 4%** off, automatically applied at checkout

All eligible discounts are combined automatically at checkout, helping families get the best available price.

Parents can view session details, times, prices and booking options online.

 [Find our school club](#)

 0333 577 1533

 hello@junioradventuresgroup.co.uk



Merit Assembly

Class of the Week – Willow, Birch and Juniper

Headteacher's special award – Lily-Mae

Class Merit Awards

Year 3	Year 4	Year 5	Year 6
Bruna, Milica, Nithwick	Tyler, Henry, Kush	Freddie, Aranveer	Ellie, Chloe, Chloe

House Points

Hampton	Windsor	London	Westminster
0	70	10	30



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.

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.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Panistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

#WakeUpWednesday The National College

X @wake_up_weds f /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.01.2026



Community info/events

50% OFF INITIAL PAYMENT

TAKE THE PLUNGE INTO WEEKLY LESSONS

Give your child the gift of confidence and safety in and around the water with Better Swim School.



Join weekly lessons with Better Swim School and get 50% off your first payment with code SCHOOL50.



Terms and conditions apply. Offer open to new customers only





WEALDSTONE YOUTH FC

SEND SOCCER SCHOOL

FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES

ALL PLAYERS ARE SUPPORTED BY OUR CARING & EXPERIENCED FA QUALIFIED COACHES

FOR CHILDREN AGED 4 - 8 (RECEPTION - YEAR 3)

SATURDAYS | 10AM - 11AM

**SUMMER @ WEALDSTONE FC
WINTER @ GOALS RUISLIP**

SCAN TO BOOK




**FOR ALL ENQUIRIES OR TO REQUEST A FREE TRIAL EMAIL
SOCCER.SCHOOL@WEALDSTONEYOUTHFC.CO.UK**



SEND

INDOOR FOOTBALL SESSIONS



For children with special educational needs and disabilities

Have fun, make friends, play football!

**Wednesdays
5:30pm - 6:30pm**

**Ages under 5 to
under 12**

**Glebe Primary School
Sussex Road
Ickenham**





WEALDSTONE YOUTH FC

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FOR CHILDREN AGED 8 - 12 (YEAR 4 - 7)

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FIRST TOUCH FOOTBALL



**SATURDAY MORNING FOOTBALL SESSIONS
DELIVERED BY THE PSD ACADEMY
FOR CHILDREN AGED 4-11**

**A MIX OF FOOTBALL
FUNDAMENTALS AND
SKILLS DEVELOPMENT
FOR PLAYERS OF ALL
ABILITIES TO DEVELOP
CONFIDENCE AND
INSPIRE THE NEXT
STEPS ON THEIR
FOOTBALLING
JOURNEY.**

SCAN TO BOOK



**UNDER 5'S - UNDER 7'S
CHILDREN IN
RECEPTION - YEAR 2
SATURDAY MORNINGS
9AM - 10AM
£6 PER SESSION**

**UNDER 8'S - UNDER 11'S
CHILDREN IN YEARS
3-6
SATURDAY MORNINGS
10AM - 11AM
£6 PER SESSION**

**WHITEHEATH JUNIOR SCHOOL
WHITEHEATH AVENUE, RUISLIP, HA4 7PR**

BOOK ONLINE: WWW.THEPSDGROUP.ORG.UK/ACADEMY

✉ academy@thepsdgroup.org.uk ☎ 0203 397 7409 🏠 @thepsdgroupuk

PLAY | SUCCEED | DEVELOP





Flu community catch up clinics

If your child has missed their flu vaccination at school, you can book an appointment for their vaccine at one of our local community clinics.

Winter season is upon us, and with colder weather keeping us indoors and in close contact, it's easier than ever for the flu to spread.

Protect yourself, your loved ones, and your community by getting your flu jab today. The flu vaccine is your best defense against severe illness, hospitalisation, and missed work or school. Let's work together to keep everyone healthy this winter.

Stay Well:
Avoid the misery of flu this winter.

Protect Others:
Especially children, the elderly, and those more vulnerable.

Stop the Spread:
Help prevent flu outbreaks in your community.



For our clinic locations and contact details for the Vaccination UK teams please scan the QR code or follow the links below:

<https://www.schoolvaccination.uk/contact>
<https://www.schoolvaccination.uk/catch-up-clinics>

 Vaccination UK
Immunisation Provider for
NHS



Payment/deadline Dates

OUTSTANDING PAYMENTS DUE

Payment
Year 6 alternative week
Year 5 alternative week
D & T resources for the year

UPCOMING PAYMENTS

Payment	Date due
Yr 6 IOW residential – next instalment	30 th January
Yr 5 PGL residential – next instalment	31 st January

DEADLINES FOR OTHER THINGS

Deadline	Date due
Parents' evenings slot – to book	asap
Year 6 SATS books	30 th January

Weekly Attendance

Class	% Attendance W/C – 12th Jan 2026	% Attendance 03.09.25 – 16.01.26	Year Group Attendance % 03.09.25 – 16.01.26
Ash	97.0	95.5	
Oak	95.9	96.7	
Willow	95.8	94.8	
Year 3	-	-	95.7
Beech	97.8	96.5	
Elm	83.7	95	
Maple	100	96.6	
Year 4	-	-	96.1
Birch	94.9	95.9	
Yew	98.3	95.9	
Year 5	-	-	95.8
Juniper	99.3	96	
Pine	94.1	95.9	
Poplar	96.9	95.6	
Year 6	-	-	95.8
Totals	96	95.9	95.9



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 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.			
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).			

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/>

Spring Term Dates

Monday 5 th January	Training Day (no children)
Tuesday 6 th January	Children return
Wednesday 21 st January	Maths workshop for parents/carers
Thursday 22 nd January	Yr 5/6 boys football tournament
Tuesday 27 th January	Parents Evening 1#
Wednesday 28 th January	Yr 3/4 girls football tournament
Thursday 29 th January	Parents Evening 2#
Thursday 29th January	Yr 5/6 girls football tournament (rescheduled from 15th)
Tuesday 3 rd February	Choir Young Voices Concert
Tuesday 10 th February	Safer Internet Day
Wednesday 11th February	Children's Mental Health Awareness Day
Wednesday 11 th February	Yr 5/6 Basketball Competition

HALF TERM - Week beginning Monday 16th February – Friday 20th February



Monday 23rd February

Thursday 5th March

Thursday 5th March

Friday 6th March

Friday 6th March

Monday 9th March

Thursday 12th March

Thursday 19th March

Friday 20th March

Monday 23rd March

Tuesday 24th March

Wednesday 25th March

Thursday 26th March

Thursday 26th March

Thursday 26th March

Friday 27th March

Children return

Year 5 Mosque visit

Year 6 Battle of Britain Bunker trip (2 classes)

Oracy workshop for parents/carers

World Book Day

Year 6 Battle of Britain Bunker trip (1 class)

Yr 3/4 Netball Festival

Yr 5/6 Development Netball Festival

Comic Relief Day

Online Maths Parents Meetings – Yr 3

Online Maths Parents Meetings – Yr 6

Online Maths Parents Meetings – Yr 5

Online Maths Parents Meetings – Yr 4

Year 6 Maths Challenge

End of term report cards out to parents/carers

School breaks up for Easter at 12:30pm

Have a relaxing, restful weekend,

**M Kenny,
Headteacher**

