



WHITEHEATH JUNIOR SCHOOL

Opportunity, Confidence & Growth

Whole School Newsletter

Newsletter No: 18

Friday 30th 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.

MONEY RAISED BY THE PTA

Funds have now been counted from last term and I can confirm that £1577.61 was raised at the Christmas Fayre and the House Captains raised £847.08 for the Pennies for the PTA. This will be put in the pot towards our next project which is to extend the adventure playground for the children. Many, many thanks again.

Sports News

YEAR 3/4 GIRLS' FOOTBALL TOURNAMENT

On Wednesday our Year 3 & 4 girls football team travelled to Hillingdon Leisure Centre to compete in the annual competition.

After picking up Bronze last year the girls were excited and determined to do really well.

They were amazing, drawing 0-0 in their first game against a very good Deansfield side and then going on to win the next 4 games against Hillingdon, Sacred Heart, St Bernadettes and Heathrow with plenty of goals.

Elsie was excellent in goal, keeping clean sheets in all the games and getting praise from other schools in doing so. This meant the girls finished 2nd in their group and met Harefield in the semi-finals.



It was a dramatic match which could have gone either way but it was Harefield who got the vital goal to progress to the final. A bronze medal was awarded to all of our girls for coming 3rd. An incredible tournament and one all should be so proud of. Well done!! Mr Newing.



YEAR 5/6 GIRLS' FOOTBALL TOURNAMENT

On Thursday our girls' football team travelled to Gunnersbury Park to compete in the Brentford Community Tournament.

The girls were full of excitement and anticipation and started really well, playing some excellent football and creating good chances. Edie scored an excellent goal from the half way line which had all of the supporters cheering and clapping! The group stage of the tournament finished and the girls progressed through to the Ambitious Final against Harefield.

It was an excellent game with both teams hitting the post and the crossbar. 0-0 was the final score which meant one thing.... dreaded penalties. After 3 penalties each Harefield managed to get the victory and our girls came second. A really good tournament, well done all! Mr Newing.



Reminders

MENTAL HEALTH WEEK – YOUNG MINDS – 11th FEBRUARY

It is Children's Mental Health Awareness Week from 9-15th February 2026. To honour this, we will be having a 'Mental Health Awareness' afternoon on Wednesday 11th February. We are asking for a small donation (or large if you'd rather) payable via School Money.



PARENT/CARER CURRICULUM WORKSHOPS

We have several workshops this year. The date/time of the remaining workshops are:

- 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.



SEND & PASTORAL SESSIONS FOR PARENTS/CARERS

- **Wednesday 4th February at 9.10am**
 - Discussing strategies for children to decompress at the end of the school day (calming and preparation for the evening ahead)
- **Wednesday 25th March at 2.45pm**
 - An opportunity to raise your questions related to SEND and Pastoral needs/processes.

Please email your attendance and send through questions you would like to raise ahead of the meetings - sendco@whiteheath-jun.hillingdon.sch.uk

WISH LIST OF RESOURCES

Recently we received a kind email from a parent asking if we had a wish list of resources that we would like as they wanted to purchase something directly for the school.

Whilst we do not have a wish list as such, there are always items that we need. If you are able to and would like to contribute any resources to help the school, here are some items that we are always in need of (these need to be replenished often):

- PE resources - tennis balls, footballs (size 4), netballs (size 4)
- Stationery essentials – whiteboards, whiteboard pens, Green Frixion pens, glue sticks, pencil crayons, post it notes
- Construction sets – e.g. K'nex, Lego, Meccano, Magnetic Tiles, etc
- Donations for reading books

Many, many thanks!



Merit Assembly

Class of the Week – Pine

Class Merit Awards

Year 3	Year 4	Year 5	Year 6
Mahi, Diya, Eloise	Henry, Jack, Kenny	Darci-Mae, Mya	Kesley, Annie, Eve

House Points

Hampton	Windsor	London	Westminster
30	40	20	20

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	today
Year 6 SATS books	today
Yr 5 PGL residential – next instalment	31 st January
Mental Health Awareness Day – for YOUNG MINDS	11 th February
Yr 5 Mosque trip	12 th February
Yr 6 Battle of Britain Bunker trip	16 th February

Spring Term Dates

(new dates in red)

Tuesday 3 rd February	Choir Young Voices Concert
Wednesday 4 th February	SEND/Pastoral session for parents/carers
Monday 9 th February	Year 3 and 4 Oracy assembly
Tuesday 10 th February	Safer Internet Day
Wednesday 11 ^h February	Year 5 and 6 Oracy assembly
Wednesday 11 th February	Children's Mental Health Awareness Day
Wednesday 11 th February	Yr 5/6 Basketball Competition
<i>HALF TERM - Week beginning Monday 16th February – Friday 20th February</i>	
Monday 23 rd February	Children return
Friday 27th February	Year 6 Journey Outreach workshop
Thursday 5 th March	Year 5 Mosque visit
Thursday 5 th March	Year 6 Battle of Britain Bunker trip (2 classes)
Friday 6 th March	Oracy workshop for parents/carers
Friday 6 th March	World Book Day
Monday 9 th March	Year 6 Battle of Britain Bunker trip (1 class)
Thursday 12 th March	Yr 3/4 Netball Festival
Thursday 19 th March	Yr 5/6 Development Netball Festival
Friday 20 th March	Comic Relief Day
Monday 23 rd March	Online Maths Parents Meetings – Yr 3
Tuesday 24 th March	Online Maths Parents Meetings – Yr 6
Tuesday 24 th March	Year 4 Synagogue visit
Tuesday 24 th March	Year 5/6 District netball competition
Wednesday 25 th March	Year 5/6 b team netball competition
Wednesday 25 th March	Online Maths Parents Meetings – Yr 5
Wednesday 25 th March	SEND/Pastoral session for parents/carers
Thursday 26 th March	Online Maths Parents Meetings – Yr 4
Thursday 26 th March	Year 6 Maths Challenge
Thursday 26 th March	End of term report cards out to parents/carers
Friday 27th March	School breaks up for Easter at 12:30pm



Weekly Attendance

Class	% Attendance W/C – 26th Jan 2026	% Attendance 03.09.25 – 30.01.26	Year Group Attendance % 03.09.25 – 30.01.26
Ash	94.6	95.5	
Oak	97.5	96.9	
Willow	94.6	94.4	
Year 3	-	-	95.6
Beech	92.7	96.1	
Elm	94.7	94.7	
Maple	92.9	96.3	
Year 4	-	-	95.7
Birch	91.6	95.5	
Yew	81.4	94.7	
Year 5	-	-	95.1
Juniper	97.4	96.1	
Pine	98.5	96.2	
Poplar	98.5	95.9	
Year 6	-	-	96.1
Totals	93.9	95.6	95.6

Contacting us

Contacting class teachers	<p>Willow Miss Atkinson willow@whiteheath-jun.hillingdon.sch.uk</p> <p>Ash Mrs Garland/ Mrs Robert ash@whiteheath-jun.hillingdon.sch.uk</p> <p>Oak Miss Malone oak@whiteheath-jun.hillingdon.sch.uk</p> <p>Maple Mrs Mendez maple@whiteheath-jun.hillingdon.sch.uk</p> <p>Beech Miss Cook beech@whiteheath-jun.hillingdon.sch.uk</p> <p>Elm Mr Lewington elm@whiteheath-jun.hillingdon.sch.uk</p> <p>Yew Ms Prioli yew@whiteheath-jun.hillingdon.sch.uk</p> <p>Birch Miss Bryant birch@whiteheath-jun.hillingdon.sch.uk</p> <p>Poplar Miss Lawrence poplar@whiteheath-jun.hillingdon.sch.uk</p> <p>Pine Miss Jackman pine@whiteheath-jun.hillingdon.sch.uk</p> <p>Juniper Mr Goodchild juniper@whiteheath-jun.hillingdon.sch.uk</p> <p>Years 5 & 6 Miss Wells maths56@whiteheath-jun.hillingdon.sch.uk</p>
General enquiries	office@whiteheath-jun.hillingdon.sch.uk
Welfare/reporting your child's absence	welfare@whiteheath-jun.hillingdon.sch.uk
<p>Safeguarding concerns - dsl@whiteheath-jun.hillingdon.sch.uk</p> <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/>

Online Safety

Each week we are going to include a guide in this newsletter, covering different aspects of online safety, 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 MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-16 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

- POPULAR ONLINE SOURCES**
Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions and create unrealistic expectations and misunderstandings about mental health conditions.
- RISK OF SELF-DIAGNOSIS**
Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnoses can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.
- LACK OF FILTERS**
Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.
- IMPACTFUL PAST TRENDS**
Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.
- MISLEADING CLINICAL TERMS**
Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.
- REPLACING PROFESSIONAL HELP**
Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

- MONITOR ONLINE ENGAGEMENT**
Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.
- SCHOOL-HOME COLLABORATION**
Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.
- IDENTIFY RELIABLE SOURCES**
Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.
- ENCOURAGE OPEN DIALOGUE**
Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert
Anna Bateman is Director of Holcayn Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

#WakeUpWednesday The National College

@wake_up_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

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Community info/events

HILLINGDON KS2

CHESS TOURNAMANT



WHEN?
TUE 24TH FEB
4PM - 5.30PM

WHERE?
HAYDON SCHOOL

ALL KS2 STUDENTS WELCOME!

PRIZES TO BE WON!

Please Register Your Interest by scanning the QR code:

For queries please contact
jcooper96@haydonschool.com



GS4 TENNIS



GET SET 4 TENNIS FEBRUARY ½ TERM CAMP

DENHAM WAY RECREATION GROUND WD3 9SL

<https://clubspark.lta.org.uk/getset4tennis/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. Please dress for all weathers • A player of the week award will be awarded at the end of the week

TENNIS CAMP FOR AGES 4-16
MONDAY - FRIDAY. MAPLE CROSS
1 FREE DAY IF BOOKING FOR THE WEEK
9-1PM CHILDCARE VOUCHERS ACCEPTED
USE SPRING10 FOR 10% EARLY BIRD DISCOUNT TO 8/2

BOOK NOW





JUNIOR TENNIS CAMP

Northwood Recreation Ground

18th February 2026
12:30-3:00pm
5-10 years

Action packed holiday
camps with team
challenges, tennis skills,
games and prizes.



SCAN THE QR CODE
TO BOOK OR CLICK ON THE
LINK BELOW

[HTTPS://NATIONALTENNIS.ORG.UK/CAMPS/LONDON/](https://nationaltennis.org.uk/camps/london/)

CONTACT FOR FURTHER INFORMATION-
HELLO@NATIONALTENNIS.ORG.UK





UK Health
Security
Agency



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

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Have a good weekend everyone,

M Kenny,
Headteacher

