



WHITEHEATH JUNIOR SCHOOL

Opportunity, Confidence & Growth

Whole School Newsletter

Newsletter No: 2

Friday 11th September, 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.

REMINDER FROM LAST WEEK - YEAR GROUP INFORMATION MEETINGS

We would like to invite you to our upcoming **Year Group Welcome Meetings**. These sessions are a fantastic opportunity to learn about your child's curriculum, school routines, and our behaviour policy.

All meetings will take place in the **School Hall** from **3:40 pm to 4:30 pm** on the following days:

Monday 14th September	Year 3 Welcome Meeting
Tuesday 15th September	Year 4 Welcome Meeting
Wednesday 16th September	Year 5 Welcome Meeting
Thursday 17th September	Year 6 Welcome Meeting

We look forward to seeing you.

AUTUMN TERM CURRICULUM MAPS

The Autumn Term Curriculum Maps for your child's year group are now on the school website. They can be found (in the Our Learning/Curriculum/Overview). These outline the focus/topic for each subject this term.

This gives you an overview of the books that they will be reading in English, focus areas in both English and Mathematics for the term and topics to be covered in all other areas of the curriculum.

If you have any queries about any of the topics or areas being covered during the Autumn Term, please do not hesitate to contact your child's teacher.



JUNIOR DUKE AWARD - REMINDER



You should have received an email about the Junior Duke Award. The award is aimed at helping children from the age of 5 to 13 to learn and practice a large variety of life skills. Year 3 children complete bronze, year 4 children complete silver, year 5 children complete gold and year 6 children complete platinum.

If your child would like to take part, please would you complete and sign the slip on the letter and return it to your child's class teacher by **TUESDAY 22nd SEPTEMBER**. **The deadline for ordering from Junior Duke is very strict. We cannot add your child after this time as the company will not accept any late applicants.**

FOLLOW US ON INSTAGRAM

Our Instagram is a great way for parents and carers to get a glimpse into what's happening across the school and celebrate the fantastic things our children are doing.

🌿 What will you see?

📷 Posts

Our main posts will share highlights from school life – including special events, celebrations, learning, sporting news and memorable moments from across Whiteheath.

📖 Stories

Keep an eye on our Instagram Stories too! They are perfect for sharing quick snapshots – from classroom activities and trips to competitions, themed days and other little moments we'd love you to see.

💚 Get involved!

We'd love our Whiteheath families to be part of our Instagram community.

Follow our page, like our posts and keep an eye on our Stories to stay connected with everything happening at Whiteheath. Every like and interaction helps us celebrate our pupils and share all the wonderful things happening within our school community.



Find us on Instagram: @whiteheath_junior_school
Miss Malone – Computing Lead

Reminders

JEANS FOR GENES - FRIDAY 18TH



We would be very grateful if you could help us raise money for this worthy cause by donating via School Money – in return your child can wear their jeans to school on **Friday 18th September**. Please note that their top half should be school uniform. If your child does not have a pair of jeans, they should wear full uniform as usual. Many thanks.





Merit Assembly

Class of the Week – Year 6

Class Merit Awards

Year 3	Year 4	Year 5	Year 6
Indie, Carter	Sophie, Oscar, Jacob	Lottie, Tyler	Ruby, James

House Points

Hampton	Windsor	London	Westminster
40	30	10	10

Weekly Attendance

Class	% Attendance W/C – 7 th Sep 2026	% Attendance 03.09.26 – 11.09.26	Year Group Attendance % 03.09.26 – 11.09.26
Oak	100	100	
Willow	98.5	97.9	
Year 3	-	-	99
Beech	97.9	96	
Elm	97.9	96	
Maple	98.8	97.9	
Year 4	-	-	96.6
Birch	97.3	96.7	
Yew	91.3	94.4	
Year 5	-	-	95.6
Pine	96.2	94.1	
Poplar	93.6	92.4	
Year 6	-	-	93.2
Totals	96.7	95.9	95.9

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 CHARACTER.AI

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

AI replies are generated in real time rather than chosen from a fully checked script. Even with safety filters on, conversations can still move into sexual, violent, discriminatory or self-harm material. These AI characters are often made by users, so a familiar name or child-friendly description does not guarantee that every response from the character will be suitable for a young person.

BLURRED BOUNDARIES

Characters on Character.AI can use the language of friendship, love, and empathy without ever feeling anything. Vulnerable young people may struggle to separate this simulation from genuine understanding, romantic role-play or a character that demands attention, loyalty, or secrecy could also risk distorting young people's expectations around consent, disagreement, and the give-and-take involved in healthy human relationships.

UNRELIABLE ADVICE

Characters, like other chatbot platforms, are at risk of inventing facts or giving inappropriate advice while sounding completely confident. Characters may also echo a young person's assumptions instead of questioning them. This can become particularly risky when users rely on a character for guidance about health, mental wellbeing, relationships, money, or personal safety instead of checking with a credible source or trusted adult.

EMOTIONAL DEPENDENCY

Character.AI chatbots can appear endlessly attentive, supportive, and affectionate, which is one of the hallmarks of the generative AI models that such companions are built on. A young person may start turning to a character chatbot whenever they feel lonely or upset and believe that it understands them better than the humans in their life. This can become more concerning when chatting starts to replace sleep, schoolwork, hobbies and friendships.

PRIVACY CONCERNS

Character.AI chats may feel private, especially when a bot sounds personal and caring, but they take place on a company's online systems. Users could intentionally or unintentionally reveal their name, school location, routines, images, or intimate concerns. Character.AI says some data may be retained to improve its services and AI models, so young people should never treat a chatbot like a confidential diary.

UNHEALTHY ENGAGEMENT

Be aware of warning signs such as secret accounts, bypassing age restrictions, hiding phone use from adults, chatting late at night, distress when access to the platform or character stops, withdrawal from other people, falling interest in school, or believing the character is conscious. Increased use may also signal that the young person is already lonely, anxious, or seeking help.

Advice for Parents & Educators

KEEP CONVERSATIONS OPEN

Ask what the young person enjoys about Character.AI and invite them to show you how the platform and their favourite characters work. Useful questions include: "Has it ever said something that felt wrong?" and "How can you tell it doesn't have feelings?" Avoid shaming them for using platforms like Character.AI or making them feel there is something wrong with them for doing so.

PAUSE, CHECK AND ASK

Teach young people to pause before accepting an answer from characters on Character.AI. Encourage them to check important claims against a trustworthy source and ask a safe adult when the issue matters. Never use a character as the sole source of medical, mental health, legal, financial, or safeguarding advice. Remind them not to share passwords, contact details, school information, live locations, or private images.

CHECK AGE, SETTINGS & LIMITS

Character.AI's minimum age is 16 in the UK, but open-ended companion chat is restricted to adults aged 18 or over. Users aged 16 to 17 receive a different experience built around guided 'Stories' and other creative or social features. Check their current settings, never help or encourage a young person to give a false age, and apply the same safety rules to other chatbot apps.

NOTICE AND RESPOND

Take action if chats involve sexual content, threats, coercion, abuse, self-harm or danger. Save relevant evidence, report the character and follow the setting's safeguarding process; educators should involve the designated safeguarding lead. If anyone is in immediate danger, contact emergency services. Childline is available on 0800 1111 and the NSPCC Helpline on 0800 800 5000.

Meet Our Expert

Darren Coxon is an educator with almost 30 years' experience across teaching, school leadership and governance. He works internationally supporting schools and colleges with AI leadership and governance and [insert NC courses I have written].



#WakeUpWednesday

The National College

See full reference list on our website



@wake_up_weds



/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: 08.08.2028

PTA/Community events/info

SPORTING OPPORTUNITIES IN THE COMMUNITY

SEND
INDOOR FOOTBALL SESSIONS

ICKENHAM YOUTH F.C.
Est. 2006

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
UB10 8PH

FREE TRIAL

For more information and to register email
welfare@ickenhamyouthfc.com

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)

SCAN TO BOOK



SATURDAYS | 10AM - 11AM

SUMMER @ WEALDSTONE FC
WINTER @ GOALS RUISLIP

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

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 8 - 12 (YEAR 4 - 7)

SCAN TO BOOK



SATURDAYS | 10AM - 11AM

SUMMER @ WEALDSTONE FC
WINTER @ GOALS RUISLIP

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

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.





UNDER 5'S - UNDER 7'S	UNDER 8'S - UNDER 11'S
CHILDREN IN RECEPTION - YEAR 2	CHILDREN IN YEARS 3-6
SATURDAY MORNINGS 9AM - 10AM	SATURDAY MORNINGS 10AM - 11AM
£6.50 PER SESSION	£6.50 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

ACADEMY | PLAY | SUCCEED | DEVELOP



TOGETHERNESS



Emotional resilience for the everyday

From understanding to thriving: for everyone.

Ideas proven to make a difference for emotional wellbeing and build children's confidence and kindness.

togetherness.co.uk



Online learning pathways for your parenting journey and important relationships.

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

For healthier relationships and happier lives.

Residents of **HILLINGDON**

In paid partnership with:



For free access, use access code:
LEARNTOGETHER





Understanding your child's feelings

The start of term can bring lots of changes and lots of feelings for children and parents. Our taster pathway can support you to recognise what your child might be feeling and gives you confidence to know how to respond

[\(bitesize e-learning\)](#)



Understanding your child: from toddler to teenager

An even easier way to access learning about child development and emotional health from NHS experts

[\(bitesize e-learning on WhatsApp\)](#)

FREE ACCESS

You're receiving this update as your school is based in a free (pre-paid, funded) access area for togetherness.co.uk

Find the [Free Access Checker](#) in the pathway library to unlock free online learning that could change your relationship with your child for the better.

Evidence based - Created in the NHS - Private and available anytime, anywhere

Follow Togetherness on social media



TOGETHERNESS

togetherness.co.uk

0121 296 4448

togetherness@uhb.nhs.uk





TOGETHERNESS



An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

September 2026

As we send our children back to school for another exciting term and year of learning, we're delighted to share some helpful resources for parents experiencing all the big emotions of growing children.

Togetherness the NHS emotional health digital learning hub funded in your area. Your family has **free access** to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children.

Here's a quick round up of what we think is great on Togetherness to help your children thrive.

Sex, AI, conflict and relationships & more - a guide for parents



Understanding your child in a changing world

Online learning to support you navigating tricky parenting topics – Social media, gaming, AI, friendships, big opinions, sex, conflict and war

[\(bitesize e-learning\)](#)

Give them a confident back to school



What to pack in their emotional health kit

Our child psychology experts share some simple ways to help your child feel brave and capable as they prepare for another year of learning

[\(Instagram post\)](#)

Our celebrity ambassador

School readiness: toileting





Kate Lawler joins Togetherness

We're delighted to welcome Kate Lawler as our first celebrity ambassador who will host a live Q&A event on 23rd September for parents. Follow us on Instagram to stay up to date.

[\(Live Q&A: follow us for more\)](#)



Build their toileting confidence and independence

Help your child to continue to strengthen their skills to use the toilet with confidence as they settle into big school

[\(5 minute read\)](#)

In the trenches with toilet training?



Myth busting toilet training

If toilet training feels like a battle... you're not the only one! We bust the myths around toileting in this short video

[\(YouTube short\)](#)

Strengthen your connection



Understanding your relationships

87% have found the pathway helpful.

One learner shared: "The pathway really made me think how important it is to see things from my partner's point of view and how normal it is to have hiccups in relationships."

[\(bitesize e-learning\)](#)

School anxiety?

Learn on WhatsApp



EVENTS AT WINSTON CHURCHILL THEATRE



HillmS
Hillingdon Musical Society

Disney
FROZEN
THE WEST-END MUSICAL

Ticket Availability

Wednesday 7:30 <i>Tickets still available</i>	Thursday 7:30 <i>Selling fast!</i>
Friday 7:30 <i>Selling fast!</i>	
Saturday 2:30 <i>Sold out!</i>	Saturday 7:30 <i>Selling fast!</i>

23rd -26th SEPTEMBER 2026
WINSTON CHURCHILL THEATRE





Charity number
1204190

NODA
For every stage



Doctor Dolittle

A New Musical

*Book, Music & Lyrics
by Leslie Bricusse*

Based on the Doctor Dolittle
stories by Hugh Lofting and
The Twentieth Century Fox film



21-24 October 2026

Winston Churchill Theatre, Ruislip

Tickets from £15

Group and family discount available

www.wos-productions.org.uk, 07391 988077

Show times: 21-23 October 2026, 19:30; 24 October 13:30 and 18:30

Originally produced in the United States by the Pittsburgh CLO, Pittsburgh, PA Van Kaplan, Executive Producer.

This amateur production is presented by arrangement with Music Theatre International.

All authorised performance materials are also supplied by MTI www.mtishows.co.uk



Payment/deadline Dates

OUTSTANDING PAYMENTS DUE

Payment
Year 6 Isle of Wight – 1 st Instalment

UPCOMING PAYMENTS

Payment	Date due
Year 5 PGL – 1 st Instalment	11 th Sept
Jeans for Genes	18 th Sept

OTHER

Payment	Date due
Junior Duke Award	22 nd Sept

Contacting us

Contacting class teachers 	Willow Miss Atkinson willow@whiteheath-jun.hillingdon.sch.uk Oak Mrs Pedrick ash@whiteheath-jun.hillingdon.sch.uk Maple Mrs Mendez maple@whiteheath-jun.hillingdon.sch.uk Beech Miss Cook beech@whiteheath-jun.hillingdon.sch.uk Elm Miss Malone elm@whiteheath-jun.hillingdon.sch.uk Yew Ms Prioli yew@whiteheath-jun.hillingdon.sch.uk Birch Mr Goodchild birch@whiteheath-jun.hillingdon.sch.uk Poplar Miss Lawrence poplar@whiteheath-jun.hillingdon.sch.uk Pine Miss Bryant pine@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 Padley 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/>

Autumn Term Dates

- **New dates in red**

Wednesday 2nd September

Thursday 3rd September

Week beginning 14th September

Monday 14th September

Tuesday 15th September

Wednesday 16th September

Thursday 17th September

Thursday 17th September

Friday 18th September

Friday 25th September

Friday 2nd October

Wednesday 7th October

Friday 9th October

Week Beginning 12th October

Tuesday 13th October

Wednesday 14th October

Wednesday 21st October

Thursday 23rd October

Thursday 23rd October

2:40pm

Friday 23rd October

Training Day (no children)

Term starts - children return

National Coding Week

Year 3 Information Meeting 3:40-4:15pm

Year 4 Information Meeting 3:40-4:15pm

Year 5 Information Meeting 3:40-4:15pm

Year 6 Information Meeting 3:40-4:15pm

GenEarth Workshop for Year 4

Jeans for Genes Day

GenEarth Workshop for Year 5

Year 5 Brazil Day

Virtual Author visit for Years 5 and 6

Year 5 Pedestrian Training

Pennies for the PTA House Competition

Parents Consultation Evening

Parents Consultation Evening

Year 3 Stone Age Workshop

Yr 5 Harvest Festival assembly to school am

Yr 5 Harvest Festival assembly to parents/carers

Hillingdon Foodbank Collection

(Half term - Monday 26th October to Friday 30th October)

Monday 2nd November

Monday 3rd November

Monday 3rd November

Friday 6th November

Tuesday 10th November

Tuesday 10th November

Thursday 19th November

Tuesday 17th – Friday 20th Nov

Friday 19th November

Monday 30th November

Friday 13th November

Wednesday 25th November

Thursday 10th December

Training Day (no children)

Children return to school

Nasal Flu vaccinations

Individual photographs

Borough Girls' football Competition

Borough Best Team Football Competition

SportsHall Athletics Competition

Travelling Book Fair Days

Art Frames Exhibition

Year 6 Trip to the Science Museum

Children In Need Day

Virtual Author visit for Years 5 and 6

Year 6 Height and Weight Check



Friday 11th December

Monday 14th December

Monday 14th December

Tuesday 16th December

9:30am

Wednesday 16th December

5pm

Thursday 17th December

Friday 18th December

Christmas lunch, Christmas Service and Christmas Jumper Day TBC

Autumn term report cards out to parents/carers

Year 3 Christmas performances dress rehearsal to the school

Year 3 Christmas Performance to parents/carers

Year 3 Christmas Performance to parents/carers

Christmas Parties

School term ends at 12:30pm

Have a lovely weekend,

**Ms Kenny,
Headteacher**

