WHITEHEATH JUNIOR SCHOOL

Opportunity, Confidence & Growth

Whole School Newsletter

Newsletter No: 9 **Friday 6th November, 2026.**

Welcome to our whole school newsletter. Our aim is to keep you informed of achievements, successes and general information regarding Whiteheath Junior School.

This newsletter and the year group newsletter will be sent to you at the end of the week, on a Friday. They are also on the school website.

You can find the Whole School Newsletter under the 'News & Events' section on the website within the Newsletters tab and the Year group newsletters are under the News & Events section within the Year Group Pages tab). **Please check your emails and newsletter each week** as this is our main form of communication with you.

EVENTS COMING UP FOR THE SCHOOL CHOIR

Christmas is just around the corner, and we have two exciting festive events coming up this month! We are delighted that the choir has been invited to perform at the following events:

🎅 Ruislip Manor Christmas Funday – Saturday 14th November

The choir has been invited to take part in the Ruislip Manor Christmas Funday, which will be taking place along Ruislip Manor High Street.

We will be joining a number of other local schools to perform on the stage outside, next to Budgens.

- **Performance time:** 12 noon
- **Arrival time:** 11.40am
- **Where:** Outside Budgens, Ruislip Manor High Street

Children should arrive in **full school uniform** and meet me at the stage area.

❄️ Michael Sobell House Winter Market – Saturday 21st November

We are also delighted to have been invited to perform at the Michael Sobell House Winter Market.

The event will take place at: **Michael Sobell House Fundraising Hall,** Mount Vernon Hospital, Gate 3, Northwood, HA6 2RN

- **Performance time:** Approximately 11am
- **Arrival time:** 10.45am
- **Where:** Car Park 3, Mount Vernon Hospital

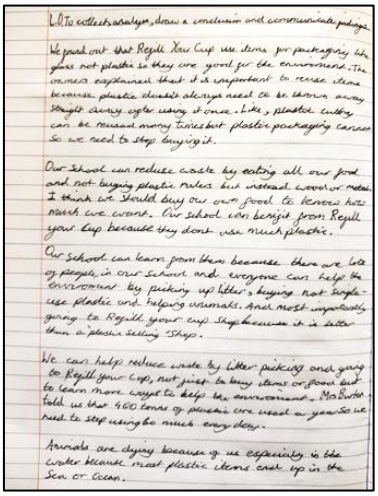
Children should arrive in **full school uniform**, where I will be waiting to greet them.

It is wonderful for the children to have these opportunities to share their singing with the local community, spread some Christmas cheer and support such lovely local events.

Thank you, as always, for your continued support. I look forward to seeing the choir at both events! Mrs Mendez

YEAR 6 GEOGRAPHY

Small Changes, Big Impact: Year 6 Learn from Refill Your Cup



As part of their Year 6 Geography unit, Protecting the Environment, the children have been investigating how we can reduce waste, make more sustainable choices and create positive change in our school and local community.

Starting with the big question, 'What can our school learn from Refill Your Cup about reducing waste?', the children took ownership of their learning by developing their own enquiry questions, planning how to collect evidence and preparing interview questions. Their investigations explored packaging, shoppers' choices and how our school could become more sustainable.



The children welcomed the owners of Refill Your Cup in Ruislip into school for an interview. They asked their questions, gathered first-hand evidence and discovered how a local business helps people make more environmentally friendly choices.



Back in the classroom, each group analysed its findings, answered its enquiry question and developed recommendations for reducing waste. The children considered practical changes our school could make, from reducing unnecessary packaging to reusing resources more effectively.

We are incredibly proud of the children's curiosity, teamwork and thoughtful recommendations. Their enquiry has shown how small changes can make a big difference, and we look forward to exploring how we can put their ideas into action to reduce waste and make our school a more sustainable place.

Mrs Kan, Geography Lead



Reminders

CHILDREN IN NEED 2026



On **Friday 13th November**, we will be supporting the BBC's Children in Need. We intend to raise funds by going 'spotty' for the day!

The children can wear 'spotty' clothes, head to toe, the spottier the better… however, they should wear uniform in place of any non-spotty attire. They can also wear the Pudsey ears, if they choose. Any children *not* wishing to participate the day should wear full school uniform, as normal - this is not just a 'dress down day'.

We are asking for a donation of £2 per child, payable on your School Money account. There is also an option to make a further donation if you wish and this is available through the 'shop' tab on your account.

CHILDREN'S ART EXHIBITION

The school cordially invites you to an exhibition of the children's art on **Thursday 19th November 2026.**

The school art gallery will open straight after school. If you are unable to attend but wish to purchase your child's artwork, please arrange for someone else to collect and pay for it on your behalf. These make lovely gifts for Christmas, Mother's Day, or other family members.
Please note that this event is cash-only, and we kindly ask that you try to bring the exact change. Framed pictures are on sale for £10 each.

Thank you for supporting this event and helping to raise vital funds for the school!

Merit Assembly

Class of the Week – Yew

Class Merit Awards

Year 3	Year 4	Year 5	Year 6
Shaarav, Florence	Allysa, Isabelle, Eloise	Shayan, Kenny	Raani, Eva

House Points

Hampton	Windsor	London	Westminster
20	30	10	30

Weekly Attendance

Class	% Attendance W/C – 3rd Nov 2026	% Attendance 03.09.26 – 06.11.26	Year Group Attendance % 03.09.26 – 06.11.26
Oak	97.8	98.5	
Willow	95.1	97.6	
Year 3	-	-	98
Beech	88.6	95.8	
Elm	95.3	97.9	
Maple	97.5	96	
Year 4	-	-	96.5
Birch	92.3	96.6	
Yew	94	95.5	
Year 5	-	-	96.2
Pine	93.5	95.8	
Poplar	96.9	94.8	
Year 6	-	-	95.3
Totals	**94.6**	**96.5**	**96.5**

Payment/deadline Dates

OUTSTANDING PAYMENTS

Payment
Young Voices

UPCOMING PAYMENTS

Payment	Date due
Children In Need	13th November
Year 5 PGL instalment	30th November
DT resources – whole school	1st January 2027

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: Whiteheath Junior School - Extra-curricular Clubs

Online Safety

Each week, we'll share a new guide in our newsletter focusing on a different aspect of online safety, to help parents and carers support and protect children and young people in the digital world.

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. For further guides, hints and tips, please visit nationalcollege.com.

MOBILE PHONES

Mobile phones have become a huge part of young people's everyday lives, but new restrictions on their use in schools and proposed restrictions on social media are changing how children and young people can use them. This guide explores mobile phones, their use by young people, what the evidence tells us, the current and future legal position, and what parents and educators should do.

What are the risks?

MENTAL HEALTH AND WELLBEING

The relationship between smartphone and social media use and young people's mental health is complex, and evidence does not establish a simple cause-and-effect relationship. Some researchers and commentators, however, including Jonathan Haidt, author of The Anxious Generation, argue that increased smartphone and social media use may be contributing to poorer mental health and wellbeing among young people.

LEARNING AND ATTENTION

Mobile phones can distract pupils from learning and make it harder to maintain attention and concentration. Research suggests that learning and attention have improved in schools that already prohibited mobile phone use, particularly among pupils with lower prior attainment. Now that the DfE's guidance on mobile phones is statutory, schools should ensure that the whole-school community understands and follows their policy, while monitoring how effectively it is implemented.

HARMFUL CONTENT AND BULLYING

Mobile phones can be a means of extending peer conflict from the community into schools and from schools back into the community. They also provide easy access to harmful and inappropriate content, including content that is sexually explicit, promotes self-harm or eating disorders, or is violent in nature. Exposure to this content can negatively affect children's mental health and wellbeing, potentially increasing the support they require from schools, parents, and support services.

EXCESSIVE SCREEN TIME

Ofcom research found that 13- to 14-year-olds spend an average of 4 hours 19 minutes online each day across smartphones, tablets, and computers. However, there is considerable variation between children, with some spending significantly more or less time online. Excessive screen time can contribute to disrupted sleep and fragmented attention, both of which can negatively affect children's mental health and wellbeing.

The current and upcoming rules

SCHOOL BANS

As of 1 September 2026, schools are expected to be phone-free environments by default, with any exceptions limited to specific circumstances. Schools can decide how best to implement this. For example, some may provide secure storage or collect phones at the beginning of the school day, while others may prohibit pupils from bringing them onto school premises altogether. Schools can also confiscate mobile phones in line with their behaviour policy, while searches for prohibited phones must follow the relevant legal requirements.

REASONABLE ADJUSTMENTS

Schools should make reasonable adjustments where necessary for disabled pupils and may allow exceptions in other circumstances, including where mobile phone use is necessary to support a medical condition or an identified need. For example, a pupil with diabetes may use a continuous glucose monitor linked to their mobile phone to monitor their blood sugar levels. Schools may also make adaptations where mobile phone use provides agreed support for pupils with SEND. Any exceptions should be clearly reflected in the school's policies and procedures.

ONLINE SAFETY ACT 2023 AND 2026 PROPOSALS

Platforms are required to protect children from harmful content and use age checks to prevent children from accessing pornography and certain other types of harmful content. In June 2026, the government announced that it intends to stop social media companies offering services to under-16s. These restrictions are expected to be introduced in spring 2027, but the precise scope and rules have not yet been confirmed.

WHAT SHOULD YOU DO?

While there is ongoing debate about the relationship between smartphones, social media and young people's mental health, there are steps that parents and educators can take to help reduce the potential risks associated with their use:

1. Delay smartphones. Consider waiting until a child is 14 before giving them a smartphone. Where a child needs a device to contact family, a basic phone may be an alternative.
2. Delay social media. Consider delaying access to social media until the age of 16.
3. Support phone-free schools. Parents, pupils, and staff should understand and support the school's approach to mobile phones.
4. Encourage screen-free activities. Promote independent and outdoor play, alongside other activities that give children opportunities to socialise and spend time away from screens.

Meet Our Expert

Mark Emmerson OBE, CEO – City of London Academies Trust. With nearly 45 years' experience in inner-city education, including 26 years in senior leadership roles, Mark was an early advocate for tackling the risks of mobile phones in schools, introducing a ban as headteacher in 2000. He has also served as a national DfE adviser and held local authority roles, consistently driving improvements in pupil outcomes and Ofsted judgements, particularly in disadvantaged communities.



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PTA/Community events/info



Autumn Term Dates

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

*New dates in red

Tuesday 10th November — Year 3 Stone Age Day
Friday 13th November — Children In Need Day

Saturday 14th November	Choir Sing at Ruislip Manor Christmas Funday
Thursday 19th November	SportsHall Athletics Competition
Tuesday 17th – Friday 20th Nov	Travelling Book Fair Days
Saturday 21st November	Choir sing at Michael Sobell House Winter Market
Thursday 19th November	Art Frames Exhibition
Wednesday 25th November	Virtual Author visit for Years 5 and 6
Monday 30th November	Year 6 Trip to the Science Museum
Thursday 3rd December	Swimming Gala
Monday 7th December	Choir visit to Poplars Care Home
Thursday 10th December	Year 6 Height and Weight Check
Thursday 10th December	PTA Christmas Fayre
Friday 11th December	Christmas lunch, Christmas Service and Christmas Jumper Day
Monday 14th December	Autumn term report cards out to parents/carers
Monday 14th December	Year 3 Christmas performances dress rehearsal to the school
Tuesday 15th December	Year 3 Christmas Performance to parents/carers 9:30am
Wednesday 16th December	Year 3 Christmas Performance to parents/carers 5pm
Thursday 17th December	Christmas Parties
Friday 18th December	**School term ends at 12:30pm**

Have a good weekend,

Ms Kenny,
Headteacher