



High
Performance
Learning

World Class School



WESTBOURNE PRIMARY SCHOOL NEWSLETTER

20th March 2026

We're on Instagram @westbourne.primary



Girls' Borough Cup Quarter Finals

Westbourne 1-0 Wood Field

Laura

The girls' football team welcomed Wood Field Primary School of Wallington to Anton Crescent on Friday as they battled for a place in the semi-finals of the Borough Cup.

A wonderful game of football with both teams playing superbly - a great advert for girls' football. There was very little for either keeper to do as both teams battled it out in midfield.

Midway through the first half, Jessica picked up the ball and powerfully ran down the right flank, whipped in a magnificent cross to find the unmarked Laura to poke home: 1-0! Her very first goal for the team - a fantastic moment for her, well done Laura. The team saw out the first half with great resilience and team work.

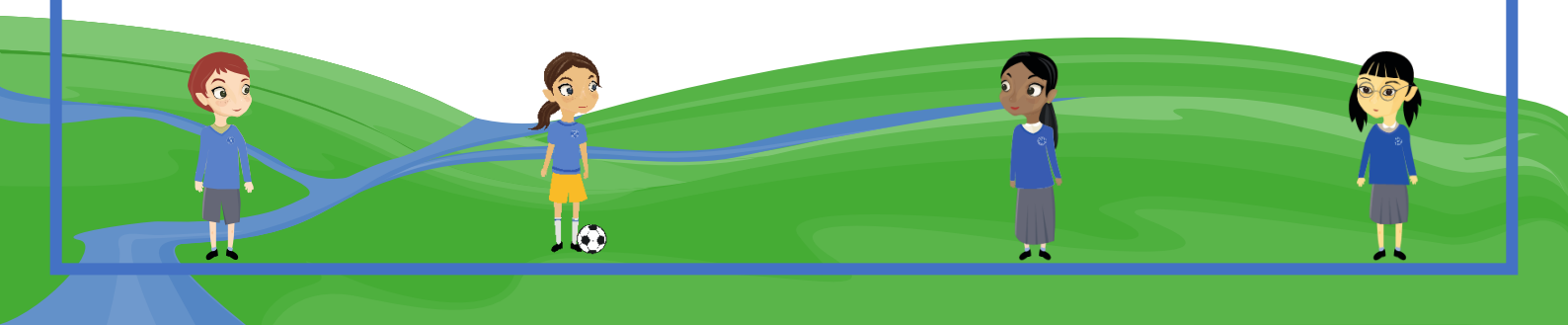
The second half continued in the same manner, very little for either keeper to do, both midfields battling away with little forward progress. Klaudia, Ava and Nivethika were rocks in defence, not a single player or pass going beyond them, outstanding defending girls - team Trent at its finest! As we approached the full-time whistle, Laura used her pace to beat the Wood Field defence to shoot just wide - brilliant effort once again.

The full-time whistle sounded - a fantastic win and one of the best team displays seen in many a year. The girls jubilant, the fantastic teacher and parent support buoyant - a great way to finish a week. We look forward to the semi-final in the weeks to come.

Very, very well done girls - that is now seven games played and seven games won.

Girl of the match: Laura, scoring her very first goal for Westbourne and what was to be the winning goal. What a moment - well done Laura.

Team: Zariyah, Ava, Klaudia, Nivethika, Bethany, Jessica, Amelie, Isabel, Victoria and Laura.





Creating a Culture of Attendance

BELONGING: 'ONE BIG FAMILY'

We would like to share our successful efforts in driving attendance to pre-pandemic levels, building on our school vision, mission and values, as well as sharing practical strategies to remove barriers.

London RISE Open Education Fortnight – second workshop

After having been selected to be part of *London RISE* (Regional Improvement for Standards and Excellence) *Open Education Fortnight 2026*, we hosted our second event on Tuesday 17th March.

Our workshops focused on: *Creating a Culture of Attendance*. Ten senior leaders from local school attended the session – a great way to collaborate to ensure all children are in school every day!

Parent/Teacher Consultation

Next week, we will be running YR (Reception) - Y6 (Nursery will have a different arrangement) Parent/Teacher consultation meetings **onsite** on Wednesday 25th and Thursday 26th March 2025 at 3:40 - 6:20pm (Mersey Class: same days with slightly different dates/times). We will continue to use our Parents Evening Booking System, which went live on Tuesday 10th March at 8:30pm – and closed on Tuesday 17th March at 9am. Please ensure you have **booked your slot** so that you can have an opportunity to discuss your child's progress so far this year, as well as a chance to peruse your child's work in books.

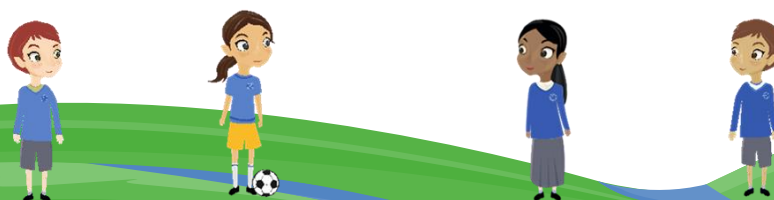
Y2s: Visit from the Fire Brigade



To link with our Great Fire of London topic, the London Fire Brigade visited our Year 2 pupils to teach them about fire safety in the home. The children thoroughly enjoyed the session and learned valuable tips on how to stay safe.

They also shared their knowledge with the firefighters, explaining what firefighting was like in 1666 and highlighting how different the equipment and clothing were compared to today.

After the session, the children were taken outside to see the fire engine and had the exciting opportunity to try using the hose themselves. Thankfully, it was a warm day, so the children could quickly dry off afterwards!



Staffing News

We would like to say a big 'thank you' to Mrs Downey on her last day at Westbourne. Mrs Downey joined us over a year ago, covering the SENDCo post. She has made an exceptional contribution to our children, staff, families and community, working with great commitment, dedication and care. We are very grateful and wish her all the very best as she moves onto new pastures.

Mrs Aves will return from maternity leave on Monday – I am sure you will welcome her back to school with a smile!



WFA Book Fair

WFA raised £281.11 for the school through the sale of second-hand uniforms and pre-loved books. Thank you to all the parents who helped and supported the event.

A special thank you to Chloe, Domaine, Yana, Attia and Miriam for their support, and a very warm welcome to Shoshan and Teresa, who have recently joined Westbourne — we are especially grateful for them volunteering and getting involved so quickly.

We would also like to thank Sophie from the Year 6 Committee for coordinating the cake sale, along with Geegee, Yuli and all the parents who generously donated cakes.

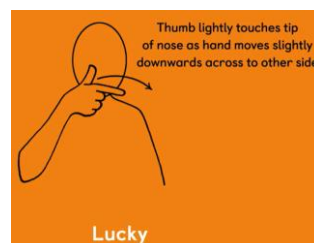
We couldn't have done it without your support.



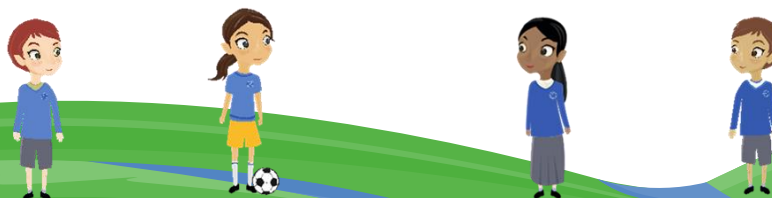
Makaton at Westbourne

Makaton Sign of the week: *Sleep*

At Westbourne, we have introduced this sign to the children and each week there is a new sign to learn. Please ask your child to show you the sign we have been learning this week.



You can watch the clip [here](#).



Big Walk and Wheel Weeks

We have some exciting news for you! We are taking part in Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 16 – 27 March 2026. It's free to take part and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

Including everyone

We want to make sure that everyone can get involved in Big Walk and Wheel.

We know it may be more difficult for some pupils to take part than others. If you want to discuss more about your child's specific needs, please contact Mrs Qazi and we will make sure to look into how your child can take part.

Why we are taking part

Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. A 2021 YouGov study showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels.

Plus, there are some great prizes to be won every day if we get enough children taking part.

Useful resources

To help you prepare, Walk Wheel Cycle Trust has developed a handy Parent/ Caregiver page on the challenge website. It is packed with advice to help you have a hassle-free journey to school.

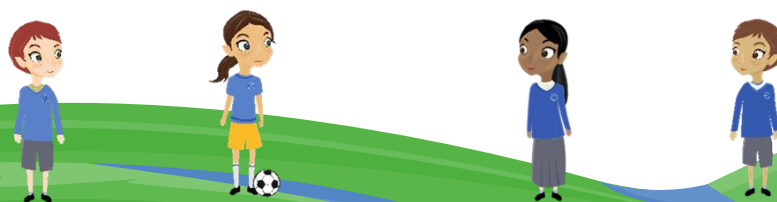
For more information about the event go to www.bigwalkandwheel.org.uk

Enjoy the challenge!

Best wishes

Mrs Qazi

(Avon Class Teacher and Travel Plan Lead)





The poster features a central logo for 'BIG WALK AND WHEEL' with a bicycle wheel integrated into the word 'WHEEL'. Below the logo is a yellow banner with the dates '16 - 27 March 2026'. The background is light blue with various colorful icons: a pink balloon, a yellow lightbulb, a blue speech bubble, a green cloud, a pink heart, a blue globe, a pink person on a skateboard, a pink person on a bicycle, a pink person in a wheelchair, a pink person walking, a pink apple, a pink speech bubble, and a pink person on a tandem bicycle. The text 'We're taking part in the Big Walk and Wheel 2026 challenge.' is written in a large, bold, purple font. Below this, the text 'Join in by walking, wheeling, scooting or cycling to school between 16 - 27 March.' is written in a smaller, purple font. A list of three bullet points with checkmarks is provided: 'Be active and feel more energised', 'Help the environment by replacing a car journey', and 'Help us win some fantastic prizes'. The website 'www.BigWalkAndWheel.org.uk' is displayed in a large, bold, black font. The headline sponsor 'SCHWALBE' is mentioned twice, once on the left and once on the right, with the 'Walk Wheel Cycle Trust' logo next to it. The bottom of the poster features a green grassy field with a blue path and four cartoon children standing on it.

BIG WALK AND WHEEL
16 - 27 March 2026

Walk Wheel Cycle Trust Headline sponsor **SCHWALBE**

**We're taking part in the
Big Walk and Wheel
2026 challenge.**

*Join in by walking,
wheeling, scooting or
cycling to school
between 16 - 27 March.*

- ✓ Be active and feel more energised
- ✓ Help the environment by replacing a car journey
- ✓ Help us win some fantastic prizes

www.BigWalkAndWheel.org.uk

Headline sponsor:
SCHWALBE

Walk Wheel Cycle Trust

Walk Wheel Cycle Trust is a registered Charity in England and Wales (224525), Scotland (SC292112) and Republic of Ireland (20204626)
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Online Safety: Whatsapp: Parent-Managed Accounts for under 13s

From Alan Mackenzie, Online Safety Expert

WhatsApp has been a significant concern for many schools, particularly chat groups where predominantly low level issues suddenly escalate. Last week, in another completely unexpected move, WhatsApp announced that children under 13 can now use WhatsApp via 'Parent-Managed Accounts'.

Essentially these are accounts set up by the parent on the child's device, but managed from the parents device. As well as no access to AI within WhatsApp and no ads there are parent management features which include:

- Contact management - parents can choose who can contact their child and which chat groups they can join. Children cannot join groups without parents approval. Messages from unknown contacts are sent to the parent first for approval.
- Activity notifications - parents can view their child's activity such as when a child adds a new contact or if disappearing messages are turned on. Parents will also be notified if their child blocks or reports a contact.

Link - [Introducing parent-managed accounts on WhatsApp.](#)

Link - [How to set up a parent-managed account.](#)

For Parents: What is Looksmaxxing?

From Alan Mackenzie, Online Safety Expert

With the concerns of toxic masculinity and misogynistic attitudes increasing, parents should be aware of related behaviours.

Looksmaxxing isn't specifically related to misogynistic attitudes, but it can be related to masculinity, where young people are influenced to be 'more masculine' by being fitter and having bigger muscles. This isn't necessarily a bad thing, plenty of young people refer to looksmaxxing as leading a good lifestyle and being healthy (known as softmaxxing), but there can be other sides to this as well such as taking steroids or cosmetic surgery (known as hardmaxxing). There can also be mental health concerns such as social comparison, anxiety and self-esteem.

Internet Matters have created a really good guide about LooksMaxxing for parents including what it is, why it's so popular, risks and signs for parents to look out for.

Link: [Information for parents - what is looksmaxxing?](#)





Round the World with Westbourne

The WFA is excited to once again bring our wonderful school community together for “Round the World with Westbourne” on Thursday 21st May, from 5.00pm to 7.30pm.

This event is all about celebrating the incredible mix of cultures, traditions, and backgrounds that make Westbourne such a vibrant and welcoming place. It’s a chance for our families to come together, share what makes their heritage special, and enjoy an evening filled with colour, flavour, music and connection.

If you — individually or as a group — would like to represent your cultural background, we would absolutely love to hear from you. Your contribution, big or small, helps create a truly magical evening that reflects the diversity and unity of our school.

We hope to showcase a lively blend of food tasters, languages, traditional dress, music, dance, and other cultural highlights. Not only is it fun and inspiring, but it also strengthens the sense of community that makes Westbourne so special, while raising valuable funds for the WFA charity.

In previous years, we’ve enjoyed everything from dancing and musical performances to delicious dishes from many representations, including: Sri Lanka, Kazakhstan, Pakistan, India, China, Malta, Albania, Spain, Azerbaijan, Poland, Hong Kong SAR, Italy, Ukraine and many more. Every year brings something new, and we can’t wait to see what our community shares this time.

If you’d like to take part and help us celebrate the rich tapestry of cultures at Westbourne, please get in touch at wfa.sutton@gmail.com

Tickets for the event will be sent out after the Easter holiday.

Thank you for helping us make this a joyful, community-building celebration.

WFA





WESTBOURNE PRIMARY SCHOOL COFFEE MORNING



Parent / Carer Coffee Morning:

**Supporting your Child with Fears
and Worries**

**THURSDAY 26TH MARCH
08:45-10.15AM AT SCHOOL**

- **This coffee morning will focus on understanding and supporting children with their worries**
- **We will give tips and strategies on how you help your child with their emotions**

Interested in attending? No booking required, just come along on the day!

**If you have any queries please contact the school office on
office@westbourne.sutton.sch.uk**

Provided by our NHS-in-School Education Wellbeing Service

 **Respectful**  **Open**  **Collaborative**  **Compassionate**  **Consistent**

THIS WORKSHOP INTRODUCES PARENTS AND CARERS TO COMMON CHILDHOOD FEARS AND WORRIES, HOW TO IDENTIFY AND



HPL at Westbourne

As a **re-accredited HPL World Class School** (<https://primarysite-prod-sorted.s3.amazonaws.com/westbourne-primary-school/UploadedDocument/013b69d7-a2ed-4e8b-a945-632118753e46/newsletter-11th-july-2025.pdf>), we will continue to optimise and systematise HPL at Westbourne (for children, staff and parents, too) as members of the prestigious HPL Fellowship and Global Community.

If you are new to the school and/or wish to find out more about HPL, please find below a couple of posters summarising the HPL skills; you can also find more information by clicking on our website's HPL navigation tab: <https://www.westbourne.sutton.sch.uk/topic/hpl>

There is also a wealth of assemblies on HPL competencies on the school website: <https://westbourne-primary-school.primarysite.media/playlist/school-assemblies-spring-term-2021>

In the next few weeks, **Infants** will continue to focus on the VAAs (Values, Attitudes and Attributes – How we Behave) – see poster below.

Juniors will now focus on: **Connection Finding** and **Imagination** (part of the *Linking* cluster) – see posters on the next page.

Perseverance
To keep going and never give up, even when faced with difficulties and obstacles.



Hard-Working Hedgehog

Resilience
To overcome any problems I face and help my friends when they need help.

Practice
To repeat the same actions until I have mastered it. 'Practice makes Progress!'

Hard-working
To work hard until the best outcome is achieved, overcoming setbacks.



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Collaborative
To work as part of a team, share my ideas and listen to the ideas of others.



Empathetic Elephant

Confidence
Believe in yourself! Try new things and be proud of your achievements.

Concerned for Society
Celebrate everyone's differences and be kind to others.

Empathetic
To be aware of your own beliefs, work as a team and show empathy towards others.



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Enquiring
Be independent and willing to question ideas. Be curious and develop your own views and solutions.



Agile Alligator

Open-Minded
Be open to new ideas and flexible in challenging your opinions.

Creative and Enterprising
To be resourceful and use your initiative when faced with a challenge.

Agile
Question ideas, use your initiative and be open-minded.

Risk-Taking
Be positive and confident to try something new. Step outside of your comfort zone and don't be afraid of challenges.



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CONNECTION FINDING



- What knowledge can I use from previous learning to help with new learning?
- Can I make connections between different parts of my learning?



IMAGINATION



- I know that to solve problems I need to think of solutions.
- I ask, 'What if...?' to begin my solution...
- I use prior knowledge to think of a solution





School Council's Best Behaviours!

- ✓ **Respect others at all times**
- ✓ **Look after friends and school property** - *Concern for Society*
- ✓ **Be grateful for your friends, teachers and opportunities**
- ✓ **Follow instructions given by all adults**
- ✓ **Be responsible for your choices and actions** - *Self Regulation*
- ✓ **Use your manners wherever you are**
- ✓ **Include everyone** - *Collaboration*
- ✓ **Think before you speak**
- ✓ **Play kindly and safely**
- ✓ **Try your best in everything you do**

❖ School Councillors have special stickers to reward children who follow these Best Behaviours

❖ There will be a weekly award for children who impress their School Councillor





We're a Voice 21 Oracy School!

Voice 21 is the national charity that advocates for and supports schools in delivering a high-quality oracy education. In continuing our relationship with Voice 21 for another year, we are part of a network of over 1,100 Voice 21 Oracy Schools across the UK that are transforming teaching and learning through talk.

Why oracy matters?

Oracy is articulating ideas, developing understanding and engaging with others through speaking, listening and communication.

We actively invest teaching time into creating "talk-rich" classrooms, valuing every student voice, boosting confidence, and preparing our students for their futures.

- Speaking and listening skills are critical foundations for reading and writing.
- Students with better oral language skills are more likely to achieve the highest grades in GCSE Maths and English.
- Young people with good communication skills are less likely to have mental health difficulties.

By teaching students to become effective speakers and listeners, we empower them to understand themselves, each other, and the world around them better.



Why are we a Voice 21 Oracy School?

As a Voice 21 Oracy School, we are placing oracy at the heart of our teaching and learning across all subject areas enabling students to develop and deepen their knowledge and understanding through talk in the classroom.

In Voice 21 Oracy Schools:

- 89% of students agree/strongly agree that speaking and listening has helped them make progress with their school work.
- 77% of teachers said that oracy had boosted attainment.
- 96% of teachers said that oracy is an essential part of teaching and learning.

Find out more about oracy and Voice 21 [here](#)



Parent Guide – Emotional Resilience

Important information about how to *Support Young People to Develop Emotional Resilience* from The National Online Safety: <https://nationalonlinesafety.com/>

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.

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- 1 ENCOURAGE OPEN COMMUNICATION**

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.
- 2 MODEL POSITIVE BEHAVIOUR**

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."
- 3 TEACH PROBLEM SOLVING SKILLS**

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."
- 4 FOSTER A GROWTH MINDSET**

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.
- 5 PROMOTE SELF-CARE PRACTICES**

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.
- 6 BUILD HEALTHY RELATIONSHIPS**

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.
- 7 SUPPORT EMOTIONAL AWARENESS**

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.
- 8 ENCOURAGE INDEPENDENCE**

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- 9 DEVELOP COPING STRATEGIES**

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.
- 10 CELEBRATE SMALL WINS**

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

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

#WakeUpWednesday

The National College

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

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Illness and Attendance

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school when they're unwell.

There are government guidelines for schools and nurseries about managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't. Please click [here](#) to view the government guidelines.

We aim for all children's **attendance to be 96% and above**. When it falls below 90% we have a legal duty to inform the Local Authority which then triggers an investigation by the Education Welfare Service. When a child's attendance falls below 90%, there is a serious risk of underachievement.

Support Your Child to Succeed in School

Help your child understand that school is their very first job! Make great school attendance a priority for your child. Talk to your child about the importance of daily attendance in every class and how it contributes to his/her learning.

The Power of a Strong Finish to the Term

– *Don't Skip Fridays*

As we approach the culmination of the calendar year at Westbourne, it's crucial to highlight the impact of a strong finish on our pupils' educational journey. Fridays represent a significant fifth of the learning week, and missing half a Friday every fortnight adds up to a tenth of the entire school year. It's not just about consolidating lessons but also fostering social connections and a culture of belonging.

Let's make the most of these moments – reviewing lessons, engaging with peers, and participating in school activities. By collectively emphasizing a strong finish, we contribute to a more enriching educational experience for all at Westbourne

Developing Good Habits

Support your child in practicing good daily habits, such as:

- Finishing homework and placing it in his/ her backpack;
- Laying out clothes and the school reading book in the evening;
- Maintaining a regular bedtime for a good night's sleep;
- Leaving early enough in the morning to get to school on time;
- Turning off electronic devices one hour before bedtime.

Contact the school in the morning to communicate your child's absence.

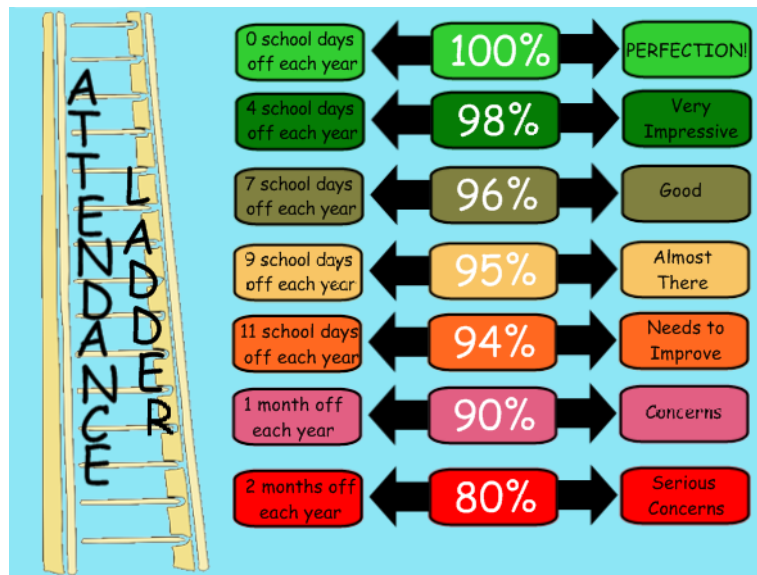


School Matters!



Weekly Attendance

Class	%
Avon	90.3%
Ember	91.3%
Thames	90.3%
Cherwell	89.7%
Ribble	93.0%
Waveney	85.7%
Beverley	92.7%
Eden	89.7%
Mole	96.7%
Fleet	94.8%
Kennet	97.0%
Mersey	97.0%
Dart	97.7%
Lea	95.3%
Tay	97.7%
Medway	91.7%
Tweed	95.3%
Tyne	90.7%
Derwent	95.2%
Trent	96.7%
Wandle	96.0%



This Week's Overall Attendance

Attendance has dropped this week, averaging at **93.5%**.
Let's get it back up next week.



Attendance Policy - Reminder

Attendance is mandatory (and a parental duty) – we expect all children to be at school, unless they are unwell. Attendance is vital for the children's education, socialising and overall well-being, including their economic prosperity and long-term health – children benefit hugely from being at school!

In line with National and Local policy and guidance, we reviewed our Attendance Policy in September, which can be found on our website:

<https://primarysite-prod-sorted.s3.amazonaws.com/westbourne-primary-school/UploadedDocument/514a8ce7-c133-4850-bfbb-64e542b95cba/attendance-policy-sept-2024.pdf>

Please note the following:

Penalty Notice Fines will be considered by schools, in collaboration with the Local Authority through the Attendance Support Team, when the threshold of 10 sessions (half days) of unauthorised absence (together or separate occasions) is met within 10-school-week period – this means it can span weeks, school terms and academic years. Detailed information for parents is available in the Policy Appendix.



Attendance Service
Cantium House, Railway Approach,
SM6 0DZ



National Framework for Penalty Notices – What you need to know.

The following changes will apply from 19th August 2024:

Penalty Notice Fines will be considered by schools when the threshold of 10 sessions (half days) of unauthorised absence (together or separate occasions) is met within 10 school week period – this means it can span weeks, school terms and academic years.

NB – If in an individual case the local authority (or other authorised officer) believes a penalty notice would be appropriate if a non-attendance trend is identified, they retain the discretion to issue one before the threshold is met.

First Offences:

The first penalty notice issued to a parent in respect of a particular pupil will be charged at **£160 if paid within 28 days. This will be reduced to £80 if paid within 21 days.**

Second Offences (within 3 years):

A second penalty notice issued to the same parent in respect of the same pupil is charged at a **flat rate of £160 if paid within 28 days.**

Any Further Offence (within 3 years):

A Third Penalty Notice cannot be issued to the same parent in respect of the same child within 3 years of the date of issue of the first. If the threshold is met for a third or subsequent times within 3 years, alternative legal intervention will be taken, this may include cases being presented straight to a Magistrates' Court.

For London Borough of Sutton's Penalty Notice Code of Conduct (updated version regarding new framework to come) or further support with any attendance issues, please visit our website:
<https://www.cognus.org.uk/services/attendance-support-team/for-families/>



Education Wellbeing Service Webinar

Managing Big Feelings in Small People:

Tantrums and aggression, how to respond

Young children can experience very strong feelings and can feel overwhelmed by these.

As parents/carers it can be very hard to know how to respond to these (often very noisy and aggressive) outbursts of feelings.

This webinar aims to help Early Years parents to understand what is behind tantrums and give some ideas as to how to support your child as well as manage your own feelings around them.



South West London and
St George's Mental Health
NHS Trust

Education
Wellbeing
Service



DATE / TIME

Monday 20th April
8.00-9.00pm



Scan the
QR code
or
[click here](#)

LOCATION

Online - Hosted on Teams

Sign up to either event
for free on Eventbrite
by scanning the QR Code.

You can also check out
our other events by
[clicking here](#)

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Friday 24th April
12.00-1.00pm



Scan the
QR code
or
[click here](#)



Education
Wellbeing
Service

wellbeinginschoolsevents@swlstg.nhs.uk

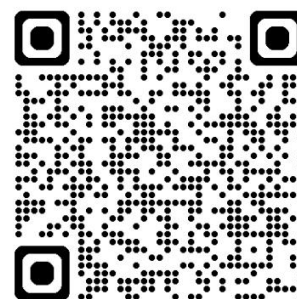
NHS
South West London and
St George's Mental Health
NHS Trust

Parent/Carer Webinars

Primary Summer Term Schedule

Scan the QR code to sign up to any of these
free local NHS webinars for Primary parents & carers

We also provide free 1:1 early support
for parents of primary aged children
to support their child's common
worries and anxieties, or support
children's everyday challenging
behaviours.
Speak to your school to find out more.



Encouraging Healthy Habits in Children with Autism

29TH Apr 12.00pm-1.30pm

11TH May 7.00pm-8.30pm

Supporting Primary School Children with Toileting Problems

12TH May 1.30pm-3.00pm

Understanding and Managing Screen Time for Primary School Children

10TH Jun 7.00pm-8.00pm

11TH Jun 1.00pm-2.00pm

Respectful Open Collaborative Compassionate Consistent



HAF-Funded Holiday Clubs at Easter

There is still a limited number of spaces available at the HAF-funded Holiday Clubs this Easter! Children eligible for Free School Meals (FSM) can enjoy free holiday activity sessions through the Holiday Activities & Food (HAF) programme, delivered by Junior Adventures Group (JAG) in partnership with your local authority.

Venues:

Westcroft Leisure Centre – SM5 2TG

- **Dates: 7, 8, 9, 10 April**
- **Times: 10am – 2pm**

How Families Can Book On – please visit their Parent Support page:

<https://www.junioradventuresgroup.co.uk/parent-support/haf>

About the HAF Programme

HAF provides FSM children with at least 4 hours of free holiday activities, including healthy meals and enriching experiences. More info:

<https://www.gov.uk/government/publications/holiday-activities-and-food-programme>.

What Children Gain

- ✓ Stay active
- ✓ Enjoy enriching, developmental activities
- ✓ Eat healthy meals
- ✓ Socialise and make new friends

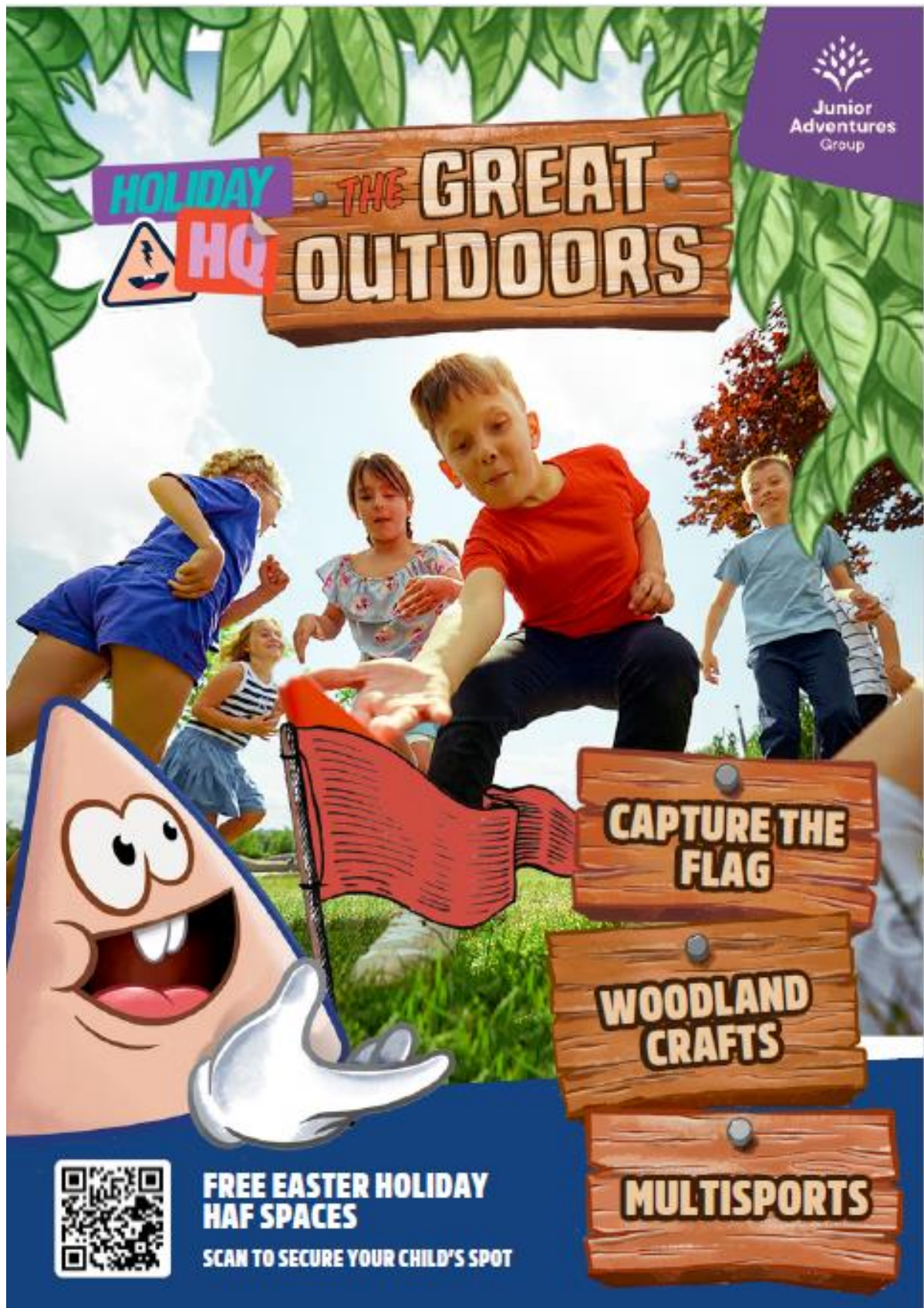
About JAG's Holiday HQ Programme

Children enjoy sports, creative workshops, outdoor adventures, cooking sessions, STEM, themed activities and special events—designed to boost confidence, spark curiosity and create unforgettable holiday memories. Find out more: <https://www.junioradventuresgroup.co.uk/holiday-clubs/>.

Contact

- Bookings team: hello@junioradventuresgroup.co.uk | 0333 577 1533
- HAF enquiries: haf@junioradventuresgroup.co.uk





HOLIDAY HQ

THE GREAT OUTDOORS

Junior Adventures Group

CAPTURE THE FLAG

WOODLAND CRAFTS

MULTISPORTS

FREE EASTER HOLIDAY HAF SPACES

SCAN TO SECURE YOUR CHILD'S SPOT



dramabuds

Plant a seed. Watch it grow.

Spring Holidays Superheroes

Sutton Mon 30 March - Thurs 2 April

Wallington Tues 7 - Fri 10 April

For 4 - 11 year olds **10am - 2pm**

*FREE places
available
for children on
Free school
Meals



The children work with our very experienced dramabuds team of professional actors, singers and drama practitioners to 'create a show' in a week.

All the children are fully involved and are encouraged to use their creativity and imagination in the show we create together whilst, building their confidence, communication and coordination skills.

The children will all become the characters in our **Superheroes** Adventure 'Who has Stolen the Crown Jewels' with scripts to take home with their lines to learn and songs to sing. We also all create pictures for our scenery. At the end of the week we perform our show to our audience of family and friends.

A hot lunch or dinner, fruits and water will be provided for your child everyday. As we discover and try new foods together. **Cost: £140 or £40 a day**

*We offer FREE funded places for children receiving benefits related free school meals. These spaces can be booked via the [Holiday Activities.com](https://www.holidayactivities.com)



www.dramabuds.co.uk

07789 722 687



NEURO-DIVERSITY EVENTS IN MARCH & APRIL

Thurs 19th March 4:45-5:45 Autism Leads: Using tech & AI to support autistic learners

Session for our current Autism Leads, focusing on tips, strategies and resources for using tech and AI in schools.

Thurs 26th March 9.30-11.30 Just received your child's autism diagnosis — what now?

During this session you will hear from Rebecca Duffus, Advisory Teacher for Autism. This focused workshop for parents and carers of autistic children, offers evidence-informed guidance, practical strategies, and opportunities for discussion. It is designed to support understanding, advocacy, and everyday confidence in supporting your child. At Cantium House.



Thurs 23rd April 7.30-9pm Parent Workshop: supporting your child to understand their autistic identity @ Cantium House

Join Advisory Teacher for Autism, Alex Silk and Educational Psychologist, Dr Emily Crosby for a parent workshop for Sutton families who want to better understand autistic identity and how to support their child. The session will explore what autistic identity means, how it can develop over time, and how parents can respond with understanding, compassion, and confidence.

To sign up, click the link:
<https://forms.office.com/e/mGVzEYj5rb>
or scan the QR code >.





COGNUS LIMITED PRESENTS...

AUTISM

Family Event

**WEDNESDAY
1ST APRIL
1-3.30PM**

Join us for a fun, family event to celebrate Autism Acceptance Month. Siblings and other family members welcome!



[BOOK NOW](#)

Young people

-  Chilled activities e.g. decorating tote bags
-  Sensory sessions
-  Board games
-  Calm room
-  Musical activities
-  Early years activities

Parents & Carers

-  Chat to education professionals
-  Advice and information
-  Refreshments and a chance to sit down!



To attend, please complete the sign-up form

Cognus Limited, Cantium House, Railway Approach, Wallington, SM6 0DZ





WESTBOURNE PRIMARY SCHOOL NEWSLETTER

20th March 2026

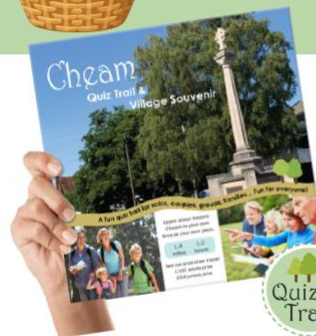
Let the adventure begin with

We're a Mum and two daughters team creating educational, history based fun Quiz Trails! **FUN in the Easter holidays!**



LOW - COST!

Clues for adults PLUS clues for juniors which are made for 5 to 11 year olds!



Quiz Trail
Reviews • Excellent



Quiz Trails are an 'Approved Activity' for
The Children's University



A fun low-cost, healthy activity that will entertain all!

Quiz Trails are written for adults and packed with local history. As well as adult leisure reading, Quiz Trails are a fabulous activity for adults and children to do together - *with a set of fun clues for each.*

You can take as long as you like to complete the trail, making it the perfect activity for a relaxed trip out.

At just £5.99 a copy for a group to share, Quiz Trails are the perfect way to spend time outdoors in the fresh air with loved ones - *great to do with grandparents too!* ALL trails are accessible.



www.QuizTrail.co.uk

Quote Discount Code
DISCOUNT10
at our checkout



EARLY STAGES WORKSHOP



7th - 10th April 2026

Age: 4 - 6

Time: 9 - 12pm

Friday Performance 11.30am

Cost: £115 per student

Carshalton high school for Girls SM5 2QX

07736 490590 | sutton@stagecoach.co.uk | stagecoach.co.uk/sutton

MAIN STAGES WORKSHOP



7th - 10th April 2026

Age: 6 - 18

Time: 9.30 - 4pm

Friday Performance 3.30pm

Cost: £185 per student

Carshalton high school for Girls SM5 2QX

07736 490590 | sutton@stagecoach.co.uk | stagecoach.co.uk/sutton



20th March 2026



Headteacher's Award

HPL focus: Infants – VAAs. Juniors –
Connection finding; Imagination

Nursery: Kaitlyn	Kennet: Maxim
Avon: Nieve	Mersey: Rita
Ember: Finley	Dart: Yan
Thames: Isaac EJ	Lea: Emmanuel
Cherwell: Matthew	Tay: Sana
Ribble: Evelyn	Medway: Kimi
Waveney: Akshaiyan	Tweed: Kiaan
Beverley: Rafael	Tyne: Nina
Eden: Anvika	Derwent: Kalhan
Mole: Andrei	Trent: Jenny
Fleet: Harsh	Wandle: Bethany

Smart Award

Congratulations to the following children for looking smart in their uniform around the school!



Avon: Leo	Mersey: Molly
Ember: Yukun	Dart: Louie
Thames: Gaia	Lea: Penny
Cherwell: Olivia	Tay: Alex
Ribble: Athithian	Medway: Viraj
Waveney: Vishod	Tweed: Ishan
Beverley: Zubaria	Tyne: Sienna
Eden: Haris	Derwent: Benji
Mole: Elisa	Trent: Zara
Fleet: Hakan	Wandle: Aadhav
Kennet: Rohan	

Class of the week

Congratulations to the following classes:

Infants: Y2 Eden Class

Juniors: Y6 Trent Class

for their excellent behaviour! Eden Class will have access to the 'Top Fun Bus' whilst Trent Class can go on the 'Trim Trail' or – if wet - use the School Council's Drawing Box!

Lunchtime Awards

YR Avon Class (Infants) and Y3 Fleet Class (Juniors) for showing great manners in the dinner hall at lunchtime! Avon Class will have the privilege of dining at the very special 'top table' in the hall, whereas Fleet Class have exclusive access to the **Reading Shed**.

School Awards

Silver: Klaudia, Amelie and Nivethika

Full colours



Congratulations to **Amelia S.** in Derwent Class, **Amelie** in Trent Class, and **Adam** in Wandle Class for having been awarded the prestigious *Full Colours* – they are now Westbourne's ambassadors! They were presented with a Full Colours jumper and a School Colours badge in Assembly – well done! Who will be next?



Dates for your diary (please also check the Calendar on the website)

Spring Term 2026

Mid-Year School Reports to parents	Friday 20 th March
Last Day of the Spring Term	Friday 27 th March at 1:55 Infants and 2pm Juniors
First Day of the Summer Term	Monday 13 th April (Summer Uniform)
Class Photographs	Thursday 16 th April

