

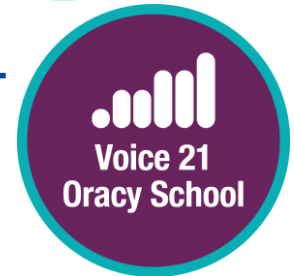


World Class School

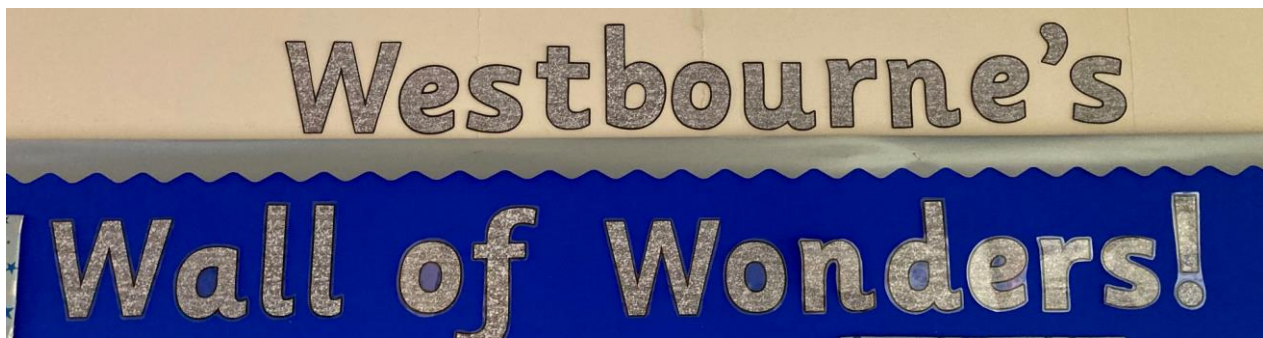


WESTBOURNE PRIMARY SCHOOL NEWSLETTER

3rd October 2025



We're on Instagram @westbourne.primary



Wall of Wonders Display

Congratulations to Yee Yin in Y2 Beverley Class and to Sienna in Y2 Eden Class for having used their HPL skills (see below) to produce a beautifully original collage in Art, and an interesting piece of writing in English. Their work is now proudly displayed on our Wall of Wonders outside of Mr Miracapillo's office - well done girls!



Diwali Assemblies

This week, our school was filled with colours, singing and acting as we gathered for a special Diwali assembly. We were honoured to welcome a Hindu priest as our special guest (Nabhi from the London Institute of Vedic). Nabhi taught us all about the rich traditions and meaning behind Diwali - the festival of lights. Our Year 5 and 6 School Councillors and other confident children dressed up to help re-tell the ancient Hindu tale of Rama and Sita – highlighting the triumph of light over darkness, and good over evil.

What made the assembly truly memorable was how interactive it was! Nabhi invited students to dress up in traditional costumes and take on roles in the dramatic retelling of the Diwali story. The performance not only entertained but also deepened everyone's understanding of the significance of Diwali in Hindu culture.

We'd like to thank our special guest for his time and knowledge, and all the students who helped make the assembly such a success. Happy Diwali to all who celebrate!



Parent/Teacher Consultation - onsite

We will be running YR (Reception) - Y6 (no Nursery) Parent/Teacher consultation meetings **onsite** on Wednesday 22nd and Thursday 23rd October 2024 at 3:40 - 6:20pm. We will continue to use our Parents Evening Booking System, which will be live on Wednesday 8th October at 8:30pm – and will close on Tuesday 14th October at 9am. Please ensure you **book 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.

Road Safety and Parking – Be Patient and Be Polite!

In order to safeguard all children, parents and the wider community, it is vital that we are all **extremely careful when driving, riding or scooting near the school**.

Please be also considerate when **parking** at pick-up or drop-off times, so as to protect everyone. Finally, do not park in front of residents' garages and properties – be polite. Thank you!



Healthy snacks at playtime

Infant children are provided with a piece of fruit at breaktime (National Fruit Scheme). Junior children would benefit from bringing a snack from home, as they are generally hungry by morning break. Please make sure it is a **healthy snack (fruit is best)**, and NOT biscuits, chocolate, crisps, etc.

Also, **NO nut-containing products** in their packed lunch, please; we are an allergy-aware school.





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](#)



Anger management in children: how parents can help

Why is my child angry? Advice for coping with anger issues in children and young people from our team of experts.

Anger Management in Children

Every year many thousands of children are referred to Childline for anger issues. Anger management in children is one of the top mental health concerns in childcare. Anger and the ability to control it are key skills of adulthood. Violent thoughts frequently bubble underneath human interactions. Anger is the quickest way for those thoughts to become reality. For this reason it is tightly regulated in our society. Children must learn to overcome anger so that they do not fall a foul of strict controls on violent conduct. However, this is difficult for children to learn to manage since anger is remarkably powerful. Yet as parents and teachers there is no choice but to teach them to reign these emotions in. This can be hard knowledge to impart, but the NSPCC has produced helpful resources to aid you in that vital mission. If interested, please follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension>



Online Safety: A Guide to Navigate Social Media Safely

This is a fantastic guide from the Center for Countering Digital Hate (CCDH), it goes into lots of detail and I'm sure parents will find it interesting and useful. The guide goes into areas such as:

- How social media platforms and algorithms operate.
- The various types of harms that children may experience.
- Practical advice and guidance.
- Supporting resources.

You can download the guide [HERE](#).





Online Safety: How much screentime is too much for children?

The negative effects of screen time on child development is becoming a growing issue. Research suggests that too much exposure to technology may hinder children in their developmental years, impacting their ability to communicate, process emotions, maintain attention and achieve quality sleep.

Find out more [HERE](#).

Parent Workshop - Reception -2025

Reception Jolly Phonics Workshop

Thank you to all the Reception parents who came to the workshop yesterday, it was lovely to see you all and get you started on the phonics journey. The slides are on the parents page on the website under Phonics (<https://www.westbourne.sutton.sch.uk/phonics/>). As your children start to learn the sounds; don't forget to check out the children's phonic page for fun games made to match our scheme; also please watch the videos to see how the sounds are pronounced and to learn the songs and actions alongside them.

We look forward to welcoming you to see what phonics is like at Westbourne in the classroom at our **Reception Stay and Play on Thursday 16th October at 2:30pm**. Entrance will be via the Reception Classroom doors. Please complete the form via the link sent out in a Parent mail to confirm attendance.





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



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>



How do High Performing Learners behave?

- Collaborative
- Concerned for society
- Confident

Empathetic



- Enquiring
- Creative and enterprising
- Open-minded
- Risk-taking

Agile



- Practice
- Perseverance
- Resilience

Hardworking



How do High Performing Learners think?



- Intellectual playfulness
- Flexible thinking
- Fluent thinking
- Originality
- Evolutionary or revolutionary thinking

Creating



- Meta-cognition
- Self-regulation
- Strategy planning
- Intellectual confidence

Meta-thinking



- Connection finding
- Generalisation
- Imagination
- 'Big picture' thinking
- Seeing alternative perspectives
- Abstraction

Linking



- Critical or logical thinking
- Precision
- Complex and multi-step problem solving

Analysing



- Automaticity
- Speed and accuracy

Realising

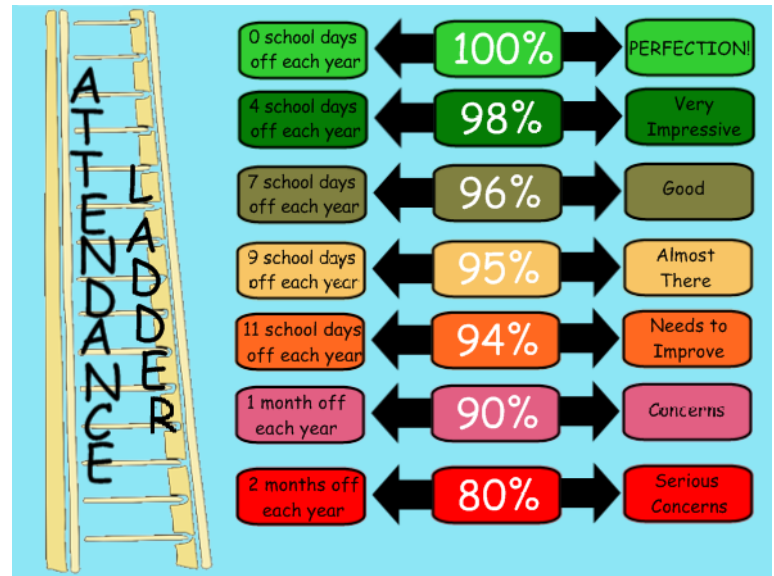


School Matters!



Weekly Attendance

Class	%
Ember	99.3
Thames	99.7
Avon	93.0
Cherwell	92.3
Waveney	94.0
Ribble	96.7
Eden	94.0
Beverley	99.7
Mole	93.3
Mersey	100.0
Kennet	94.7
Fleet	98.0
Lea	94.6
Tay	98.0
Dart	97.3
Medway	97.7
Tyne	94.3
Tweed	100.0
Trent	99.3
Derwent	93.7
Wandle	94.0



This Week's Overall Attendance

Attendance has improved again this week, averaging at **96.4%**. Let's keep it up!



Online Safety – Snapchat

Important online safety information about *Snapchat* 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.

What Parents & Educators Need to Know about SNAPCHAT

SNAP STREAK
97
WHAT ARE THE RISKS?

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

AGE RESTRICTION
13+

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🔥 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

#WakeUpWednesday
The National College

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

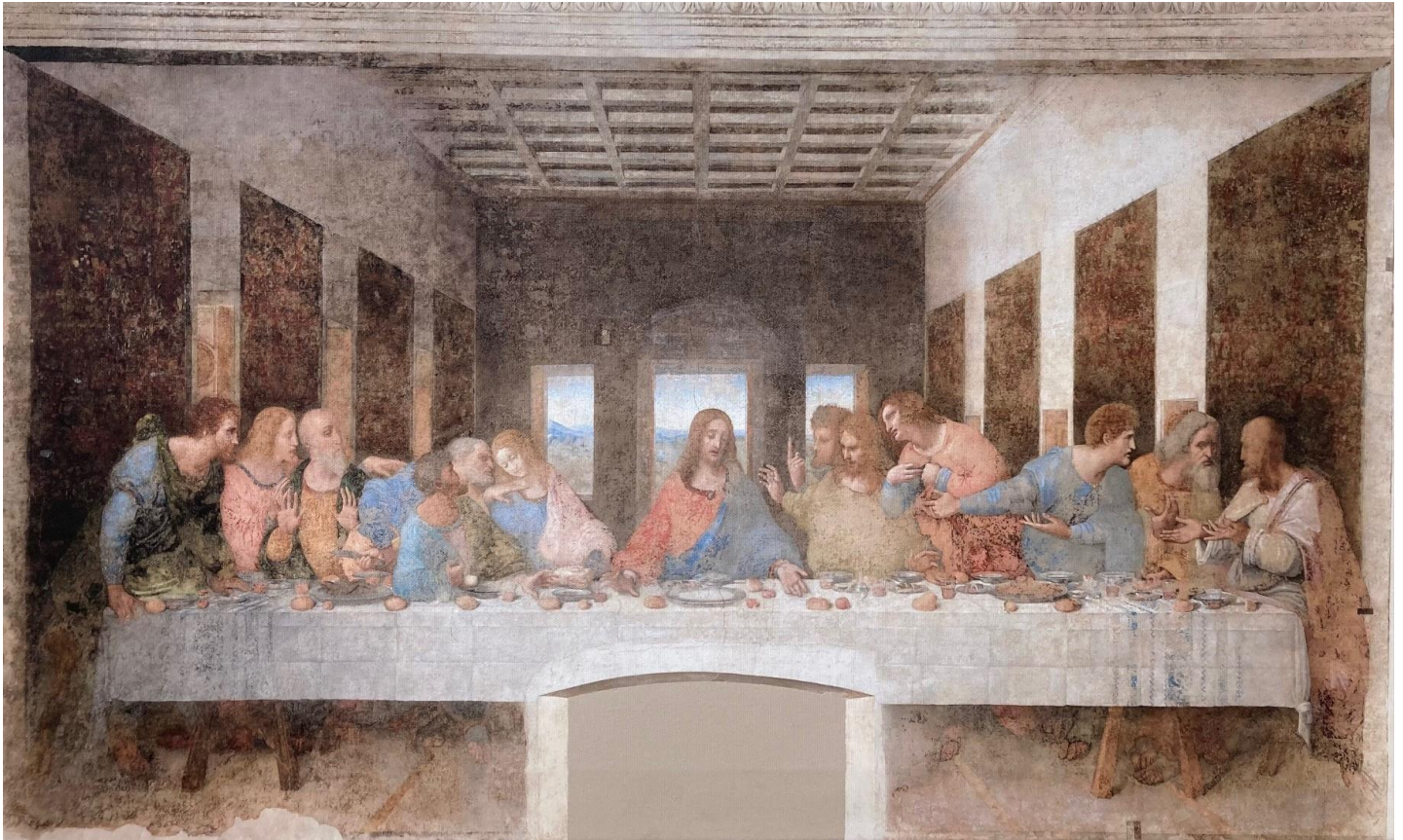
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.09.2025



Let's Focus on Art – The Westbourne Gallery

As you may be aware, a couple of years ago we invested in a wonderful Art Gallery at school: many beautiful paintings (quality prints on canvas, despite some children still asking whether they are the originals...) are adorning the walls of the New Build staircase.

This week, we are focusing on: *The Last Supper*, by *Leonardo da Vinci*, Italy – 15th Century.



The Last Supper (1495-1498) print

Original– Tempera, gesso

Leonardo da Vinci

Santa Maria delle Grazie in Milan, Italy (1452-1519)

The Last Supper is a late 15th-century mural painting by Italian artist Leonardo da Vinci housed by the refectory of the Convent of Santa Maria delle Grazie in Milan, Italy. It is one of the Western world's most recognisable paintings.



PARENT TRAINING WORKSHOPS

3 October	12:00-3pm	Sensory Regulation day to day strategies and practical workshop - Primary
23 October	9:30-12	Emotional Regulation practical workshop - Primary
7 November	9:30-12:00	Sensory Regulation day to day strategies and practical workshop- Secondary
5 December	12:00-3pm	Emotional Regulation practical workshop- Secondary
12 December	9:30-12:00	Supporting communication and language skills – Primary
13 February	12:00-3pm	Preparation for Adulthood- Primary (motor skills and independence)
27 February	12:00-3pm	Supporting communication and language skills – Secondary
24 April	9:30-12	Preparation for Adulthood- Secondary (motor skills and independence)

INTERESTED?

Please sign up on the Cognus website.
We can't wait to see you there!



Education
Wellbeing
Service

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



Goodbyes and Goodnights Parent/Carer Group

Do you find it hard to get your child through the school/nursery gate?

Does your child struggle to separate from you?

Are you worried that things will get worse when your child transitions to the next school year in September?

Join our free, 4-session parent group to connect with other parents

What parents have said:

**All sessions
Mondays from
10:30am – 12:00pm**

**22nd September
29th September
6th October
13th October**

**Location:
Wilson Hospital
(Wellbeing Centre)
Cranmer Road,
Mitcham CR4 4TP**

**Free on-site parking
Transport links**

I think it went really well and think it should be easy access for all parents.

Useful tips, Q&A between other parents and the two facilitators

**Scan the QR code or
Click here to sign up**



I didn't feel judged about what I was going through. The advice was broad but I felt like I could apply most of it to my son.

**LIMITED SPACES
AVAILABLE**



Education Wellbeing Service FREE Webinars

The SWLSTG Education Wellbeing Service is offering lunchtime and evening parent webinars across the year to help support your child's wellbeing and mental health.

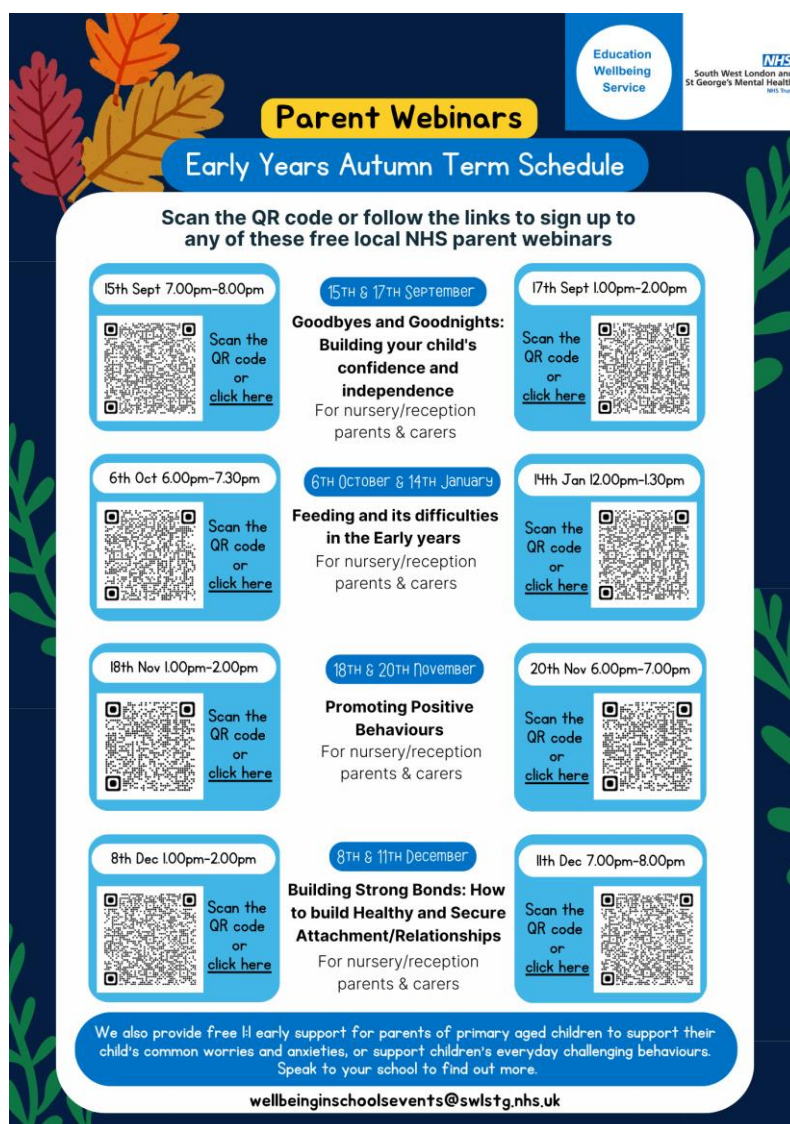
You can sign up to any of their free webinars by copying these URL's:

Early Years:

<https://www.eventbrite.com/cc/early-years-parents-nhs-wellbeing-workshops-3573849?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

Primary Years:

<https://www.eventbrite.com/cc/primary-parents-nhs-wellbeing-workshops-682309?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>



The poster is titled "Parent Webinars" and "Early Years Autumn Term Schedule". It features a grid of 12 webinar sessions, each with a QR code and a link to sign up. The sessions are organized by date and topic. The topics include "Goodbyes and Goodnights: Building your child's confidence and independence", "Feeding and its difficulties in the Early years", "Promoting Positive Behaviours", and "Building Strong Bonds: How to build Healthy and Secure Attachment/Relationships". The poster also includes a note about free early support for parents of primary aged children and a contact email: wellbeinginschoolsevents@swlstg.nhs.uk. Logos for the Education Wellbeing Service and NHS South West London and St George's Mental Health are present in the top right corner.

Date & Time	Topic	Target Audience
15th Sept 7.00pm-8.00pm	Goodbyes and Goodnights: Building your child's confidence and independence	For nursery/reception parents & carers
15th & 17th September		
17th Sept 1.00pm-2.00pm		
6th Oct 6.00pm-7.30pm	Feeding and its difficulties in the Early years	For nursery/reception parents & carers
6th October & 14th January		
14th Jan 12.00pm-1.30pm		
18th Nov 1.00pm-2.00pm	Promoting Positive Behaviours	For nursery/reception parents & carers
18th & 20th November		
20th Nov 6.00pm-7.00pm		
8th Dec 1.00pm-2.00pm	Building Strong Bonds: How to build Healthy and Secure Attachment/Relationships	For nursery/reception parents & carers
8th & 11th December		
11th Dec 7.00pm-8.00pm		

We also provide free 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.

wellbeinginschoolsevents@swlstg.nhs.uk



Parent Webinars

Primary Autumn Term Schedule

Scan the QR codes or follow the links to sign up to any of these free local NHS parent webinars

29TH & 30TH SEPTEMBER

29th Sept 7.00pm-8.00pm



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

**Through the school gates,
overcoming daily challenges
getting into school**

For all parents & carers

30th Sept 12.00pm-1.00pm



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

Part 1

7th Oct 12.00pm-1.00pm



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

**Supporting Children with
Common Anxieties or
Worries - a BSL interpreter
will be available**

For Nursery/Reception/
KS1 parents & carers
with a BSL interpreter

Part 2

14th Oct 12.00pm-1.00pm



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

21ST & 23RD OCTOBER

21st Oct 7.30pm-8.30pm



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

**Supporting big emotions
at home and school -
the zones of regulation**

For all parents & carers

23rd Oct 12.30pm-1.30pm



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

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.

wellbeinginschoolsevents@swlstg.nhs.uk



Parent Webinars

Primary Autumn Term Schedule

Scan the QR code or follow the links to sign up to any of these free local NHS parent webinars

17th Nov 1.00pm-2.00pm



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

17TH & 19TH November

**Building resilience in
primary school children**

For all parents & carers

19th Nov 8.00pm-9.00pm



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

9th Dec 1.00pm-2.00pm



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

9TH December

**Understanding and
supporting your child's sleep**

For Nursery/Reception/
KS1 parents & carers

9th Dec 7.00pm-8.00pm



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

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.

wellbeinginschoolsevents@swlstg.nhs.uk





TYPING'S COOL
TOUCH TYPING SCHOOL

Touch-typing courses for 7 – 16s



Half term and Christmas touch typing courses for 7 – 16s

27 – 30 October 2025

St Joseph's Primary School, Kingston KT1 2UP

15 – 18 December 2025

Twickenham Prep School, Hampton TW12 2SA

Course session times: 10:00 – 12:15 pm daily

Beginners, improvers and advanced typists are warmly welcome. We mix formal technique with the latest app games to make learning effective and fun.

Typing proficiency makes a huge impact on academic attainment at all ages.

Cost per place: £176.00. 10% discount for siblings/ bring-a-friend/returners

OFSTED registered – childcare vouchers accepted. Duke of Edinburgh Award skills assessor

Apply at www.typingscool.co.uk

Nick and Sarah Holt, Typing's Cool Ltd, School House, St Joseph's Primary School, Kingston KT1 2UP
07812 632238; sarah.holt@typingscool.co.uk; OFSTED reg no. EY473171; www.typingscool.co.uk





Headteacher's Award

HPL focus: VAAs

Nursery: Bethany
Avon: Ahaana
Ember: Varaahinie
Thames: Rose
Cherwell: Julia
Ribble: Emmanuel
Waveney: Addie
Beverley: Maaya
Eden: Uyiosa
Mole: Joshua
Fleet: Magilan

Kennet: Brody
Mersey: Kahina
Dart: Molly
Lea: Konstantin
Tay: Eissa
Medway: Idris
Tweed: Marley
Tyne: Sumithran
Derwent: Isabel
Trent: Katy
Wandle: Ruby



Smart Award

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

Avon: Lily
Ember: Leandro
Thames: Koushani
Cherwell: Angelina
Ribble: Eni
Waveney: Neelgon
Beverley: Altai
Eden: Antony
Mole: Benjamin
Fleet: Afan
Kennet: Ananya

Mersey: Shalom
Dart: Arina
Lea: Zuzia
Tay: Mabel
Medway: Vaishnavi
Tweed: Effie
Tyne: Nina
Derwent: Aadhvik
Trent: Muhammad
Wandle: Victoria

Class of the week

Congratulations to the following classes:

Infants: Y1 Cherwell Class

Juniors: Y3 Kennet Class

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

Lunchtime Awards

Y1 Ribble Class (Infants) and **Y4 Tay Class** (Juniors) for showing great manners in the dinner hall at lunchtime! Ribble Class will have the privilege of dining at the very special '**top table**' in the hall, whereas Tay Class have exclusive access to the **Reading Shed**.

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

Autumn Term 2025

Parent/Teacher Consultation	Wednesday 22 nd October at 3:40pm – 6:20pm
Parent/Teacher Consultation	Thursday 23 rd October at 3:40pm – 6:20pm
Half Term Break	Monday 27 th – Friday 31 st October 2025

