



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

March 2021

Dear Parents/Carers,

Thank you for all your support throughout all the challenges that have come our way this term. Term began for us on 30th December as we reviewed our risk assessment in light of the new variant and has ended with Easter Egg hunts in the nature trail. Once again, it has been a term with many challenges – but I have continued to be amazed by the collaborative, supportive spirit that exists at West Lodge – this has proved to be a great strength of our community throughout the pandemic. I would like to pay tribute to the staff team who worked incredibly hard, demonstrated flexibility, ingenuity and resilience throughout the term – it is a great privilege to work with such a team.

We are grateful to our Board of governors who form a very strong team and continue to offer incredible support, advice and challenge to the school – we are grateful for all their efforts. We have been so impressed with the children this term – they engaged very positively with the remote learning. On their return to school on March 8th, they demonstrated how well they did during the period of remote learning. We have had a really enjoyable three and a half weeks with a full school once again – the classrooms, corridors and playgrounds and been filled with the excitement and buzz of little minds whirring with new learning. The children have demonstrated resilience and have made progress in their learning – however we continue to be very conscious of how challenging this last year has been and the importance of continuing to support well-being and giving opportunities for children to explore their experiences – hence a continued focus on PSHE throughout the summer term.



As well as Easter Egg hunts, the term has culminated in a series of DT projects across the school – Year 5 have made some wonderfully creative bird hides!

We say goodbye to Mrs Weir and Mr Nevins this term. Mrs Weir has moved to Yorkshire and is taking up a new post in a primary school. Mrs Weir made a big impact during her short time at West Lodge – including introducing us all to Seesaw! This has proved to be such a useful tool and helped us to maintain continuity of learning during this year of disruptions. Mr Nevins, as mentioned in a recent weekly bulletin, is heading to a new adventure in Sweden. During 10 years at West Lodge Mr Nevins has had a tremendous impact on so many young lives – inspiring an active lifestyle and encouraging many children to take up sports that they maybe didn't realise they had an aptitude for. We wish both Mrs Weir and Mr Nevins all the very best for their new adventures. Mr Long (KS1 and EYFS focus); Mr O'Rourke (KS2 focus) and Mr Khalfi (Extra-curricular Sport) will take on the responsibility to lead PE & Sport at West Lodge.

I must also pay tribute to the **FOWLS** team: Vigya, Mita, Bijal and Anil – who continue to be innovative and inspiring in their desire to organise community events and raise money for the school. The Virtual Pet Show and Spring into Health events were really enjoyable. The Class Marathon was great fun and many classes decided they wanted to do the challenge again! In total the team have raised over £4,000 which is incredible considering we have been in a countrywide lockdown for the whole term! The team have some great ideas for the summer term – more information on these to follow! You can read the full FOWLS update later on in the newsletter.

When planning the summer term we thought carefully about which events could go ahead – we are still operating the precautionary principle when thinking ahead for the next few weeks. The overview of the term – with the key dates - can be accessed here: [Summer Term 2021 - Date Grid](#) . This is a working document and is subject to change.

A couple of key dates: **Our next Parents' Forum is scheduled for Thursday 22nd April at 13:45 – the focus is on promoting positive mental health** – you can find more information via this link [Parents' Forum - Promoting Positive Mental Health](#) . **On Wednesday 28th April at 18:30 we have a session for all parents on our new PSHE/RSE Policy.** This will be delivered by some members of the Herts for Learning team in conjunction with Mrs McClean, Mr Beckwith and myself.

It is important to remain vigilant and to continue to follow the public health guidance in line with the different stages of the roadmap out of lockdown. **Harrow Public Health** have provided a recent update on the local situation – you can view the slides here: [COVID Update - Harrow Public Health](#) . Please remember to inform the school if your child develops symptoms over the next 48 hours – you can access the [Easter Contact Tracing Protocol](#) via this link.

I hope you have an enjoyable, relaxing and safe Easter break.

Jim Dees



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

Safeguarding Update

Domestic Abuse

'The police recorded 758,941 domestic abuse-related crimes during the year ending March 2020 – a 9% rise from the previous year.'

[Fifth of crimes involved domestic abuse in first England and Wales lockdown | Domestic violence | The Guardian](#)

At West Lodge, we receive updated safeguarding training throughout the year. The focus of training this term has been domestic abuse. In line with continuing to educate ourselves we recognise the need to include our community in these updates/new learning.

What is Domestic Violence and Abuse?

Domestic Violence and Abuse: Any incident or pattern of incidents of controlling, coercive, or threatening behaviour, violence, or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass but is not limited to the following types of abuse:

- psychological
- physical
- sexual
- financial
- emotional

Controlling Behaviour: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance, and escape and regulating their everyday behaviour.

Coercive Behaviour: an act or pattern of acts of assault, threats, humiliation, and intimidation or other abuse that is used to harm, punish or frighten their victim.

Why is this an issue of Violence Against Women and Girls?

Domestic Violence and Abuse can affect anyone regardless of gender, ethnicity, nationality, age, sexuality, immigration status, and socio-economic status. However, Domestic Violence and Abuse is considered an issue of Violence Against Women and Girls because women and girls are disproportionately affected. Domestic Violence and Abuse is about power and control and goes hand-in-hand with patriarchy, misogyny, and sexism.

However, we need to acknowledge that men and boys can also be victims of Domestic Abuse and Violence and that they too can face barriers to disclosing abuse and to accessing support. Any man can be affected, regardless of their background, age, job, ethnicity, or sexuality. Domestic Abuse and Violence can be perpetrated by any household or family member, not just a partner- and the abuse is not just physical, it can be emotional, psychological, and financial. Many of the barriers men face to recognising and disclosing their abuse (such as shame, fear, and embarrassment) are rooted in ideas of toxic masculinity:

- Many men believe (or fear that others believe) that experiencing domestic abuse makes them appear weak and is emasculating
- Some men may mistakenly believe that domestic violence is an issue that only affects women, so they do not think they are victims or that they can get support
- These beliefs might also be held by other individuals and support agencies and can make it difficult for male survivors to get the support and dignity that they deserve



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

Safeguarding – cont

- Some men also believe that domestic abuse is only physical or that it must come from a partner so they do not recognise that they might be experiencing domestic abuse.

Identifying signs of abuse in a relationship - [Domestic abuse – Staying safe – Harrow Council](#)

The following are signs of an abusive relationship:

- The biggest warning sign is if they have been in a violent relationship before - violent and abusive people rarely change
- They put your friends down and or make it difficult for you to see them.
- They lose their temper over small things.
- Verbal abuse like shouting, mocking, name-calling
- They have very rigid ideas about the roles of men and women and cannot or won't discuss it reasonably.
- Their mood swings are so erratic that you find yourself constantly trying to assess their mood and only think in terms of their needs.
- It is difficult for you to get emotional or physical space away from them.
- They ask you a lot of questions constantly, about where you have been and who you were with
- They criticise you all the time
- They make all the decisions in your relationship and ignore your needs or dismiss them as unimportant.

Are you experiencing or have you been threatened with?

- Physical abuse: this can include punching, slapping, pulling hair, biting, burning, hitting, choking, and kicking.
- Harassment: this can include being watched, followed, pestered, unwanted letters, unwanted phone calls, or unwanted messages sent through other people
- Economic abuse: this can include being kept without money, wages, benefits, or pension and / or having to account for everything you spend.
- Emotional abuse: this can include being verbally abused, humiliated, constantly blamed for things, put down in front of other people and being kept away from family and friends.
- Sexual abuse: this can include rape, forced vaginal or anal penetration by fingers or other objects, being forced to watch or act out pornography, being spoken to in a sexually degrading way or indecent phone.

Don't blame yourself

- It can happen to all people of all ages, classes, races, religions, and levels of intelligence.
- You are not responsible for the violence.
- You cannot change the abuser's behaviour.
- It is rare for it to happen only once and often gets more serious the longer it continues.
- Do not keep it a secret - there is a lot of help available.

Talk to someone

- Talk to someone you trust like a friend or family member.
- Contact a support agency like Hestia Harrow Domestic Abuse Support Service on 0208 907 8148,



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

Safeguarding – cont

Support in Harrow

Hestia Harrow Domestic Abuse Support Service: 0208 907 8148. For IDVA and Floating Support, email idva.harrow@hestia.org

Hestia Harrow Domestic Abuse Refuge: 020 8357 0126

Victim Support: 080 8168 9111

Harrow Housing and Assessment Team: 020 8424 1093

Harrow Safeguarding Adults Service: 020 8420 9453

Out of Hours for Safeguarding Children or Adults: 020 8424 0999

Harrow Citizens Advice Bureau: 020 8427 9477

EACH: Domestic Abuse Counselling: 0208 427 5188

Family Planning (Caryl Thomas Clinic): 020 8863 7004

WISH: Counselling and support for Young People: 020 8416 7277

Jewish Women's Aid: 0808 801 0500

What is Clare's Law? How can it help?

The Domestic Violence Disclosure Scheme is often called 'Clare's Law' after the landmark case that led to it. Clare's Law gives any member of the public the right to ask the police if their partner may pose a risk to them.

Under Clare's Law, a member of the public can also make enquiries into the partner of a close friend or family member.

Request information under Clare's Law: Make a Domestic Violence Disclosure Scheme (DVDS) application | The Met.

SEND Update

We were delighted to welcome all our children back on March 8th but also to welcome back all the members of external agencies who we have such great relationships with, and with whom we had continued to work remotely with, for the benefit of our children.

SEND Parent Partnership Group and Forums

School staff met the Year Group Representatives of the **SEND Parent Partnership** for this half-term's meeting on March 15th. During the meeting Reps fed back from their year groups and school fed back on questions raised at the January meeting. We hope to have filled one of the parent Rep vacancies and continue to move forward looking at extra curriculum activities for all children, and SEND children, by the Summer term when national restrictions may begin to ease. The next SEND Reps' meeting with School staff will be held remotely again after Easter, date TBC. The next whole school parent forum will have a focus on mental health and well-being and then we hope to resume some forums with a SEND focus again.

External Agencies

All external agencies are now back working in school, they are following our risk assessment and staying in bubbles to support our children but keep everyone safe. All of the children currently on our therapists' caseload will receive some direct input, and our therapists will continue to work closely with teachers and support staff to ensure strategies and provision are delivered as appropriate to care plans/EHCPs.



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

SEND Update cont..

Annual Reviews

Going forward, we will continue to hold reviews and meetings via zoom but again, as national restrictions lift and we reassess our whole school risk assessment, this may change back to face-to-face meetings. As ever, we thank parents and carers for their participation in these remotely held meetings.

Kaleidoscope News

'CREATE' Art Project- Kaleidoscope took part in a whole school 'CREATE' art project this year with 5 other schools in Harrow. We are incredibly proud of the work the children produced. The children's work is now part of a whole school art display in the Year 4 corridor. The showcase for this day was on the 11th March where children, parents, teachers, and head teachers attended a virtual exhibition of the work from all of the schools.

We have been upgrading the Kaleidoscope playground thinking about how it can support children in their math and literacy learning. We have also been introducing different games and activities to help with children's development of social skills. Space hopper races and Velcro darts have been very popular, and we look forward to trying out our new basketball hoop in the summer term.

During lock down Classroom 1 worked hard on developing children's ability to identify different emotions. Since being back at school they have been learning about different strategies to help themselves, and others, manage their emotions.

Contacts

A reminder of contacts, should you want further details or have any questions relating to SEND:

- Our email address for school SEND queries: send@westlodge.harrow.sch.uk
- Deputy Head for Inclusion – Kathy-Ann McClean
- Assistant Head/ SENCo – Hilary Haines
- Governor with responsibility for Inclusion – Jessel Patel
- West Lodge School Offer – West Lodge School website - policies
- Harrow Local Offer - www.harrow.gov.uk/cst 8 SEND Update

West Lodge SEND Parent Partnership Year Group Representatives

Reception - Angela Arora

Year 1 – Position possibly filled – TBC.

Year 2 - Agnieszka Piatkowska

Year 3 - Reena Anand

Year 4 - Shikha Tiwari

Year 5 - Sushmita Meredith

Year 6 – Vacancy

Kaleidoscope - Guinevere Moffett



Important date for your diaries -
Thursday 22nd April 1:45pm

We hope it will be useful and informative and would really like to see as many parents as possible joining us to support what is a particularly important topic right now.

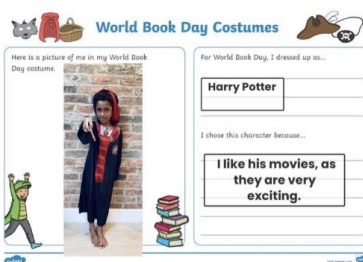


Staff are continuing this term to look at ways in which we can make meaningful adaptations and changes to our curriculum linked to equality. Our last CPD in February, staff discussed and examined visibility in literature within our own school library and curriculum, pledging to make changes where necessary to continue to improve visibility for minority groups and challenge stereotypes in the resources used in our curriculum. This month we are looking at gender equality more closely in PSHE and we will be discussing equality for all genders in the UK in our phase assemblies at the end of the month.

This year for autism acceptance day we are going to focus on how we can be good allies to the autism community. Being aware of something is good but it doesn't equip staff or students with the skills to be a good friend or teacher to the autistic members of the school. This week students will be having lessons focusing on autism, we will be trying to understand how different aspects of autism may affect our friends and importantly how we can help. West Lodge has an amazing inclusive attitude, but we can always learn more and develop our skills to help more. Autism acceptance day is one way we are hoping to do this.



During the week of World Book Day, West Lodge hosted a very special guest for a virtual visit. Michael Rosen did three sessions over the course of the morning with different year groups, which were brilliant and so inspiring. He explored some of his different books and poems and answered some of the children's questions. He also spoke about some of his own memories of West Lodge School, as he attended here as a child! The children loved hearing about his time at our school and his experiences growing up in Pinner. On World Book Day, the children came to their Zoom sessions dressed as their favourite book character. It was great to see some of the different costumes and outfits that had been put together and we hope they had a great day celebrating virtually!



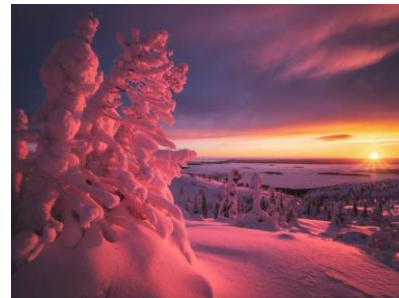


West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

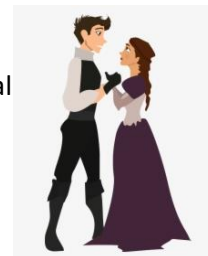
Year 3 Polar Day

As part of our Geography work on the polar regions, on Thursday 11th March Year 3 celebrated 'Polar Day'. Matt Dickinson (polar adventurer, film maker and author) led live sessions via Zoom, sharing some of his stories and experiences about his polar expeditions. During his presentations he focused on many areas, he spoke about what it is like to live in these extreme cold conditions, he spoke about famous polar explorers, the wildlife, and climate change. His stories and incredible experiences gave a real insight to this extreme climate. As a keen writer and author, he gave the children lots of opportunities to write too. The children had to write about who they would choose to be a 'tent buddy' and explain why. They also had to write a post card from the Arctic/Antarctic, sharing what it was like living there and describing an incident which they experienced. Matt enjoyed listening to some of the children present their work to him, he was very impressed with the quality of the children's work. Matt also held a question-and-answer session at the end of the day, the children enjoyed asking Matt lots of questions. Many of the children were inspired by Matt and are now keen to explore a polar region when they are older!



Year 5 Shakespeare: Romeo and Juliet

To celebrate World Book Day, Year 5 were lucky to be able to watch a live streaming of a digital production of Romeo and Juliet created especially for Primary Schools. This introduced the children to the classic love story, combining key scenes with exciting facts and narration. The children had plenty of fun, and were engaged by love and excitement, as well as some juicy Elizabethan insults!



Comic Relief

This year, due to some of our Covid restrictions in place, we have had a more muted celebration for Red Nose Day- Comic Relief, but we were still able to keep the week upbeat and fun. Children had the opportunity to buy their red noses in the week leading up to the fundraising day and on the 19th of March, staff and pupils donned their best superhero costumes for a £1 donation to support Comic Relief. From Batman and Wonder Woman to Marcus Rashford and our UK doctors and nurses, the school was filled with various heroes we all look up to, all while supporting a worthy cause. Thank you to the families of West Lodge for supporting us in our efforts to raise money for causes close to our hearts – in total we raised £910 – this has increased from the amount we reported last week.



Medical Update

The School Nursing Team will be coming into school from 14/06/21 - 16/06/21 – 9.00am – 11.00am to carry out vision screening checks on our Reception Children in Gold, Silver and Yellow Classes.

This will be the third year we have participated in such a programme.

The nursing team have good hygiene protocols in place and will be using personal protective equipment whilst in school. If they believe your child may have an issue with their eyesight you will be advised to book a test with an optician.

Reminder - With the children now back at school can we please request that medication normally held in school for your child is returned. Please check expiry dates on any Epi pens, inhalers, and antihistamine (Piriton, Allerief) especially as the hay fever season is approaching.

Thank You



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

Tree Planting fun at West Lodge!

We are a force for nature! During lockdown, the children attending school were involved in extending our orchard in the field. We received a pack of 10 fruit trees and 60 hedges from the Tree Council. The children in the key worker bubble for each year group planted either a pear, apple, cherry, or plum tree. The orchard will grow to provide a calm and beautiful learning space where we can connect with and learn about nature. Have a look at our photos:



FOWLS Update

"Together we can do great things" - Mother Teresa

That's exactly what we did this term. Even in lockdown, we were able to put up 6 events: Pets of West Lodge, Class Marathon Challenge, Second- hand Uniform Sale, Inspiring Healthy Lifestyles, Virtual Book Fair and the Digital Creativity Festival. Some did well, others didn't - but they all raised funds for school. We raised nearly £4200 this term, which includes some match-funding and sponsorship payments from last year as well. We would like to thank everyone who supported our efforts and ideas and hope you all had a positive experience.

Another big achievement is that 74% of the school parents are now connected via Classlist. We have now experimented with online payments for donations and tickets, online shopping (Second-hand Uniform Sale) and Marketplace (Virtual Book Fair), all of which have worked smoothly. The messaging feature also makes interaction with the FOWLS team a lot easier than before. We will continue to use Classlist and if you haven't yet joined, please click this link to join today: <https://classlist.page.link/ERZQFBpDptRutGJd9>

We are very excited about the summer term as we are hoping to put up some live events for the kids, which will definitely be a good change. Please do get in touch with us if your company offers match-funding. We are now also registered with Benevity, a match-funding partner company for many corporates.

Many thanks again for all your support and wish you all a fantastic term break!

Regards,

FOWLS Team

Vigya, Sushmita, Bijal and Anil



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

Sports Update

Childhood Obesity

At West Lodge primary school, data from 2016/17, 2017/18 and 2018/19 revealed the following results of obese and overweight children:

- Reception: 13% compared to 22% across England and 18% across Harrow
- Year 6: 24% compared to 34% across England and 36% across Harrow.

In any population of children of all ages, it would be expected 10% would be overweight and 5% would be obese. Whilst the percentage of children obese and overweight at West Lodge is lower than Harrow and the National average, the aim is to drive this number down even further.

The Importance of Healthy Weight in Children

A child's weight status affects their health and wellbeing. Considerable research has shown that growing healthily and maintaining a healthy weight is important not only for a child's physical, social and mental wellbeing, but also for their capacity to do well at school. Education includes content on the importance of daily exercise, good nutrition and the risks associated with an inactive lifestyle, including obesity. The school is working to further develop its' provision of healthy living and PE with more information to follow in the Summer Term.

FOWLS Marathon challenge

Following on from promoting a healthy lifestyle, children across the school took part in the Marathon Challenge and donated money to FOWLS. Each child was set the challenge of walking, jogging, or running a mile so that each class completed a marathon (26.2 miles) or more with many members of staff joining in! Going by the number of happy but tired faces following the challenge, the school is set to continue its great tradition in running!

Goodbye from Mr Nevins

Having been at West Lodge for over 10 years, I have many fond memories from the school having taught PE to all year groups across the school. The past year has been a different challenge. I never thought I would be recording PE sessions on YouTube! Teaching Reception and Year 1 for most of my week has required more patience and perseverance than I thought but it has been thoroughly enjoyable! There have been many successful sports festivals and competitions from local fixtures to the London Youth Games. As with everything, it is impossible to do these things alone. There are so many members of staff who have helped the children and supported me in my time at West Lodge. Thank you to everyone. Thank you to the parents who have also supported the school at festivals and competitions. West Lodge has been an interesting and exciting place to work. Never a dull moment! I will miss everyone!

Summer Term

We look forward to the following festivals and competitions next term. More information to follow soon.

- Mon 26 April - Fri 07 May: Football Fortnight
- Mon 17 May - Fri 21 May: Tag Rugby Week
- Mon 07 June - Fri 18 June: Cricket Fortnight
- Mon 21 June - Fri 02 July: Athletics Fortnight

Have a great Easter holiday!

PE Team