

The WHPS Weekly

Friday 19th September 2025



PSA UPDATE



Dear WHPS Families

I want to take a moment to discuss the vital role of our Parent-Staff Association (PSA) in our school community. This year they are putting on some excellent events and I'm very excited to share the dates:

EYFS Picnic Friday 19th September

AGM — Friday 24th October

School Disco — Friday 20th March

Quiz Night — Thursday 23rd October

The Winter Fair: Saturday 29th November

The Summer Fair — Saturday 27th June

The PSA is instrumental in fostering a strong connection between parents, teachers, and the wider school community. It not only helps to organise exciting events and activities for our children but also raises much-needed funds to enhance their educational experiences. However, to keep our PSA thriving, we need more enthusiastic parents to join us in leading and running these valuable initiatives. Your involvement can make a tremendous difference.

If you have a few hours to spare or unique skills to share, we would love for you to lend your support. Whether it's helping to plan events or simply spreading the word, every contribution is appreciated. Working together, we can ensure that our school remains a vibrant and engaging place for our children to learn and grow. It would be such a shame if we were no longer able to have these special PSA events.

I would also like to remind you that today we have an Early Years Foundation Stage (EYFS) picnic happening today. It's a wonderful opportunity for our younger children to socialise, and for parents to connect with one another. I encourage you to come along, enjoy the lovely weather, and see what our community can achieve together. **This event could not take place without the support and commitment of the PSA.**

Thank you for considering this invitation to get more involved in our PSA. Your support truly makes a difference.

Have a fantastic weekend

Sam Drake, Headteacher

EVENTS FOR NEXT WEEK

After School Clubs Start

MONDAY: Yr4 Danube Class Swimming PM

WEDNESDAY: 9:15 Prospective parent tour

School photographer in— Individual and sibling photos

Yr3 Thames Class Swimming PM

THURSDAY: Nasal Flu Vaccination AM

17:00-18:00 Secondary Transfer and Residential Meeting

FRIDAY: Camden cross Country Event at Parliament Hill— All day

Stronger Relationships

A six-week online course with weekly facilitated group discussion



The SFSC Stronger Relationships Course has a focus on reducing parental conflict. It is evidence-based and provides a mixture of self-study and group work discussion. The course is suitable for co-parents and other main adult carers of children aged 0 to 18. **Two courses are available for co-parents living together and those living apart. Course materials also reflect blended step-families and extended families.**

SFSC Stronger Relationships online course provides parents with the key concepts and techniques to reduce the effects on children of harmful conflict which is 'frequent, intense and poorly resolved' including:

- What harmful conflict is and how it affects children's wellbeing and development
- Tools to reflect upon personal values, vulnerabilities and strengths and identify areas of conflict with their co-parent
- Techniques to enhance adult relationships for coparents and carers living together and improve communication for those living apart
- Skills to manage stress and anger and resolve conflict
- Information for co-parents living apart to work towards a parenting plan
- Techniques to enhance the parent child relationship for parents whose children do not live with them permanently

The course consists of six online modules and a weekly facilitated group discussion. The individualised online sessions are released one at a time on a weekly basis (so over six weeks) and take around 40 minutes to complete. Parents/carers can complete each session in one sitting or as and when they have time to do so. They can revisit sessions at any point.

The course activities include video content, scenarios, drag and drop activities, quizzes and other interactivity.

Participants also attend a one-hour weekly online group discussion at a time selected by them (they will have a range of options and this will include sessions in the evening) facilitated by one of the SFSC team and attended by up to six others who are at the same stage of the course. This is an opportunity for parents to:

- Review and check on their learning
- ask any questions; and
- hear from other parents

At the end of the course, participants who have completed all six sessions will be provided with a certificate and signposted to further help.

The course is NOT suitable for co-parents where there has been or there is an ongoing risk of domestic violence, the use of coercive power and control and one parent is afraid of the other. If in doubt about a parent's suitability, please contact the team with your enquiry.



What is the cost?

This course is free for any parent living, working or studying in a local authority who has purchased an annual licence. Contact us if you are not sure if your area holds a licence.

If your authority does not have an annual licence, individual places can be purchased for £200.

How will parents sign up?

If you are working with a co-parent or carer who you think might benefit from the course, please support them to register for the course here: [Stronger Relationships courses – Strengthening Families, Strengthening Communities](#) or via the QR code below. Parents can also self-refer.

Parents will be reminded via email and text message about completing sessions and joining online group discussions.



For further information contact the SFSC team at sfscparent@racefound.org.uk

Online
Course

Stronger Relationships

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.

Find out more or register for the course by scanning the QR code or emailing us at: sfscparent@racefound.org.uk



strengthening
families
strengthening
communities

Introduction to SFSC Parenting Course

A six-week online course with weekly facilitated group discussion

**strengthening
families
strengthening
communities**

The Introduction to SFSC online course has a focus on reducing parental conflict. It is evidence-based and provides a mixture of self-study and group work discussion. The course is suitable for all parents and carers of children aged 0 to 18. **Three courses are available for parents of children from birth to five years old, six to eleven years old, and 12 to 18 year olds.**

SFSC online course provides parents with :

- A safe space to reflect on values, culture, and parenting style
- Techniques to build stronger parent-child relationships
- Positive approaches to managing behaviour
- Tools for managing stress and maintaining emotional well-being
- Age-specific strategies for parenting children aged 0-6, 7-11 and 11-18
- Ideas for creating routines, consistency and structure at home
- Support to build long-term connections with other parents and local services



The course consists of six online modules and a weekly facilitated group discussion. The individualised online sessions are released one at a time on a weekly basis (so over six weeks) and take around one hour to complete. Parents/carers can complete each session in one sitting or as and when they have time to do so. They can revisit sessions at any point.

The course activities include, video content, scenarios, drag and drop activities, quizzes and other interactivity. Parents also receive a digital parent manual.

Participants also attend a weekly one-hour online group discussion at a time selected by them (they will have a range of options and this will include sessions in the evening) facilitated by one of the SFSC team and attended by up to six others who are at the same stage of the course. This is an opportunity for parents to:

- Review and check on their learning
- ask any questions; and
- hear from other parents

At the end of the course, participants who have completed all six sessions will be provided with a certificate and signposted to further help.

What is the cost?

This course is free for any parent living, working or studying in a local authority who has purchased an annual licence. Contact us if you are not sure if your area holds a licence.

If your authority does not have an annual licence, individual places can be purchased for £200.

How will parents sign up?

If you are working with a co-parent or carer who you think might benefit from the course, please support them to register for the course here: [Stronger Relationships courses – Strengthening Families, Strengthening Communities](#) or via the QR code below. Parents can also self-refer.

Parents will be reminded via email and text message about completing sessions and joining online group discussions.



For further information contact the SFSC team at sfscparent@racefound.org.uk

Online
Course

strengthening families strengthening communities

Want to get some new ideas to help
you be the best parent you can be?
Enhance your relationship with your children?
Learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion

What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Find out more or register for the course by scanning the
QR code or emailing us at: sfscparent@racefound.org.uk

How to Register



1

Go to: www.strengthening-families.net/parenting-courses



2

Select an age range for your course



3

Select a day of the week and time for your **group discussion** from the options available



4

Complete your contact details



5

Answer a short questionnaire



6

Click on 'Your profile' and you can start your course

If you need any help, email us at sfscparent@racefound.org.uk



How to Register



1

Go to: www.strengthening-families.net/reducing-parental-conflict/



2

Select a course, either **Parenting Together** or **Parenting Apart**



3

Select a day of the week and time for your **group discussion** from the options available



4

Complete your contact details



5

Answer a short questionnaire



6

Click on 'Your profile' and you can start your course

If you need any help, email us at sfscparent@racefound.org.uk

strengthening
families
strengthening
communities

SUNDAY 28TH SEPTEMBER BIG COMMUNITY RIVER CLEAN UP DAY



1.30PM-4.00PM
CLITTERHOUSE BROOK

MEET AT THE CAFÉ IN OUR YARD,
CLITTERHOUSE FARM.

SOME GLOVES AND WELLIES WILL BE
AVAILABLE, BUT PLEASE BRING YOUR OWN
IF POSSIBLE.

UNDER-18S MUST BE WITH A
RESPONSIBLE ADULT.

TAKE CARE NEAR THE RIVER TO AVOID
WATER INTAKE OR INJURY.

RIVER CLEAN
PANEL DISCUSSION OVER
TEA AND CAKE WITH:

LAWRENCE KERSHAN- ENVIRONMENTAL
MEDIATOR

THAMES 21 - RIVERS TRUST

WILDROOTSOUTDOORLEARNING@GMAIL.COM



OUR YARD
at Clitterhouse Farm



LONDON NAUTICAL

Free Jumper & Beret for all Year 7 starter students in 2025 & 2026



Leading
Navigating
Succeeding



2025 Open Events
For pupils starting September 2026

Open Evening From 16:45 hrs

Thursday 18th September 2025

Open Mornings From 09:00 hrs

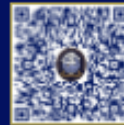
Monday 22nd September 2025

Wednesday 1st October 2025

Thursday 9th October 2025

Saturday 11th October 2025

Friday 17th October 2025



← Click Here to register



LONDON NAUTICAL

Places Available Now In Years 7, 8 & 9

We offer;
Academic & Sporting Excellence
Boys and Girls Sixth Form
Football Academy
Nautical Studies
Sea Cadet Unit



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SUOS UBIQUE
FERET



On Bus Routes 40,59,63,68,168,176,188,211,273,381

61 Stamford Street, Waterloo, London, SE1 9NA
020 7928 6801

Email: admissions@lns.org.uk

Website: LNS.ORG.UK



A Centre for Learning Excellence



✉ Crowndale Centre
218-220 Eversholt Street
London
NW1 1BD
☎ 020 7974 7239
🌐 www.camdenmusic.org

Vocal and Instrumental Lessons at West Hampstead Primary School – Sign Up Now!

Dear Parents/Carers,

Your child can learn to sing or play a musical instrument at West Hampstead Primary School with Camden Music. Lessons take place during the school day with specialist music tutors.

What's on offer?

Your child can learn to play acoustic or classical guitar, ukulele, violin, recorder, clarinet, flute, saxophone, trombone, trumpet, drum kit, piano or sing.

When do lessons start?

Lessons start in September 2025. Each lesson is 30 minutes long. Your child will get 10 lessons each term.

How to sign up:

1. Go to the Camden Music registration page by clicking [here](#) or scanning the QR code
2. Choose your instrument
3. Click 'Show More'
4. Click 'Join Waiting List'
5. Click the shopping cart icon (🛒 top right) to confirm and complete your details



We will contact you when a space is available. Please note that signing up does not guarantee a place straight away.

Need an instrument?

You can apply to hire one by clicking [here](#).

Help with fees

If your child receives Free School Meals, you may be eligible for a discount. Please tell us in your application.

We hope your child will enjoy learning music with us!

Kind regards,

Camden Music

Read our Terms and Conditions <https://camdenmusic.org/terms-and-conditions/>

Read our Frequently Asked Questions <https://camdenmusic.org/faqs/>

