

The WHPS Weekly

Friday 5th December 2025



Dear Parents, Carers and Families,

This week's edition of WHPS Weekly is all about Anti-Bullying, which we raised awareness of a couple of weeks ago. Over the next few pages, you can see the work that happened across the school as well as some information on bullying and how it's dealt with at West Hampstead.

It's been another busy week at West Hampstead! Many of you joined us to enjoy the Winter Fair last Saturday, which was a huge success—thank you for joining us and for your contributions.

This week in school there has been lots going on. Y2 have been getting ready for the Nativity, while Y4 have been rehearsing for their end of year Panto! It's great to see the children getting better and better as the days go on! Y1 are also starting to rehearse for their end of year singalong.

The school football team attended another league match on Tuesday evening and played extremely well; we're so proud of all their hard work and resilience this term.

Today, children from across the school had the chance to give some feedback to their teachers about different subjects in school; it's so important we hear from the pupils and hear how their learning is going! We also had a great assembly from Eco-Committee who were telling us about all of their upcoming plans.

Next week it's Christmas Jumper Day on Thursday 11th December and we'll also be enjoying Christmas Lunch on this day too!

Have a restful weekend, Miss Bones Deputy Headteacher



EVENTS FOR NEXT WEEK

NO AFTER SCHOOL CLUBS

- MONDAY:** Yr4 Danube Class Swimming PM
Choir @ Festive Singalong at Euston Train Station
- TUESDAY:** 9:15-10:45 Prospective Parent Tour
- WEDNESDAY:** Yr5 to Hampstead School—Guys & Dolls Performance
Yr3 Thames Class Swimming PM
- THURSDAY:** Winter Jumper Day—No school uniform
Christmas Lunch
Reception Height and Weight Review
- FRIDAY:** 9:30-11:00 Yr2 Nativity Play
2:45 PM Golden Time

Anti-Bullying at

The official theme for this year's Anti-Bullying week was *Power for Good*. The idea was to emphasise how each of us – children, staff and families at WHPS– has the power to make a positive difference when we see bullying.

We can:

- Safely speak up
- Support others
- Act kindly

It aims was to focus on the theme of **empowerment** and **collective action**. In short, small acts of good – speaking out and being kind - can all add up to change in our community!

We know one week isn't enough to make meaningful change and so Anti-Bullying Week stands as a reminder and to raise awareness of the behaviour and attitudes we seek to embed into our community each and every day at West Hampstead to stop bullying.



What is bullying?

What is Bullying?

Deliberate

The person is doing it on purpose to hurt or upset someone else.



Repeated

The person does it more than once.



Who can I talk to?

You can talk to any adult in our school if you are worried about bullying.



Bullying is more than a single unkind moment — it is *repetitive*, *targeted* behaviour meant to hurt, embarrass, or exclude someone.

At West Hampstead, we know sometimes mistakes can happen and we can act in an unkind way. We take responsibility, reflect and apologise. Bullying is different because it happens again and again and creates a pattern that makes someone feel unsafe or unwelcome.

We all know things go wrong sometimes, and conflicts or misunderstandings are a normal part of growing up. But when unkind actions become persistent and intentionally directed at the same person, that's when it crosses the line into bullying — and that's when we all need to step in, speak up, and support one another.

Who can we talk to about bullying?

You can talk to **any adult** in our school if you're concerned about bullying.

This message is shared at school throughout the year.

The children can:

- Speak to a trusted adult
- Write a worry for the **worry box**
- Ask their teacher for **bubble time**

Parents and families can:

- Speak to your child's teacher
- Speak to any member of staff
- Email school at admin@westhampstead.camden.sch.uk



Request a time slot with your teacher to talk about something.



Write your worry in the box and your teacher will find time to talk with you about it.

What will happen when bullying is reported?

When bullying is reported, the adults in school will:

What will they do?



Listen



Hear everyone's voice



Make sure everyone's okay and make sure everyone understands what has gone wrong.



Make a plan for how to change and improve.



Make sure everyone who needs to know is told so they can help and support.

What did Anti-Bullying Week learning look like?

ANTI-BULLYING WEEK 2025 SCHEDULE

10
NOV

MONDAY - ODD SOCKS DAY
WEAR YOUR ODD SOCKS TO SCHOOL
AND STAND UP TO BULLYING

12
NOV

**WEDNESDAY -
CLASSROOM ACTIVITIES**
POWER FOR GOOD

13
NOV

**THURSDAY - RANDOM
ACT OF KINDNESS DAY**
GIVE SOME KINDNESS OUT

14
NOV

**FRIDAY - WHOLE
SCHOOL ASSEMBLY**
ANTI-BULLYING WEEK ASSEMBLY



**ANTI-BULLYING
ALLIANCE**



**ALLIANCE
ANTI-BULLYING**

We know...

- what kindness looks like
- *Power for Good* is the theme for anti-bullying week

New Learning

I can explain what bullying is.

I can identify trusted adults.


I know how to use my power for good.

I say...


...you say.



Bullying is...

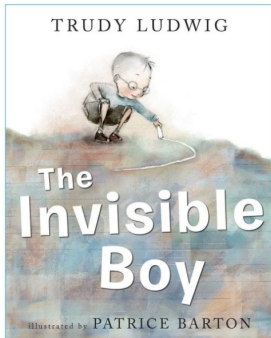
 repetitive and on purpose

 to a person or a group

 it can be physical, verbal and happen face to face or online.

What did Anti-Bullying Week Learning

We will be reading:



- How does Brian feel when others ignore him?
- What helps him feel included?
- How do small acts of kindness make a difference?
- How can you use your power for good at playtime?

We read different books across the school to think about important anti-bullying messages.

We will be reading:



How do you think troll feels?
Why do goats send that message?
What could they have done differently?
What might you have done if you were them?

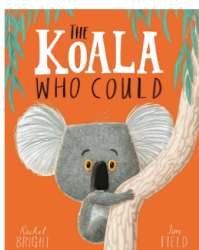
A classmate makes a mistake and others tease them.

Power for Good



Power for Bad

We will be reading:



How do Kevin's feelings about staying in his tree compare to how someone might feel if they're left out at school?

What did Kevin's friends do to help him?

Kevin had to face his fears — how can we show courage if we see bullying happening?

What can we say or do if someone is being unkind to another person?

We are going to write a kind message for another person in our classroom.

To spread kindness and make us feel:



My kind message...

I like the way...
You are good at...
I like it when...

ANTI-BULLYING WEEK 2025 SCHEDULE

10 NOV	MONDAY - ODD SOCKS DAY WEAR YOUR ODD SOCKS TO SCHOOL AND STAND UP TO BULLYING
12 NOV	WEDNESDAY - CLASSROOM ACTIVITIES POWER FOR GOOD
13 NOV	THURSDAY - RANDOM ACT OF KINDNESS DAY GIVE SOME KINDNESS OUT
14 NOV	FRIDAY - WHOLE SCHOOL ASSEMBLY ANTI-BULLYING WEEK ASSEMBLY

ANTI-BULLYING ALLIANCE

Where? In the Reading Arches

When? At lunchtime (13.11.25)

Who? With Miss Kirsty and some Y6 helpers

Today!



Come and write down your act of kindness!

Come and write down your act of kindness!



Our kindness chain was wider than the school hall!

We celebrated all the kindness in whole school assembly!



merry
CHRISTMAS

★ **FESTIVE ROAST DINNER**

ROAST CHICKEN ★

CHRISTMAS VEGETABLE WELLINGTON

ROASTED POTATOES

CHICKEN OR VEGAN SAUSAGE

STUFFING & GRAVY

ROASTED PARSNIPS, CARROTS & PEAS

CHOCOLATE, ORANGE & CRANBERRY BROWNIE



If your child usually has a **packed lunch** but would like to have a school meal on this day, please email f.hatipi@westhampstead.camden.sch.uk no later than **Monday 8th December 2025 at 9am.**