

# The WHPS Weekly

Friday 6th February 2026



## WHPS GO TO THE OPERA!

Dear WHPS Families,

What a term we have had so far! So many opportunities for trips, visitors and opportunities for enrichment

At WHPS we believe that educational visits are an integral part of the entitlement of every pupil to an effective and balanced curriculum. We know that visits are known to enhance learning and improve attainment, and so form a key part of what makes West Hampstead Primary School a supportive and effective learning environment.

This term, Reception have been to Hampstead Heath, Key Stage 1 have worked with the 'Orchestra of the Age of Enlightenment' (OAE), we've had Science Week and Sports Tournaments. But the highlight of this term has been our trip to the London Coliseum to see the English National Opera's (ENO) performance of 'HMS Pinafore'. Years 4-6 were treated to a world class performance!

A member of the public commented to me, 'Watching the children enjoying the opera was almost as enjoyable as watching the opera itself!'

This wonderful occasion highlights not only the importance of enrichment, but also the importance of partnerships between school and the arts. Many of you will remember when we agreed to host the ENO with their filming project back in 2024. As a result, hundreds of schools have watched a short film featuring our staff and our children acting. To say thank you, the ENO provided WHPS with 185 tickets for children and adults.

It was the first time that many of our children (and staff) had ever been to an opera. It was night that they will never forget!

Have a fantastic weekend!

Sam Drake  
Headteacher



### EVENTS NEXT WEEK

#### Safer Internet Week

<b>MONDAY:</b>	<b>9:00-10:00 Coffee Morning ( Phonics)</b> <b>Danube Class Swimming PM (final session)</b>
<b>TUESDAY:</b>	<b>9:15-10:45 Parent Tour/Meet the Families</b>
<b>WEDNESDAY:</b>	<b>Thames Class Swimming PM (final session)</b>
<b>THURSDAY:</b>	<b>4:30– 6:00 pm A Night at West Hampstead</b>
<b>FRIDAY:</b>	<b>2:45-3:15 Golden Time</b> <b>3:30-4:00 pm PSA Bake Sale (Main Playground) ?????</b>

# IN THE NEWS



The West Hampstead bike bus

## Safety in numbers gets kids out on their bikes

**SCHOOL** run pollution is getting dashed by an initiative helping children to arrive on two wheels.

The Bike Bus heading to West Hampstead Primary School provides a safe journey by grouping cycling pupils together.

Cycling enthusiast parents including Tom James and Shier Dawood are working together to get a weekly group of children and pedalling together.

The WHAM (West Hampstead Active Movement) bike bus that has been running since the start of the academic year and gathers every Wednesday before school. They meet outside the Marks & Spencer on Heritage Lane and cycle on the main road (Mill Lane)

by ROSIE MILLER

in a big pack to the primary school. Parents help to keep the children safe by marshalling traffic at the front, back and sides.

Ms Dawood explained how it started. "My son and I had an incident where a driver was really aggressive with my child being a bit slow on his bike in getting from the road to the pavement. The driver said that kids shouldn't be on the road," she said.

"This incident and seeing other groups such as the North West Pedal Express bike bus pushed us to set up a similar group at the school to build confidence in the children."

She added: "There aren't many opportunities for children to cycle in the city so it has encouraged them to get on their bikes.

"Parents have also got involved with the initiative who might not be cycling otherwise. The kids love it.

Mr James said: "The bike bus is partly a fun and healthy way of getting to school – but it is also partly a protest. It should be safe enough for them to cycle on their own. If Camden and the mayor are serious about lowering emissions then we need to make cycling safer for everyone in the borough."

Those interested can email: [WestHampsteadPSA@gmail.com](mailto:WestHampsteadPSA@gmail.com)

GILBERT & SULLIVAN

# HMS PINAFORE

4 DEC 2025 – 7 FEB 2026

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# Camden Holiday Courses

Come and experience Camden Holiday Courses!

- Primary and Secondary Groups
- Wind, brass, percussion, guitars, strings and voices
- From two terms of learning to advanced players
- The courses lead to a performance at a major Camden Venue

Scan the QR Code to register

📍 Camden School for Girls, Sandall Road,  
London NW5 2DB



[www.camdenmusic.org](http://www.camdenmusic.org)  
#WeMakeMusic



THE COMMUNITY ASSOCIATION FOR **WEST HAMPSTEAD**

*Bringing the local community together*

# WELLBEING OPEN DAY

## PART OF CAMDEN COMMUNITY CONNECTEDNESS PROJECT

Enjoy a special day with FREE yoga, Pilates, mindful movement & seated exercise taster sessions, and health talks on wellbeing. Wholesome soup and homemade bread  
No booking required.

### Program of the day.

#### Talks in the nursery:

2:00-3:00 Looking after you mobility (Walfinch Home Care)

3:00-4:00 Looking after your body (OsteoRise)

4:00-5:00 General wellbeing (Kim's chemist)

#### Taster sessions:

2:15 to 2:45 Pilates with Miranda

3:00 to 3:30 Seated exercise with Daniela

3:45 to 4:15 Yoga with Daniela

4:30 to 5:00 Mindful movement with Jane



**Saturday 7th Feb**

**14:00 - 17:00**



**West Hampstead Community Centre**

17 Dornfell Street, NW6 1QN



**Camden**

**FREE**



**Scan to book**

or visit [Wellbeing Open Day](#).

info@cawh.org.uk

0207 794 3729



DO YOU WANT  
SUPPORT FINDING  
A JOB?

DO YOU NEED  
TO DEVELOP  
YOUR SELF-  
CONFIDENCE?

## FREE MENTORING FOR MIGRANT AND ETHNIC MINORITY WOMEN

Laamiga provides free 1-1 mentoring and group support to help you achieve your dream.

We help migrant and ethnic minority women to take a more active role in supporting themselves and their families.

Laamiga is a voluntary organisation run by women for women. We can help you to make the most of your skills and abilities.

For more information,  
contact Dr Ali: [info@laamiga.org](mailto:info@laamiga.org)  
Phone: 0208 257 7317  
[www.laamiga.org](http://www.laamiga.org)  
Charity Number: 1145538



# Community Association for West Hampstead



## February Half Term 2026

**FREE**

## Workshops for Children aged 6+

Please get in touch  
via email for more  
information and  
to book your free place:  
[candypeople@cawh.org.uk](mailto:candypeople@cawh.org.uk)

## Workshop Schedule

**Mon 16th Feb, 1 - 4:30pm**

### **Textile Workshop with Tash**

Be inspired by Picasso and Matisse to design your own masterpieces of faces or landscapes using using felt and yarn.

**Tues 17th Feb, 1 - 4:30pm**

### **Pancake Day Workshop with Roshi**

Create a paper pancake-flipping frying pan and design your own dream pancake café or menu.

**Thurs 19<sup>th</sup> Feb, 1 - 4:30pm**

### **Clay Workshop with Barbara**

Get your hands dirty and your imagination soaring with our popular clay workshop.

**Fri 20<sup>th</sup> Feb, 1 - 3:30pm**

### **Weaving Workshop with Janine and Capoeira with Lilah**

Creative paper weaving arts project followed by an energetic Capoeira session.

0207 794 3729 - [www.cawh.org.uk](http://www.cawh.org.uk) - 17 Dornfell St NW6 1QN

Registered Charity: 1135778 - Ltd Company: 6956009



Camden Family Learning  
FREE Story Sacks for Children Aged 3 Years Plus



**Half Term  
Story Telling Sessions On**

**Tuesday 17<sup>th</sup> February**

Pancras Square Library, N1C 4AG

10:30am-12noon

Queens Crescent Library, NW5 4HH

1:30pm-3:00pm

**Wednesday 18<sup>th</sup> February**

Kentish Town Library, NW5 2AA

10:30am-12noon

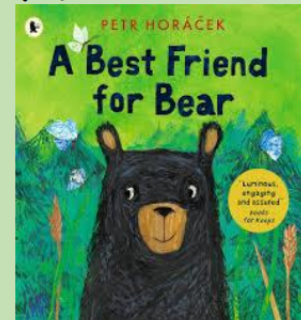
Highgate Library, N19 5DH

1:30pm-3:00pm

Call Alison on 07876 651950 to book your place  
You must book to join in (due to health & safety rules)

A fun arts and crafts resource making session to bring the story to life.

Make a prop to join in with the adventure.



Every family will be gifted with a copy of the book



## Imagination Library comes to Camden

Imagination Library has come to Camden! This initiative, created by the Dollywood Foundation, provides free books to every child in Camden under the age of five. Once registered, children receive a new book each month until their fifth birthday, helping to nurture a lifelong love of reading from an early age.

To mark the launch, a family storytelling event will take place at Swiss Cottage Library on Thursday 19 February, 11am – 12pm, as part of the National Year of Reading.

[Find out more about the Imagination Library and how to register your child](https://www.camden.gov.uk/imagination-library)

<https://www.camden.gov.uk/imagination-library>



# EMOTION COACHING

This is a two-part workshop; both sessions need to be attended

The workshop is interactive, a mixture of discussion, reflection & presentation

The workshop aims to support parent/carers to understand and validate their child's emotions, respond more helpfully during moments of heightened emotions, and implement appropriate boundary setting



Sign up with the QR code below:



Tuesday 24th Feb & 3rd March,  
12.00 to 2.00pm,  
Harmood Children's Centre,  
Forge Pl, Ferdinand St, NW1 8DQ



## 'Walk & Talk' Sessions – SPRING 2025



- Are you a Camden Parent or Carer of a child or young person (0-25) with additional needs?
  - Do you enjoy walking and being out & about in nature?
- Would you like to fill up your own cup and make friends with some other parents and carers at the same time?

**If so, join us for our popular 'Walk & Talk' sessions, led by fellow Camden parent Ali**

This is a chance to speak to other parents and carers who may be experiencing similar life experiences and talk and learn from each other during a relaxed walk from Hampstead Heath to Kenwood House and back (with a stop along the way for a well-deserved hot drink and sweet treat)

PS If you prefer to walk and listen that's ok too! No one ever regretted a nature walk so why not come along!

When?

**Monday 2<sup>nd</sup> February 2026 & Monday 9<sup>th</sup> March 2026**

Time?

**10:15 AM - 12:30 PM**

Meeting Place?

**Hampstead Heath** (meet by the water fountain/cafe/toilets on Hampstead Heath by the Parliament Hill side of the Heath near the tennis courts (bus access from C2 or 214 or C11 get off at Parliament Hill/ Swains Lane bus stop). **Wear appropriate clothing as we walk rain or shine, and please be on time!**

**Please let Ali know if you're coming to a session and if you need to cancel so we don't wait! -**

**Ali: 07788 521693.**

**Keep an eye on facebook, add your name to our contact list and keep in touch.**

[www.facebook.com/CamdenSpecialParentsForum](https://www.facebook.com/CamdenSpecialParentsForum)

## Movement, Relaxation & Lunch



**Would you like to join a group of parents and carers, led by an instructor in gentle movement and relaxation sessions followed by a lovely, freshly prepared group lunch?**

If so, please join us on:

When?

Tuesday 27<sup>th</sup> January 26

Tuesday 17<sup>th</sup> March 26

Tuesday 10<sup>th</sup> February 26

Tuesday 2<sup>8th</sup> April 26

Time?

12-2pm

**Where:**

Kentish Town Congregational Church, Kelly Street, Kentish Town NW1 8PH (The entrance is through the gates and across the garden)

These sessions will focus on gentle movement, stretching, relaxation and well-being, followed by a re-invigorating lunch freshly prepared by our KIDS keyworkers – suitable for all abilities.

**Come along and try it out, this one is for looking after YOU!**

To book a place please text your name to [Aishatu.mohammed@kids.org.uk](mailto:Aishatu.mohammed@kids.org.uk) call or text 07385 003 662/ [Jade.Green@kids.org.uk](mailto:Jade.Green@kids.org.uk) call or text 07711 767 258

<https://www.facebook.com/CamdenSpecialParentsForum>

Limited numbers - booking in advance is required.

***Please bring an exercise mat or something comfortable to use.***