

# West Acton Primary School Newsletter



Friday 15th January 2021



**School Jotter**

Our app—available on the app store

## MESSAGE FROM MISS KONDO

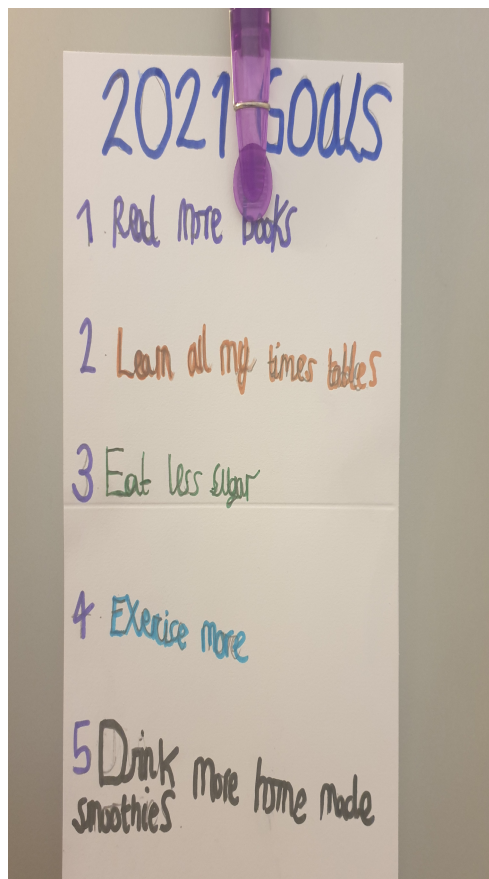
I hope that you are all getting more settled into a routine of your child learning at home remotely or attending our provision here. We really wish that we could have everyone back at school but that isn't possible. We continue to look at different ways to support all of our children. All of the lessons are recorded so that you can watch them at different times, if you have more than one child or you are working yourself. We really appreciate all the support you are giving your children – especially the younger children. Our older children are by now able to access learning quite independently so we are really proud of them.

I wish you all a happy and healthy week end and hope that you are able to safely get some fresh air and time away from screens.

Miss Kondo

I was so happy when Keion shared his New Year Goals with me!

It looks like he will have a great year! Thank you!



**Thank you for all of the amazing  
work that your children have  
completed.**

Next week we will send some tips and  
advice out about uploading your  
child's work.



Working from home yourself or have  
more than one child at school means it  
is difficult to get all the work  
completed on time.

**That is fine!**

**Please complete and submit the  
work when you can.**



## HERE to HEAR and HELP!

Please do get in contact if you feel that your child or you need support during this time we are apart. Our school wellbeing team is continues to be very active and available for YOU.

From our School Counsellor Louise

### A really helpful parenting tool...

Parenting can feel so hard. There will be moments when your buttons are pushed and you feel stressed, overloaded, and exhausted, maybe now more so than ever. However, there is a tool that can help you get through those difficult moments and that can keep you from saying things that you will feel sorry about later.

### What can parents do?

Use your PAUSE button. Whenever you start to feel angry or irritated with your child's behaviour, stop what you are doing and take three deep breaths- or as many as you need! Take a moment to use an image or a thought that will help you to feel calmer. Remind yourself that this is not an emergency and think of something you really love about your child. Once you feel calmer, you will be able to choose a response based on connection, rather than react in anger or worry. It takes some practice, but it does get easier!

Sometimes we could all do with someone to talk to. If you would like to meet Louise for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Wednesdays 9-10am. You can call/text Louise on 07582310756 or email her at [lalltimes.307@lgflmail.org](mailto:lalltimes.307@lgflmail.org)

### IMPORTANT COVID – 19

If your child or anyone in your household has a positive COVID -19 test result during half term please email the school [admin@westacton.ealing.sch.uk](mailto:admin@westacton.ealing.sch.uk)

It is very important that you keep your child at home if ANYONE in the house has symptoms or a positive test result, especially siblings.

It is also important to know the symptoms of COVID-19 (new or continuous cough, high temperature, loss of sense of smell or taste)

Please test anyone who has symptoms

Please note the first day of symptoms.

**We are so pleased to be able to send laptops home to help our children learn remotely.**

Please remember that you have signed an agreement: you must not download games or apps.



Please ensure that your child is SAFE ONLINE and behaving appropriately on line. Our same policies and procedures still apply whether learning is Remote or in school. I'm looking forward to seeing the house point totals for next week! In the meantime please remind yourself here:

<https://www.westactonprimaryschool.org/safeguardingandwellbeing/e-safety>

<https://www.westactonprimaryschool.org/keyinformation/behaviour-1>