

West Acton Primary School Newsletter



Friday 22nd January 2021



School Jotter

Our app—available on the app store

MESSAGE FROM MISS KONDO

THANK YOU all for the fantastic efforts to support your child in their remote learning! I can't believe we are now at the end of week three! You are having to take on a new role as a parent, as if being a parent wasn't hard enough! Do be kind to yourselves too please – you are doing a great job. Whilst this may seem to some like the longest and hardest time, there is still some time to go so please pace yourself. Eventually though, life will resume and children will be back in school.

We really wish that we could have all children here at school but we have to follow the Government advice – we are full to capacity and cannot consider requests from anyone but the specified groups –vulnerable or key worker children – without one adult at home to look after them.

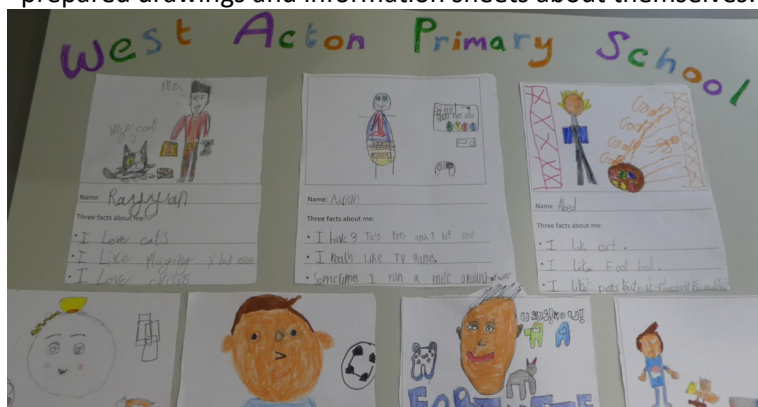
Have a lovely week end, apparently this sunshine will turn will turn to snow on Sunday so stay warm! [Miss Kondo](#)

WEST ACTON IS GOING TO THE OLD VIC!

What is it?

A series of free online workshops encouraging older and younger people to connect, try new challenges and engage creatively.

West Acton Primary School has been selected to collaborate with the Old Vic theatre company as part of an exciting project *Get Going at the Old Vic* which is a series of free online workshops that encourages older and younger people to connect, try new challenges and engage creatively. The children will take part in three workshops online and work with industry professionals to create a new piece of music, involving song writing, dance, drama, music and performance. We are also being partnered with Bridgeside Lodge Home in Islington which builds on our interest in working with other communities. Bridgeside cares for people with neurological and spinal conditions, and elderly people some of whom have dementia. Thirty children in Year 4 are involved with the project and are being supported by their teachers to join in the workshops – some at school and others from home. The children have prepared drawings and information sheets about themselves:





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.

TOP TIP of the week from School Counsellor – Louise

The greatest gift of all: playing with you!

All children need to play. It is their way of learning skills and helps them to release their emotions. Regularly playing with your child will help you to feel closer. It will also encourage them to cooperate more and you will feel more energised!

How can parents help?

I know most of you might feel exhausted at the end of the day, especially with how strange things might be right now, maybe working from home or more anxious thoughts and pressures with the pandemic and current lockdown. However, all you need is 10 mins of play, which will help both you and your child to let out some of the stress accumulated from your day. Can you try any of these at some point in your day?

- If your child is feeling over-excited and needs to let off some energy, how about taking him to a quiet, safe space and letting him spin around while you spot him?
- If she is having difficulty falling asleep at night, you could say goodnight to each part of her body.
- If he needs some help calming down, perhaps you could blow bubbles together and see how long you can keep them in the air before popping.
- Play football together by blowing a cotton ball around through straws.
- If she is finding a situation difficult, use stuffed animals to act it out.
- Finally, I always suggest following your child's lead and joining them in their favourite game: let them teach you how to play!

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

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@west-acton.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.

WELLBEING
WEDNESDAY

This Wednesday 27th January take some time away from the screen AND have a catch up meeting with your teacher!

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>

New-Age Kurling for Year 5 and Year 6 this week

Children in Year 5 and Year 6 took part in a New Age Kurling inter-school competition this week. They developed team-building skills by working together to gain the highest possible score for the school. They also received gold medals for individuals gaining a maximum 50 score or winning the individual challenge. Thanks to Featherstone School Sports Partnership for organising and running the event – all the children really enjoyed themselves and so did the teachers who participated too!



What is New Age Kurling?

A team sport adapted from the more traditional sport of curling to be fully **inclusive** for all young people. Between two and four players on opposing teams compete in a tactical game which involves sliding weighted stones towards a circular target.