

# West Acton Primary School Newsletter



Friday 5<sup>th</sup> February 2021



School Jotter

Our app—available on the app store

## MESSAGE FROM MISS KONDO

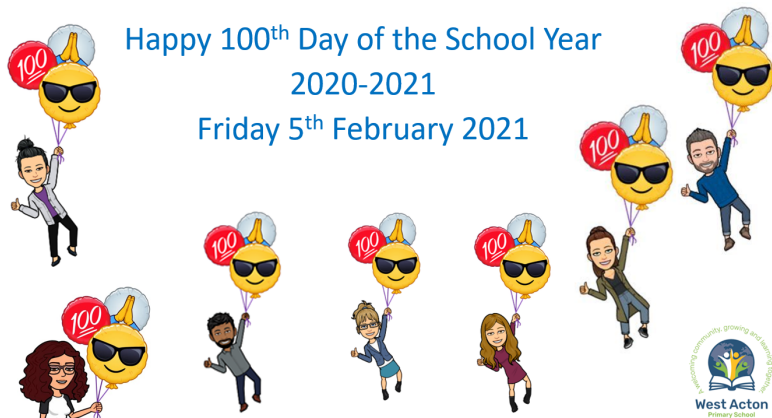
We have ended another busy week with sunshine today which has been a nice surprise for our 100<sup>th</sup> day of the school year. This week children have been looking at different ways to express themselves and how important it is to take care of mental health as well as physical health. This is important for adults and children.

You will have received important letters from me this week – please ensure that you read them. We will have an online safety workshop for parents/carers on Thursday 11<sup>th</sup> February at 6.00pm and parents' evening has been postponed until after half term and will be on Schoolcloud. Finally, there is also a letter with holiday schemes - should you need child care - for half term as school will be closed as well as details of FSM vouchers for half term.

Stay safe, Miss Kondo

Happy 100<sup>th</sup> Day of the School Year  
2020-2021

Friday 5<sup>th</sup> February 2021

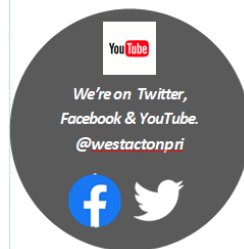


We are making a list of the  
100 Best Things about West Acton.

Please email [admin@west-acton.ealing.sch.uk](mailto:admin@west-acton.ealing.sch.uk)



Although we weren't all together this year, we have still be enjoying special stories and activities to EXPRESS OURSELF. I loved seeing the children's pictures after my assembly!



### 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

#### How to listen so your child will talk

Parents often ask what they can say to get their child to talk. The secret isn't about what you say: it's about how you *listen*. The most important skill in talking with anyone is not lecturing, offering solutions, answering, or teaching. What children need from you is your full attention and empathy: that is what deep listening is.

#### How can parents help?

Even children who do not say much want to connect with you, so try to accept it on their terms. Connection does not always look like a deep meaningful conversation: it can be a hug, a high five, a long look in each other's eyes. Children may also feel more comfortable talking while walking down the street or washing the dishes. It is OK for them not to hold eye contact as this may be their way of staying regulated while talking about something that feels difficult for them. When your child expresses his feelings about something, he needs you to listen and acknowledge, rather than jumping in with solutions. This means you may have to manage your own anxiety about the issue, which will allow him to find his own solutions to problems. Most importantly, pay full attention: put your phone down and be present. It will be a gift to both of you.

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@west-acton.ealing.sch.uk](mailto: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.

### Parents/Carers

#### Online Safety workshop

6.00pm Thursday 11<sup>th</sup> February 2021

Link will be sent during the day

**IMPORTANT - please attend**

### Parents' Evening will be

Wc 22<sup>nd</sup> February on School Cloud – more details to come. Please ensure you can log on and that we have correct details for you.

Welcome back to house points!

Keep up the fantastic behaviour!

This week's house points  
Week ending 29.1.21

|            |      |
|------------|------|
| Chiswick   | 1201 |
| Osterley   | 1210 |
| Pitzhanger | 1210 |
| Syon       | 1229 |

Join us to find out:

- ✓ How speaking more than one language affects your child's Speech and Language Development
- ✓ Top tips for supporting your child's talking at home



Wednesday  
10<sup>th</sup> February 2021  
11:00am – 12:00pm



## Miss Wharton's Outdoor Learning Ideas

At the moment we are spending more time indoors than ever before. However, it is really important for your mental health to get some fresh air and take part in daily exercise. Below are some ideas for what you could do on your daily walk or in your spare time!



### We're Going on a Tree Hunt

We are very lucky in Acton to have so many beautiful trees planted along our pavements. Use the app or website (<https://www.treetalk.co.uk/>) to plan a special walk which shows you the name of each tree species you walk past! Just type in your postcode and it does the rest for you!

### The Big Garden Birdwatch

The RSPB is holding a 'Big Garden Birdwatch' until the 22<sup>nd</sup> of February. On your daily walk or looking out your window, note down what birds you spy! I will be sending out resources to help you with this soon. I am sure your teachers would love to hear about your findings in your live video chats!



### Grow Your Own Carrot

This is actually an activity that you can complete indoors. All you need is: a deep plant pot, potting soil, carrot seeds and water. Fill your pot with soil, sprinkle a handful of seeds on top, water and wait for them to germinate. The pot should be located in a sunny window and you should water your carrots each time the soil is dry. As soon as the root turns orange you can dig up your carrots!