

West Acton Primary School Newsletter



Friday 12th March 2021



School Jotter

Our app—available on the app store

MESSAGE FROM MISS KONDO

Thank you for returning our pupils to us – we really missed them! What a credit to you, your children are. They have returned to school happy and ready for learning. We ended the week on 98% attendance which is remarkable. Thank YOU also for adapting to the new routines and wearing masks onsite – things seem to be settling down and working well. Apart from the rain and wind – which always seem to arrive at home time – the week has been brilliant and very busy with a lot of learning and laughter.

The National Lockdown still continues so ensure that you are following the Government guidance this weekend.

Stay safe, Miss Kondo.

SICKLE CELL SOCIETY

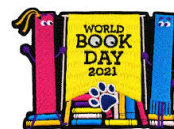
I interviewed Dame Elizabeth Anionwu for our Science Week assembly – you can see this on our YouTube channel. Dame Elizabeth was recognised for her work about Sickle Cell Anaemia.

Sickle cell is a disorder of the haemoglobin in the red blood cells. Haemoglobin is the substance in red blood cells that is responsible for the colour of the cell and for carrying oxygen around the body. People with sickle cell disorder are born with the condition, it is not contagious. It can only be inherited from both parents each having passed on the gene for sickle cell. The main symptoms of sickle cell disorder are anaemia and episodes of severe pain. The pain occurs when the cells change shape after oxygen has been released. The red blood cells then stick together, causing blockages in the small blood vessels. These painful episodes are referred to as sickle cell crisis. They are treated with strong painkillers such as morphine to control the pain. People with sickle cell are at risk of complications stroke, acute chest syndrome, blindness, bone damage. Over time people with sickle cell can experience damage to organs such as the liver, kidney, lungs, heart and spleen.

<https://www.sicklecellsociety.org>



THANK YOU and WELL DONE to our children and families who took part in the sponsored read – so far we have raised over £900!



We love Reading at WAPS!



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.

Collecting Children –

We cannot allow children to go home with older siblings who are not over 16 themselves.

Mobile Phone use by Parents/Carers on site

Please refrain from using your mobile phone whilst dropping off and collecting your child.

Breakfast Club – spaces still available

Our school run breakfast club is priced considerably lower than other schools as the staff are employed directly by the school. We offer the breakfast club to support our working parents and not to make a profit. Sadly, for a year now our breakfast club has been operating at a loss.

Please do consider using and booking breakfast club so that we can continue to be able to offer this service at the competitive rate into the future.

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.

ROAD SAFETY

We expect all of our community to feel safe around our school in the morning and at afternoon collection time. Sadly, some of our parents have been driving disrespectfully or illegally. This was reported in the Autumn, by local residents and other parents since January.

This is unacceptable – please do not put people at risk.

Welcome back to house points!

Keep up the fantastic behaviour!

This week's house points
Week ending: 5.3.21

Chiswick	2109
Osterley	2056
Pitzhanger	1999
Syon	1994



DONATE TO DRESS UP

From Wonder Woman and Superman to Air-Guitar-Girl and Bakes-Brilliant-Cakes-Boy, choose or create a superhero and pay a small fee to dress up for the day.

Friday 19th March

is RED NOSE DAY – a nationwide charity event.

Children can dress up like a superhero - real life superheroes are fine too!

Tea towels and scarves make great capes too!



We can't sell red noses this year but children can bring in their own.

Please bring a small money donation e.g. 50p/£1.00.

RED NOSE DAY IS BACK

Red Nose Day is back on Friday 19th March and this year it's never felt more important to have some fun and raise money to support people living incredibly tough lives. We need the power of funny to turn laughs into lasting change. So whatever you can do, please join us.



School Counsellor Tip

Help your child build Emotional Intelligence



Returning to school some children can find it difficult to pick up from where they left off especially with friendships. It might feel like starting all over again or coming back into a welcoming group of friends, others may struggle to get along or to find other kids who share their interests. Some children have or make a best friend, some wish they could. Here's a few things to help your child with their social skills and work through issues with friends or peers.

How parents can help:

- Listen when he has peer challenges, which all kids do. If you tell him what to do, you imply that he is incompetent, and you aren't helping him learn. Instead, help him to clarify his feelings, and to problem solve the issue.
- Don't take sides when she fights with her friends. Listen to her views and empathize with her feelings but resist the impulse to demonize the other child. If you suspect that your child is being unfair, try wondering with her about the other child's point of view, but again be careful not to blame your child
- Help her learn how to express her needs without attacking the other person. This is a challenge for all of us, so kids need our guidance, and to practice.
- Make it a habit to acknowledge and reflect feelings instead of dismissing them. Often, we parents have such a hard time seeing our child in pain that we get angry at the other child. We say things like: *"He's not a good friend to you. Let it go and find a new friend. Good riddance!"* But that doesn't help the child at all. Comments that tell our kids to just get over someone they've cared about, or a hurt they've suffered, simply dismiss our child's legitimate feelings and keep the child stuck in hurt and anger. When you instead keep your own upset in check and empathize with your child's feelings: *"Having your friend say something like that to you could really hurt."* he gets to feel them fully. That might mean he gets more upset momentarily, but once he gets a chance to feel the emotions, they begin to dissipate. Once he feels better, he can do better problem-solving, whether that means talking with the friend, or ending the friendship.
- Help him to think through various problem-solving options. Often, once kids work through their feelings, they know what action to take. *"I'm not mad at Sam anymore and I miss playing with him. I'm going to knock on his door."* But if he doesn't, help him brainstorm. Sometimes he'll need help from you to know how to say no in a way that keeps both his friend and his integrity.
- If your child is having a hard time, consider what kind of support will help. For instance, some children don't pick up on social cues and need help to learn specific skills, like how to join a group. Others don't listen to their friend's ideas, or physically get into each other's space. Observe your child as he or she plays with another child and see if you can pinpoint what is going wrong. Later, without blame or shame, act out a similar scenario with stuffed animals and ask your child what the characters should do. Make it funny to defuse any tension. Reading books about social skills with your child can also be very helpful, as long as your child feels you're partnering with her to support her, rather than trying to "fix" her. There are some good books for kids available online.

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 9.00-10.00am. You can call/text Louise on 07582310756 or email her at lalltimes.307@lgflmail.org



Returning Laptops and Devices

We hope that it was useful borrowing the devices during the partial closure.

We now need to start collecting them in. each device will be checked for damage and have online safety checks. Please ensure that you hand the laptop to the office or a member of staff and that your child's name is in with the device too.

To avoid congestion please try to stick to the following days for bringing the devices in:

Monday – Year 6 and Year 5

Tuesday – Year 4 and Year 3

Wednesday – Year 1 and Year 2
and Reception and Nursery.

Thank you.



Have a peaceful Mothers' Day

This Sunday, in the UK, is Mothering Sunday. I hope our West Acton Mothers, Stepmothers, Grandmothers, and those who step in and take of us, have a beautiful day. As always we think of those who may not be able to see their Mother or may have lost their Mother - and this may be especially relevant this year.