

West Acton Primary School Newsletter



Friday 10th September 2021



What an action packed week at West Acton! I can't believe it is Friday already! The whole school community has settled back to school very well – thank you to everyone – pupils, parents/carers and staff. I have enjoyed meeting all of our new families –welcome.

This weeks' lessons have been an opportunity for teachers to get to know their classes and have reminders on all the important aspects of school life at West Acton such as our values, behaviour, reading habits and antibullying.

Our after school clubs programme went out this week so please do take a look and if you would like your child to learn musical instruments there are spaces available.

The children are looking very smart in their new school uniforms, thank you, please do make sure that you write their names in their clothes.

Meet the New Year Group presentations are going on teams this year – this is because it is very important that you and your child know how to access work on teams. Please make sure that you look at all of the information.

I wish you a very happy weekend, Miss Kondo

SPANISH has started at West Acton!



We are delighted to have Ms Marquez teaching Spanish to KS2.

Please ask your child:

- What is the capital of Spain?
- Does Spain have a Royal Family?
- Where is Spanish spoken?
- What sports are Spain famous for?
- What is the name of a famous Spanish food?

Let's get West Acton Reading!

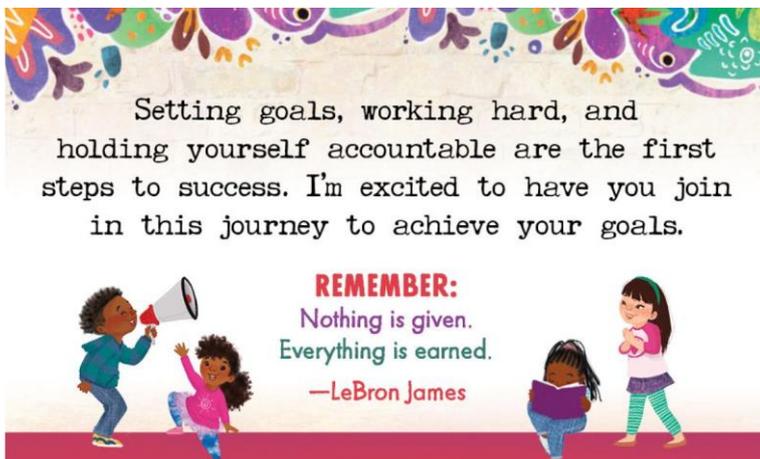
Each week staff will be reviewing new children's books – these will then be available in the school library.



Hello West Acton Readers, this is Miss Kondo. I'm standing outside my new display – READERS BECOME LEADERS. You can see it by my office.

I have chosen '**I Promise, by LeBron James**' for my book. LeBron James is also a basketball champion in the United States of America. The book is lively, inspiring and uplifting and reminds everyone to do their best in school and take care of your family, friends and community.

The story features rhymes and colourful illustrations. I think everyone at West Acton would enjoy it, even though it is a picture book the message that runs through the books is so important and one we all need to remember.



Message from Emma Ahmad- West Acton School Therapist



“It was an honour to work at West Acton two days a week last year. It was really lovely to meet some of you and speak with some of you on the telephone.

I loved getting to know some of your children and being able to offer a space for them to talk, to think, to play, to draw and to write to express their feelings and emotions.

I am here at West Acton on Mondays, Tuesdays, Thursdays and Fridays this year and I look forward to meeting some more of you in person.”

Emma Ahmed is here to support the wellbeing of your child/children, you and also our staff each week. In school she will be:

At The Safe TT spot:

This is a safe, confidential space where children feel listened to in order to feel better or to better understand their emotions. **If you would NOT like your child to make use of this service, please let the school know as soon as possible.**

Working with children 1:1 Educational Psychotherapy:

Emma will continue to work weekly with individual children to help them with their emotional barriers to learning. This might be a fear of making mistake, a fear of asking for help, fear of not knowing.

Parents/Carers:

There will be a very relaxed first coffee morning for you to have the opportunity to come and meet Emma and spend some time with other parents. Babies and toddlers welcome.

Emma is interested in hearing your thoughts on what you would like to have support with.

Emma will also be continuing fortnightly calls to parents. A safe and confidential space for parents and carers who would like some support to think about their own experiences. It can also be really helpful to have a place to reflect on our experiences of parenting.

Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Preparing our pupils for life after West Acton and being out and about



Year 6 were visited by PC McGuigan as part of the PSHE curriculum on making safe choices and safeguarding. The children enjoyed learning about how to keep themselves safe when walking in public with a mobile phone and travelling by bus as well as how to deal with online bullying.

Parking Scooters and Bikes

We are so pleased to see the number of pupils who are bringing bikes and scooters to school, particularly in this fine weather. We are actively encouraging pupils to put their own bikes and scooters away when they come into school and asking parents not to enter the bike/scooter area, due to space. We would also like pupils to pick up their own bikes and scooters at the end of day and walk them to the end of the Road (leading to school) to avoid accidents. Many pupils are already doing this and we praise them for it.

It fosters independent skills and gives the pupils an opportunity to take responsibility for their own bike/scooter.

We understand pupils new to the school or attending nursery or reception are going to need support initially, however pupils who have been attending last year will be asked to collect their own bike/scooter by themselves and we have staff on hand to support.

As always our grateful thanks for your support and co-operation, we do appreciate it.



Musical Instrument Tuition

Musical Instruments tuition is available at West Acton, taught by Ealing Music Services, in small groups.

Lessons are available for clarinet, saxophones, bassoon, violin and guitar. The lessons happen in the afternoons of Monday, Tuesday and Wednesday and pupils have to come out of their regular lessons for the music tuition. We aim to rotate lessons throughout the year so that pupils do not miss the same subject all the time.

We strive to keep the cost of lessons as low as possible. There are 10 lessons per term at £5.50 per lesson and the cost is £55.00 per term. If you decide to stop taking lessons we need half a term notice otherwise you will be charged for the whole term.

There is an additional charged for renting instruments, per term, to also consider: Clarinet £27.00, Saxophone £27.00, Bassoon £35.00 and Violin £22.00. EMS do not hire guitars as these are quite reasonable to purchase.

Please email admin@west-acton.ealing.sch.uk if you would like your child to have lessons.





All the children at West Acton Primary School had a fantastic time learning to skip with Skip 2 B Fit this week. Children completed the 2 minute challenge to music and attempted to beat their personal best scores. They made great progress and showed fantastic effort all round - well done everyone!

These workshops were part funded by our fantastic PTA – thank you!

We are looking forward to having more skipping and challenges happen this year.

YEAR	NAME	BEST SCORE
YEAR 1	MASON	BEST EFFORT.
YEAR 2	RUMAYSAH	180
YEAR 3	CHIYAHA	235
YEAR 4	HIROKI	219
YEAR 5	KAZUKI	233
YEAR 6	REMI	274
TOP TEACHER	MISS MURPHY	300
TOP PARENT		

www.skip2bfit.com

2B the best YOU can B
The Fitness Challenge With Guaranteed Impact!

Life Skill Opportunity

Get Nessy Fingers for free!



It's week two of the Just Teach Me Parent event and for this week's deal you can get Nessy Fingers for free for one year from the 7th to the 14th of September! Limit of 1 per person.

**This offer is for Nessy@home. Schools please contact schools@nessy.com to discuss current school offers.*

Nessy Fingers teaches your child to touch type, the method of typing without looking at their hands or the keyboard.

Touch typing is a vital skill to learn and in five short lessons your child will learn to type every letter of the alphabet!

Unlike other touch typing programs Nessy Fingers introduces the keys alphabetically which makes much more sense to kids!

[Use the code GETTYPING to get Nessy Fingers for Free!](#)

Cadenza

'Cadenza' is Ealing Music Service's well established music centre in the heart of Ealing, focussed solely on ensemble playing. We host two orchestras, string ensembles, wind bands, a jazz band, percussion ensemble and two choirs that cater to over 100 young musicians from Ealing and beyond.

If your child is at a Grade 1 level or above on their instrument, they can sign up and join our Training 1+, Intermediate (Grade 3+) or Jazz Musician as well as signing up for one of our fantastic choirs.



(Grade Packages

Cadenza ensembles meet on Saturdays, once a month at Grange Primary School. Please visit our website for further details or email Caroline Swan (Ensemble Development Lead)

SwanC@ealing.gov.uk

www.ealingmusicservice.com/cadenza

