

It was lovely to see the children wearing yellow today! Definitely brightened up the weather that we have been having this week!

Yesterday was National Poetry Day and the children enjoyed poems in their classes and decorating our two POET-TREES!

On Monday, I sent out other important updates by letter- please do ensure that you have read them. We have decided to keep our upcoming parents' evenings on video this term and I will send out details next week.

Thank you to everyone who has adapted their journey to school due to the emergency road works which surprised us all this week! Let's hope they go soon.

Have a safe week end.

Miss Kondo



**SPANISH has started at West Acton!** 

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

This week we have been learning numbers.



# Let's get West Acton Reading!

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

## Mrs McKenna's Book Review

Book Review, by Mrs McKenna Title: Murder Most Unladylike

Author: Robin Stevens

What a delight it was to discover this exciting crime novel! 'Murder Most Unladylike' follows the adventures of detective Daisy and her best friend Hazel as they try to solve a murder at their school, Deepdean School for Girls. The story takes us on a detective journey with the girls as they try to solve their first case before the killer strikes again.

The novel is set in the 1930s at a girls' boarding school, and is narrated by Hazel Wong who has arrived from Hong Kong to find that Deepdean isn't all that she thought it would be. The story is first and foremost a detective story; but also touches upon themes of friendship, fitting in and team work.

I recommend this book for older readers, aged 9 years+ and to those readers who enjoy thrills, spills and adventure. Murder Most Unladylike is the first in a series – so if you enjoy reading it then you can look forward to reading the next exciting instalment....'Arsenic for Tea'!



# This week's house points are:

House points for this week are -

Chiswick	813
Osterley	860
Pitzhanger	904
Syon	917

#### This week's top tip from Mrs Ahmad- West Acton School Therapist

# 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."

Lovely to see all the children wearing yellow today for Young Minds.... as we think about young minds, let's think about how we can help our children to feel good about themselves.

#### Positive thoughts for our children:

When we think about what makes children upset, we often hear, 'when they can't do something.' Not being able reach success can make children feel that they are not good enough. Something small like tying their shoe laces or learning to read, are actually really big milestones for children and involve so much energy and practise.

Children can sometimes find it easier to say the things that they struggle with rather than tell us the things that they are good at, their strengths and talents. You may also find yourself worrying over what they can't do or what they need to be able to.

#### How can parents help?

If we think of something that we want to learn, are learning and want to get better at, or would like to learn but find the task really difficult, how does that make us feel? By holding our children in mind, really thinking about what it is like to be them, it will become easy for us to empathise and get less frustrated by what they can't do.

Next, ask yourself, what is my child good at? Once you have some thoughts, share them with your child, write them down and draw them, celebrate your child's strengths! Here are some examples:

I am kind

I am brave

I am strong

I can try hard things

I believe in myself

My ideas are unique

Most importantly remind them of what they are good at, in the moments when they need to hear it the most.

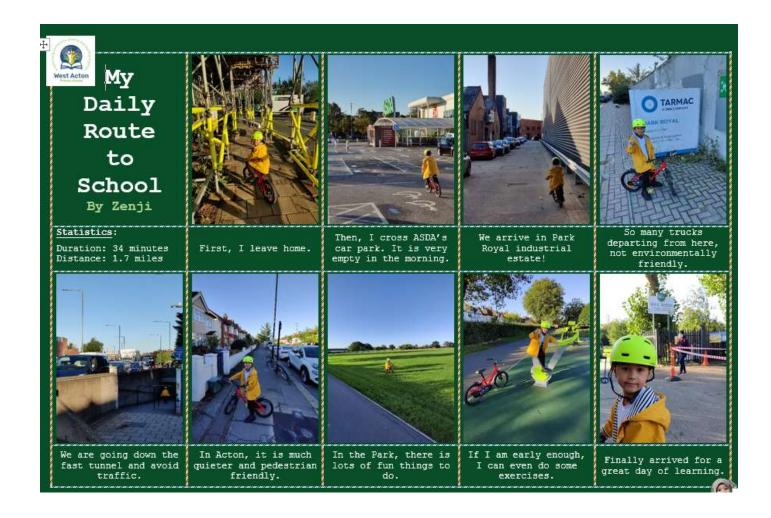
## **Ealing Schools Cross Country**

Well done to all the year 5 and year 6 children who represented West Acton Primary School this Thursday at the Ealing School Cross Country.

All the children were great sports and a very positive afternoon was had by all.

Great work everyone!







Year 6 took part in Bike-ability training last week. This involved developing their biking skills whilst learning to cycle on the road. This was a great example of our pupils getting ready for high school transition, showing courage, independence and resilience and being eco-friendly.



The new West Acton Reading Records have arrived!

**IMPORTANT INFORMATION** 

Reading Record
Planners and
Reading Books
should be in your

