

The children have been busy completing assessments for this half term and tests will be sent home to you next week so you can see how your child is doing so far. Next week we have our parents' evenings online where you can talk to your child's teacher. Thank you to everyone who has booked so far – please ensure you do this as soon as possible. Everyone who attends will receive a fantastic parents' CPG guide.

October is a time when Black History is celebrated in the UK and abroad. Our message is very much that Black History is much more than October – through our decolonising work this year and through our work on representation that we had already started. Black history isn't new – hopefully the children can tell you that too and moreover there are many modern day inspirational Black role models that they have been learning about.

We have had visitors and members of the public comment on the children's good behaviour this week which is very pleasing to hear. Stay safe this week end, Miss Kondo



SPANISH has started at West Acton!

This week children have been revising everything that that they have learnt so far:

Ask your child how to:

Say my name is...

Say how they feel...

Say Good morning, hello and Good bye

Count to 15

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

I am here at West Acton on Mondays, Tuesdays, Thursdays and Fridays.

Less drama, more connection

As we start to come to the school half term, be conscious of the way we are feeling ourselves.

All of us as human beings resist feeling controlled by someone else and our children are the same. The more they feel 'pushed or ordered around' the more they will rebel. Hold them in mind, recognise that as we come to the break, they will be very tired from concentrating so much and working hard to learn.

You child may be struggling to get out of bed and get dressed on time, they may be not as quick as normal and they may be communicating to us that they are in need of a rest.

Getting lots of sleep is really important and may make those difficult mornings a little easier.

How can parents help?

Offer 'special time' to your child – feeling heard will help them to feel valued and they will then be more able to respond to the things you need them to do.

Use this time to listen to them, put aside your phone and do your best to be present with the child. Offer two choices of activity and then let them choose which one they want to pick.

Thank you — we raised £ 276.59 for Young Minds Charity which supports young people's mental health.



We supported National Poetry Day last week – and now have two Poet-Trees in school!



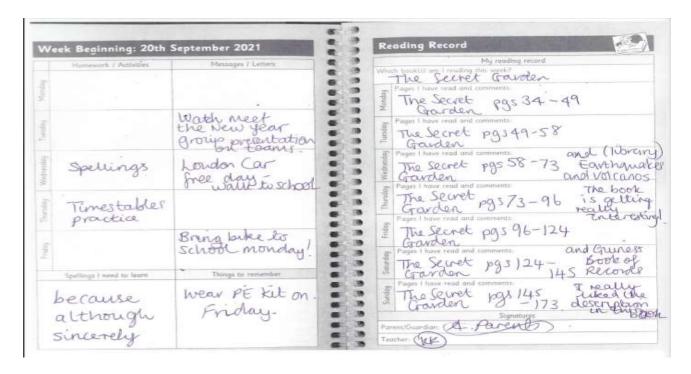


The new West Acton Reading Records have arrived!

IMPORTANT INFORMATION

Reading Record Planners and Reading Books

should be in your child's book bag every day.



This week we sent out letters about the Nasal flu vaccine available to pupils.

Please return your letter asap if you would like your child to have this on

9th November.

Mrs. Harvey's Book Review

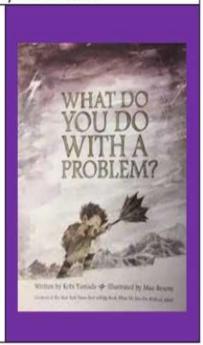
What Do You Do With A Problem?

Written by: Kobi Yamada Illustrated by: Mae Besom

This is a book I really enjoy and have read many times. In the beginning, the main character tries to avoid, ignore and outrun his problem; but he discovers this does not make it go away. As the problem becomes more overwhelming, he realizes he needs to shift his thinking to solve this problem. When he finds the courage to face it, the main character learns that all problems are actually opportunities for growth.

I love this book because it is a great way to chat about resiliency, mindset and 'grit'. All children (and adults) face problems, and there are many personal connections and discussion opportunities available as you read this story.

It is a picture book, but 'What Do You Do With A Problem' can be enjoyed at any age!



Message from our midday lunch provider ISS

Our priority is always the schools, and the children, whose meals we provide. We would like to reassure parents and carers that our ability to continue to provide nutritious school meals is not being impacted by the well-publicised shortages of items that the UK is currently experiencing. Naturally, we have contingency plans in place to ensure that a good supply of meals remains in place. That contingency planning includes regular communication with our stakeholders during these challenging times for many schools across the country.

There is no school next for children next Friday 22nd October and the week after is half term.

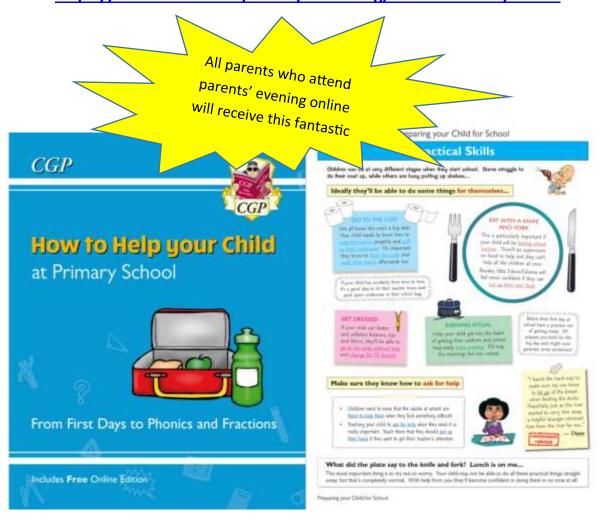
The last day of Autumn 1 term is Thursday 21st October and we finish at 3.15pm as usual.

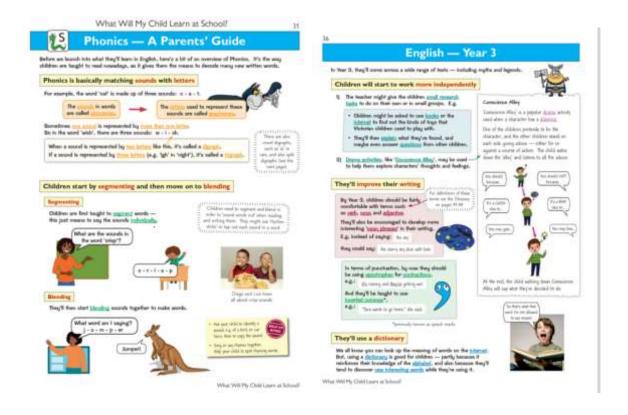
After half term we start school on Monday 1st November at 8.45 am.

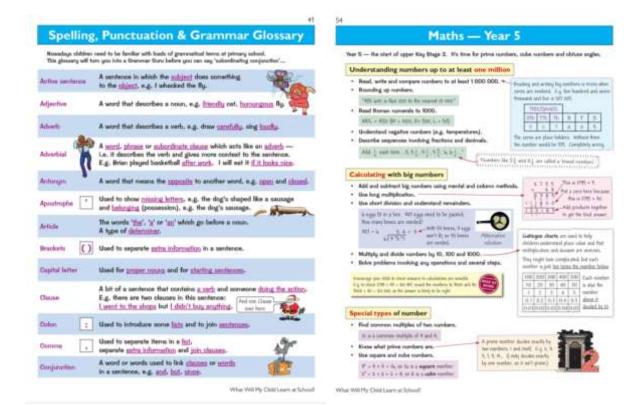
You can book half term child care with Aktiva here:

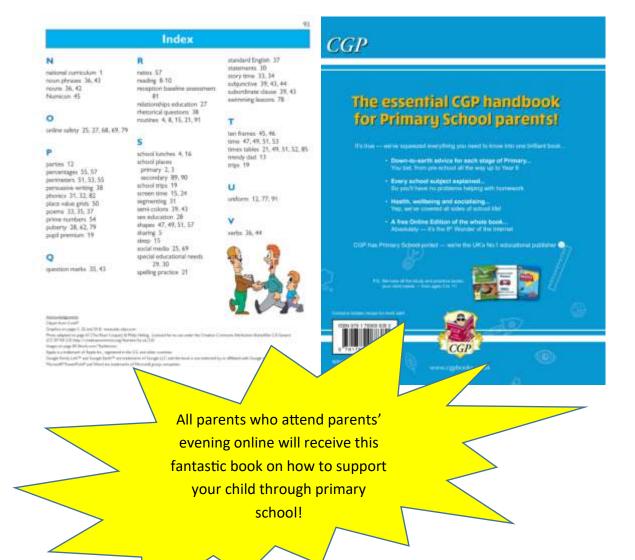
https://mailchi.mp/aktivacamps.com/aktiva-holiday-camps-your-childcare-this-half-term-all-sorted-13640610

Full details of dates and how to book on https://www.westactonprimaryschool.org/newsanddates/letters









Good luck Miss Murphy!

Miss Murphy's Gaelic Football Team are in the London County Championship Final on Saturday at 12pm in Ruislip GAA grounds. Her team, Parnells Ladies play against Hollaway Gaels. They played each other in the final last year and Parnells were victorious on the day. The game is live streamed on the link below. https://youtu.be/LXi PbBVbC8





October Shopping List

- · Vegetarian Meals anything long life!
- Breakfast Cereal
- Long Life Fruit Juice & Squash
- . UHT Milk whole milk or semi skimmed, not skimmed please
- . Long Grain Rice 1kg maximum
- Tinned Tomatoes & Pasta Sauce
- Savoury Biscuits & Crackers
- Tinned Vegetables anything green e.g. peas, beans
- · Drinking Chocolate
- Ketchup & Mayo
- · Peanut Butter & Jam
- Laundry Products

Thank you!

Keep up to date with @EalingFoodbank on







on Monday will be by Ealing Foodbank.

If you can make a donation please of food please send it in with your child on Monday 18th October.



Aktiva Camps is an OFSTED outstanding registered children's day camp. Providing an extensive range of sports and activities for children to enjoy. Aktiva offers children between the ages of 4 and 12 a safe, fun and friendly holiday camp environment. We encourage children to try new things, building their confidence and broadening their experience™ each and every day. Our programmes are designed to be high energy, full of variety and most importantly fun! Your child(ren) will return home with memories, home-made souvenirs and having

Building confidence and broadening experience™

formed new friendships.

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