

# WEST ACTON PRIMARY SCHOOL

## NEWSLETTER

Friday 23rd September 2022



We have really started to notice the change in weather this week and the dark nights starting earlier. Please make sure children have coats on very cold days and that all uniform is labelled.

Last Friday our Year 4s went to the beach at West Wittering – a trip actually delayed by two years! Thank you to the PTA for continuing to support the funding for the coach.

On Monday the whole country had a bank holiday for her Majesty Queen Elizabeth II's state funeral. Children at West Acton wrote memories and message in her honour. Thank you to everyone who donated to the food bank collection – we had a huge amount to give them which was very well received.

Please ensure they you reply promptly to the text form about photo consent and return the pupil contact sheet – thank you. All children should have their new Reading Record planners and their different homework logins – if they do not then please speak to your child's teacher about this.

We have a very exciting event with Dr Bike next week – please make sure you read the information below.

Have a fantastic weekend, Miss Kondo



*Year 4 had a wonderful time at West Wittering Beach on Friday. The children had fun playing in the sand and even got to dip their toes in the sea to cool off. Everyone had a great day.*



House points for this week are –

Chiswick	900
Osterley	960
Pitzhanger	909
Syon	899



## Car Free Day Activities Tuesday 27<sup>th</sup> September 2022

Cycling is an excellent form of exercise, kind on the environment and great for physical and mental health at any age. In celebration of **Car Free Day 2022**, we are going to be holding some activities at school on **Tuesday 27<sup>th</sup> September**.

**Dr Bike** – Flat tyres? Gear chain come off? Have your bike checked over by a trained mechanic for FREE! If you would like to take part, please bring your bike into the **playground quiet area at 8:45am** before going to class. Please have your name and class attached and visible on your bike. Dr Bike will be checking bikes on a first come first served basis, usually about 30 bikes a session. You can collect your bikes from the quiet area after school. He may not have time to check all the bikes but he will try!

**Try a Cycle** – Want to try out a bike to see if cycling is for you? After school on the playground, Sustrans will be providing some bikes to test your cornering skills or get a taster session on learning how to cycle.

**Sustrans** is a charity making it easier to walk, wheel and cycle. They are working in partnership with Catalyst and Mount Anvil to set up a local walking and cycling hub in Friary Park (The Verdean). Let them know what this walking and cycling hub should be, by **31<sup>st</sup> October** for a chance to win a **FREE folding bike**! Scan QR code below to go to the survey or type in:

<https://sustrans.onlinesurveys.ac.uk/friary-park-walking-and-cycling-centre-residents-discovery>



## Health and Safety

**DO NOT CYCLE or SCOOT** on the school path in the mornings on after school – please dismount before at the top of the road.

**DO NOT** play of the climbing frame after school – we have to check and maintain this for play and lunchtimes.

Thank you for keeping our school community safe.

## West Acton Primary School Weekly Values Rewards

w/c 12 <sup>th</sup> September 2022	Courage	Consideration	Collaboration
<b>Acorn</b>	Yunis	Emilia	Kloi
<b>Olive</b>	Elias	Ibrahim	Akari
<b>Fir</b>	Shea	Muhammad	Hashim
<b>Banyan</b>	Tbc	Tbc	Tbc
<b>Ash</b>	Norah	Tatsuki	Lolade
<b>Guava</b>	Natsuki	Noor-Fatimah	Taima& Anu
<b>Katsura</b>	Chiaki	Sousuke	Inori
<b>Chestnut</b>	Shunta	Hadi	Kana
<b>Damson</b>	Takuto	Kobi	Abigail
<b>Juniper</b>	Kiko	Sadan	Sara
<b>Holly</b>	Eri	Hana	Safa
<b>Ivy</b>	Rosie	Miko	Mohamed
<b>Rowan</b>	Hanand	Yo	Abdallah
<b>Mulberry</b>	Freya	Maryam	Kou
<b>Pine</b>	Zara	Felix	Jo
<b>Sycamore</b>	Aya	Lucca	Rimas
<b>Elder</b>	Danya	Ryunosuke	Zainab
<b>Quince</b>	Amelia	Mahta	Zoltan
<b>Willow</b>	Yota	Saynab	Kyoshiro
<b>Lime</b>	Rimas	Shaam	David
<b>Tamarind</b>	Shuma	Hamed	Nadine
<b>Zaytouna</b>	Zubaidah	Mustafa	Lara
<b>Woodlands</b>	Tbc	Tbc	Tbc



I was absolutely delighted when Yo and Istuki showed me their certificates they were awarded for their summer reading challenge.

Well done – we are very proud of you!

Please do share your child's achievements outside of school with us.

## PLEASE BE ON TIME

The majority of our children arrive at school on time and are collected on time – THANK YOU SO MUCH.

This helps your child, their peers and the staff.

Gates open around 8.35am and your child can join the line to be ready to enter their classroom at 8.45am for soft start – you should aim for your child to be in class at

8.45am

HOME TIME IS 3.15pm.

Message from Mrs Ahmad- West Acton- Educational Psychotherapist and 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.

We are going to continue to have our Parent Coffee Mornings so please look out for them and do come and say Hello! The first one will be on **6<sup>th</sup> October 2022**.

***Communicating with your child/ young person so that feel able to share their feelings.***

This week I read the story of The Huge Bag of Worries and spoke to the children about the Safe to Talk about your Thoughts Spot (the Safe T.T. Spot for short)

This is a space that is offered to the children, to be able to talk to an adult at school, if they are holding any worries or big feelings.

At home your children are learning to share their worries with you. It is also helpful for them to have the opportunity to speak about what they are thinking and feeling when they are at school.

This is particularly important during times of change and as they are settling back into school routine.

**How can parents help?**

It is only natural that you want to know about your child's day and sometimes when children are asked "how was your day?" They respond with 'okay', 'fine' or a blank response.

Try asking a different question to encourage them to talk.

For some children it is helpful to give them a colour code. Ask them what colour their day was (decide in advance what each colour will mean) you could try: **green** for a good day, **yellow** for an in-between day and **red** for a not so good day.

This will open up a conversation between you and your child or young person and more importantly give you a clue to how your child might be feeling and what they might need from you when they get home.