

WEST ACTON PRIMARY SCHOOL

NEWSLETTER

Friday 7th October 2022



In assembly this week the children were interested to learn about Cerebral Palsy – please do ask about it. Children know about the Equality Act and protected characteristics too.

We have had several visitors and events this week – which has been a delight to see. Thank you to the Nursery and Reception parents who attended the TAPESTRY meeting – we know that you will love seeing your children's learning journey online.

On Monday I hope to see children wearing something **yellow** with their school uniform in support of Young Minds charity for World Mental Health Day. As part of this we will be taking part in TAKE 10 at 10 on 10, 10! That is reading for 10 minutes at 10 o'clock on the 10th of October! Maybe you could try this at home on Monday – reading is a great way to relax!

Next week we will be sending out information about our parents' evenings. These will be in person and take place on Tuesday 18th and Thursday 20th October. We expect all parents to attend these meetings and teachers are looking forward to seeing you then.

Have a safe weekend, Miss Kondo



So top 5 Bug Club reading classes for Week 4.....

.....and top 5 Bug Club readers across the school for Week 4.....

1st 59% - Ivy Class

2nd 48% - Rowan Class

3rd 47% - Quince Class

4th 46% - Ash Class

5th 45% - Guava Class

1st Abdulrahman (Lime Class) 27 books and quizzes completed

2nd Tala (Guava Class) 23 books and quizzes completed

3rd Teddy (Damson Class) 16 books and quizzes completed

4th Darcie (Guava Class) 15 books and quizzes completed

5th Sota N. (Ash Class) 14 books and quizzes completed



Monday 10th October
Young Minds Day
Mental Health Awareness
Please wear school uniform and a yellow
item or all yellow.



Monday 10th October

Wear something YELLOW to school!

Please make a small money donation for the charity e.g. 20p, 50p or £1.00

<https://www.youngminds.org.uk/>

This World Mental Health Day, thousands across the country are coming together to say #HelloYellow.

Join us on 10 October to show young people that how they feel matters, and help us create a future where all young people get the mental health support they need, when they need it, no matter what.

Are you in?

Sign up for #HelloYellow 2022 >



Best Football Competition
29th September 2022



After one trial and only one training session, Mr Gallagher took the team to the Ealing Schools Football Tournament as part of the Featherstone Sports partnership.

We topped our group without our magnificent goalkeeper Parsa even conceding a goal, playing fantastic football and scoring some great team goals. In front of Parsa was our rock solid defensive pair of including Dawid, with the slick passing and goals coming from Miki, Shuma, Sami and Fares. We then breezed through the Quarter final and Semi Final with two clinical 3-0 wins before facing a team we had already beaten in our group. After a hard fought match, we unluckily conceded our first goal of the whole tournament and ended up losing the final 1-0.

We are so proud of all the players for not only their performance, but also their attitude and great team spirit.

A fantastic day. Well Done.

This October we are participating in Ealing's Autumn Active Travel Challenge.

We challenge you to take part in some form of active travel between the 11th – 20th October.

This could include walking, scooting or cycling to and from school as well as afterschool and weekend activities.

October 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

© SmartCalendarsPages.com

Each child will get a book mark like this. Fill out your name, date and school.



Each day you actively travel between the 11th and 20th of October, put a smiley face on your book mark. There are 10 days to complete.

Your teacher can decide if you will be in charge of this yourself or if you will have a class monitor.

Everyone who takes part, even for one day, will get a sticker.











Mulberry class attended their forest school lesson yesterday. They worked on a carousel of activities where they used team work skills to complete six activities. It allowed the children to gain an insight into how people in early civilisation lived and worked without the access to technology and equipment which we have today.

House points for this week are –

| | |
|------------|------|
| Chiswick | 1305 |
| Osterley | 1439 |
| Pitzhanger | 1285 |
| Syon | 1112 |

World Cerebral Palsy Day is on October 6th every year. This worldwide event helps to raise awareness about CP. It also helps people to work together to look at ways to help improve things for people who have the condition.

What is Cerebral Palsy?



- Cerebral Palsy is a physical disability that affects movement and posture.
- It is mostly diagnosed during the first few years of a child's life.
- It is a lifelong condition, although symptoms can improve over time.
- Cerebral Palsy can affect movement, motor skills, coordination and balance. The symptoms can vary greatly from person to person. Some people experience mild symptoms, while others experience significant disabilities.

- CP is the most common childhood physical disability.
- It affects 1 in every 500 children.

There are a number of reasons why Cerebral Palsy occurs but it mainly occurs when a child's brain is damaged during, after or before birth.

What is cerebral palsy?



- Cerebral palsy is a condition you are born with due to an injury to your brain
- Cerebral palsy affects everyone who has it differently
- It means it is difficult to move, to walk or to sit
- Sometimes it makes it difficult to see or hear things too
- Some people find it difficult to drink or to swallow
- It is not your fault if you have cerebral palsy

BOBATH

CEREBRAL PALSY CENTRE ..helping people with cerebral palsy

Message from Mrs Ahmad- West Acton- Educational Psychotherapist and School Therapist

Helping children to thrive....

Thank you to all those, that were able to join our First Parent/carer Coffee Morning.

It was lovely to meet with you. The next one will be on **Thursday 17th November**.

We had a think together about what helps children to thrive and how we meet their needs to help them to reach their full potential.

How can parents help?

We often think far ahead, about what we want for our children – and often thoughts of ‘get good grades, ‘get a good job’ are the first things we think of. Of course, we want our children to do well, it is only natural that we would want to think to the future.

Research however, actually shows that to reach our full potential, as humans, we need our basic physical health needs met first; shelter, food, water sleep, exercise. Second; a calm, safe secure environment. Thirdly; love from friends and family followed by praise and encouragement – an adult that believes in us. Then finally we are ready to learn and start to work towards reaching our full potential.

When you speak with your child/children, have this in mind, so that you are able to tune in to their needs at times of upset or distress - it could just be, they are hungry and a refusal to do something could simply be because that are feeling tired.

Optimistic October 2022

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|--|
| 1 Write down three things you can look forward to this month | 2 Find something to be optimistic about (even if it's a difficult time) | 3 Take a small step towards a goal that really matters to you | 4 Start your day with the most important thing on your to-do list | 5 Be a realistic optimist. See life as it is, but focus on what's good | 6 Remind yourself that things can change for the better | 7 Look for the good in people around you today |
| 8 Make some progress on a project or task you have been avoiding | 9 Share an important goal with someone you trust | 10 Take time to reflect on what you have accomplished recently | 11 Avoid blaming yourself or others. Find a helpful way forward | 12 Look out for positive news and reasons to be cheerful today | 13 Ask for help to overcome an obstacle you are facing | 14 Do something constructive to improve a difficult situation |
| 15 Thank yourself for achieving the things you often take for granted | 16 Put down your to-do list and do something fun or uplifting | 17 Take a small step towards a positive change you want to see in society | 18 Set hopeful but realistic goals for the days ahead | 19 Identify one of your positive qualities that will be helpful in the future | 20 Find joy in tackling a task you've put off for some time | 21 Let go of the expectations of others and focus on what matters to you |
| 22 Share a hopeful quote, picture or video with a friend or colleague | 23 Recognise that you have a choice about what to prioritise | 24 Write down three specific things that have gone well recently | 25 You can't do everything! What are your three priorities right now? | 26 Find a new perspective on a problem you face | 27 Be kind to yourself today. Remember, progress takes time | 28 Ask yourself, will this still matter a year from now? |
| 29 Plan a fun or exciting activity to look forward to | 30 Identify three things that give you hope for the future | 31 Set a goal that brings a sense of purpose for the coming month | | | | |

ACTION FOR HAPPINESS

Happier · Kinder · Together

West Acton Primary School Weekly Values Rewards



| w/c 26 th September 2022 | Courage | Consideration | Collaboration |
|-------------------------------------|----------------|----------------------|----------------------|
| Acorn | Lujain | Yusei | Asmaa |
| Olive | Akari | Salma | Tala |
| Fir | Tsukiha | Ena | Florence |
| Banyan | Zareena | Mohammad | Derek |
| Ash | Sota Y | Julian | Layan K |
| Guava | Othman | Ladan | Elysian |
| Katsura | Hikan | Qais | Aridan |
| Chestnut | Dima | Mousa | Suhaib |
| Damson | Amber-May | Kaif | Makia |
| Juniper | Mariam | Kevin | Shamfa |
| Holly | Mira | Safa | Qais |
| Ivy | Mya | Mohamed | Keigo |
| Rowan | Sama | Rumaysah | Anica |
| Mulberry | Harune | Akyshya | Karen |
| Pine | Sara | Myra | Madina |
| Sycamore | Layla | Amaan | Wassim |
| Elder | Haya | Obid | Rayan |
| Quince | Ameer | Maha | Reem |
| Willow | Aria | Leo | Siarna |
| Lime | Sami | Elizabeth | Ayano |
| Tamarind | Shuma | Luis | Rimas |
| Zaytouna | Emiho | Yuina | Soha |
| Woodlands | Jessie | Yusuf | Omar |



WEST ACTON PRIMARY
SCHOOL PTA

FABULOUS FIREWORKS

THURSDAY 3rd NOVEMBER 2022
ON THE SCHOOL FIELD

GATES OPEN AT 5PM
FIREWORKS DISPLAY WILL START AT 6:30PM
BURGER VAN, HOT DRINKS, SNACKS,
TOYS FOR SALE, FREE CRAFT ACTIVITY AND MORE!

School Community Advance Ticket Price:

£3 Individual (Adult/Child)
£10 Family (Up to 4 People)
or at the Gate Ticket Price:
£5 Individual (Adult/Child)
£15 Family (Up to 4 People)
Children 3 and under go FREE

**BRING YOUR WELLIES AND TORCH
NO SPARKLERS/OWN FIREWORKS
ALLOWED!**

