

# WEST ACTON PRIMARY SCHOOL NEWSLETTER

Friday 18<sup>th</sup> November 2022



What a colourful week it has been start this has been starting with odd socks and ending in pyjamas! Thank you to everyone for supporting the great charity Children in Need and Anti bullying week. It has also been fabulous to welcome parents to coffee morning and an online safety workshop this week.

Elder class performed a brilliant assembly today – all about the solar system – it had a song and a dance as well so much information that they have remembered. Well done!

Have a fantastic week end, Miss Kondo



## Monday 21<sup>st</sup> November Kick off the World Cup!



Children can wear Football kit, PE kit, Clothes the colours of the countries flags that they support to school.

The local Samurai Football team will be coming to teach us some football skills!



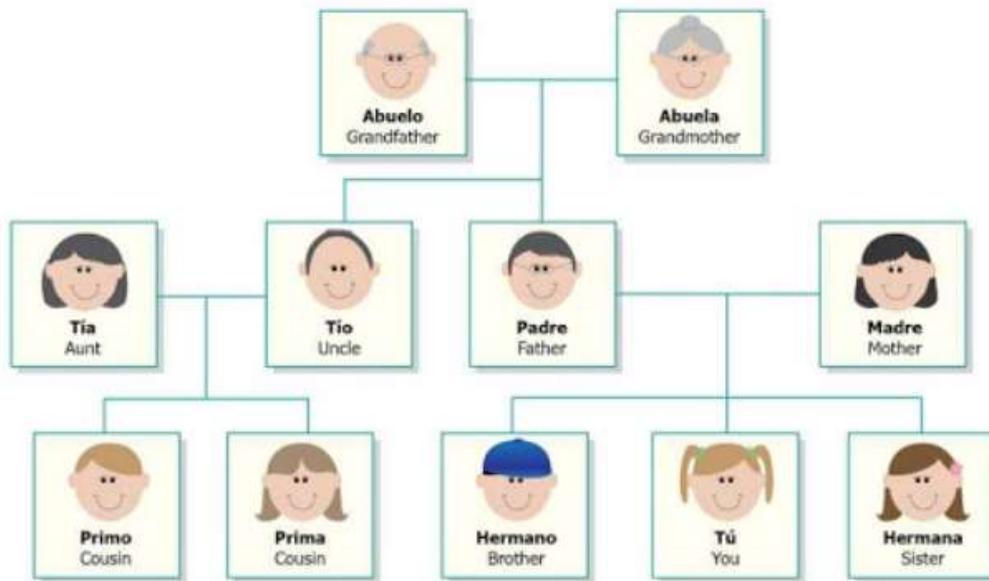
*Spanish Corner– this is taught to Year 3, 4, 5 6 and we have a club for younger pupils.  
Please ask your child to teach you what they have learnt this term.*

## Spanish numbers

11 = once	21 = veintiuno	31 = treinta y uno
12 = doce	22 = veintidós	32 = treinta y dos
13 = trece	23 = veintitrés	33 = treinta y tres
14 = catorce	24 = veinticuatro	34 = treinta y cuatro
15 = quince	25 = veinticinco	35 = treinta y cinco
16 = dieciséis	26 = veintiséis	36 = treinta y seis
17 = diecisiete	27 = veintisiete	37 = treinta y siete
18 = dieciocho	28 = veintiocho	38 = treinta y ocho
19 = diecinueve	29 = veintinueve	39 = treinta y nueve
20 = veinte	30 = treinta	40 = cuarenta

# FAMILY MEMBERS

## Miembros de la familia



WE ARE LEARNING  
CODING IN COMPUTING  
THIS TERM.

Have a look at these  
websites to try at home!

<https://www.kodable.com/>

<https://www.codecombat.com/>

<https://www.tynker.com/>

<https://blockly-games.appspot.com/>

<https://www.kodugamelab.com/>

Dear Parents/Carers,

**Sing Education will be starting small group and 1:1 keyboard lessons at West Acton Primary School.**

If you are interested in your child learning keyboard, either individually or in a small group, then get in touch and sign your child up.

Selecting our school and the instruments on offer is easy to do, simply visit

[www.singeducation.co.uk/signup](http://www.singeducation.co.uk/signup)

Sing Education will contact you with more information and look to schedule you in.

**Lessons are 30 minutes per week and cost £8 for small groups and £19.50 for individual 1:1 lessons, and take place during the school day.**

## PTA Event – please help!

The PTA has a surplus stock of select glow toys (poster attached), so we have decided to run a stall on Tuesday 6th December at 3.15pm (in the Jubilee Hall) to sell as many as possible.

As ever, we need your help to run the stall! There are 3 slots;

2-3pm Help set up tables, stock and floats in the Jubilee Hall

3.15-3.45pm Sell Glow Toys

3.45-4.15pm Pack Up

We're using SignUp to organize our upcoming activity.

### Here's how it works in 3 easy steps:

1. **Click this link** to go to our invitation page on SignUp: <https://signup.com/go/zzmYNwr>
  2. **Enter your email address:** (You will NOT need to register an account on SignUp)
  3. **Sign up!** Choose your spots - SignUp will send you an automated confirmation and reminders. Easy!
- Note: SignUp does not share your email address with anyone. If you prefer not to use your email address, please contact us and we can sign you up manually.



## 'TIS THE SEASON TO GLOW!

Tuesday 6th  
December  
3.15pm in the  
Jubilee Hall

The Friends of  
West Acton  
Primary School PTA  
will be hosting a  
one day sale of the  
above toys to keep  
you stylishly and

safely glowing  
during the long  
winter days!

We hope to see  
you there!

To help us run this  
event, please sign  
up on:  
[https://  
signup.com/go/  
zzmYNwr](https://signup.com/go/zzmYNwr)

House points for this week are –

Chiswick	1265
Osterley	1495
Pitzhanger	1209
Syon	1287

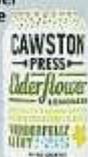
Thank you to parents who attended the online safety workshop on Tuesday evening – it was very informative.

<https://www.internetmatters.org/resources/apps-guide/>



The screenshot shows the website interface for 'internetmatters.org/resources/apps-guide/'. The header includes the 'internet matters.org' logo, a 'TalkTalk' partnership logo, and navigation links for 'About us', 'Inclusive Digital Safety', and a search bar. A secondary navigation bar contains links for 'ONLINE ISSUES', 'ADVICE BY AGE', 'SETTING CONTROLS', 'GUIDES & RESOURCES', 'NEWS & OPINION', and 'SCHOOLS RESOURCES'. The breadcrumb trail reads 'You are here: Home > Resources > Guide to Apps'. The main content area features a large image of a young girl with glasses looking at her phone, with the text 'Guide to Apps' and 'Get expert tips to support children'. A prominent green button at the bottom of the image says 'SEE APP MINIMUM AGE GUIDE'.

# How the sugar stacks up...

<p>Rockstar Punched Energy Drink Guava (500ml) 335 cals</p> <p><b>19.5 tsp of sugar</b></p> 	<p>Lucozade Energy Pink (500ml) 286 cals</p> <p><b>17 tsp</b></p> 	<p>Mountain Dew Citrus Blast (500ml) 240 cals</p> <p><b>16.5 tsp</b></p> 	<p>Monster Energy (500ml) 235 cals</p> <p><b>13.75 tsp</b></p> 	<p>Caffe Nero Fruit Booster Raspberry &amp; Orange (655ml) 236 cals</p> <p><b>13.6 tsp</b></p> 
<p>Old Jamaica Ginger Beer (330ml) 201 cals</p> <p><b>12.5 tsp</b></p> 	<p>Galaxy Smooth Milkshake (375ml) 255 cals</p> <p><b>10.9 tsp</b></p> 	<p>This Juicy Water Lemons &amp; Limes (420ml) 159 cals</p> <p><b>9.1 tsp</b></p> 	<p>Coca-Cola (330ml) 139 cals</p> <p><b>8.75 tsp</b></p> 	<p>Lipton Iced Tea Peach (500ml) 150 cals</p> <p><b>8.5 tsp</b></p> 
<p>San Pellegrino Limonata Italian Sparkling Lemon (330ml) 149 cals</p> <p><b>8.25 tsp</b></p> 	<p>Volvic Juiced Berry Medley (500ml) 130 cals</p> <p><b>8 tsp</b></p> 	<p>Britvic Orange 55 (275ml) 134 cals</p> <p><b>7.5 tsp</b></p> 	<p>Shloer Red Grape Juice (275ml) 118 cals</p> <p><b>7 tsp</b></p> 	<p>Sainsbury's Mango Juice Drink (200ml serving) 121 cals</p> <p><b>6.9 tsp</b></p> 
<p>Red Bull (250ml) 115 cals</p> <p><b>6.8 tsp</b></p> 	<p>Cawston Press Sparkling Elderflower Lemonade (330ml) 99 cals</p> <p><b>6.1 tsp</b></p> 	<p>Dr Pepper (330ml) 96 cals</p> <p><b>6 tsp</b></p> 	<p>Capri-Sun Blackcurrant (200ml) 100 cals</p> <p><b>6 tsp</b></p> 	<p>Welch's White Grape Pear &amp; Apple (200ml serving) 92 cals</p> <p><b>5.7 tsp</b></p> 
<p>Ocean Spray Cranberry Classic (200ml) 92 cals</p> <p><b>5.5 tsp</b></p> 	<p>Ribena (200ml) 83 cals</p> <p><b>5 tsp</b></p> 	<p>Waitrose 50% Apple &amp; Mango Juice (200ml serving) 66 cals</p> <p><b>4 tsp</b></p> 	<p>Sainsbury's High Juice Blackcurrant (200ml serving) 66 cals</p> <p><b>3.9 tsp</b></p> 	<p>Bottlegreen Elderflower Coriander (200ml serving) 58 cals</p> <p><b>3.6 tsp</b></p> 

## Key Oral Health Messages:

Brush for 2 minutes, twice daily night-time most important



Use a fluoride toothpaste containing: 1000ppm for under 3 years old, just smear and over 3 years old 1450ppm a pea size



Spit out the toothpaste, do not rinse!



Change your toothbrush every 3 months or if someone in the household has a cold or viruses



Visit the dentist every 6 months



Keep sugar intake low try and avoid juice and fizzy drinks



Milk in a cup and water is best



Oral health web page (scan below):



**FREE**  
**online parenting workshop**

**PARENTING TOGETHER WORKSHOP SERIES**

## **REDUCING THE IMPACT OF PARENTAL CONFLICT ON CHILDREN**

Conflicts are regular occurrence in family lives. It's often a normal part of everyday life. However, studies have shown that conflict between parents that is frequent, intense, and poorly resolved, do have a significant negative impact on children's mental health and long-term life chances.

This workshop would explore types of conflict, causes of conflicts in families, the impact of parental conflict on children and practical steps that parents could take to reduce conflict and the impact of conflict on their children

**Tuesday 6th  
 December 2022  
 10am-12pm  
 via MS Teams**

**Delivered by  
 Chris Kolade**  
 - Ealing Parenting Service

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info





### **Class Assemblies 2022- 2023**

We hope that parents/carers can join us at 9.00am in the Jubilee Hall.  
 Woodlands ARP pupils will join their main stream classes.

#### **Autumn Term 2022**

<b>Class</b>	<b>Date</b>
Willow	Friday 25 <sup>th</sup> November

## Design a Christmas card for Ealing Council!

Young artists are invited to take part in a competition to design a Christmas card which will be used by Ealing Council!



Age Categories

- 6 and under
- 7-11



The theme is sport or healthy lives in Ealing.

To enter you need to send a photo or scanned image of your design by email to

[vaghelah@ealing.gov.uk](mailto:vaghelah@ealing.gov.uk)

You must state your age category you are entering into and include your name, age and school. Your artwork needs to be A3 or A4 sized paper and in landscape format.

Competition closes **5pm on Sunday 27 November**. Winners will be announced week commencing 28 November.

*This term the Nursery children have been reading the story 'The gingerbread man'. This week the Nursery children made their own gingerbread people. We used a healthier recipe including whole wheat flour and honey and then used raisins to decorate them. All of the children really enjoyed helping by mixing ingredients, rolling out the dough and best of all eating them!*





Everyone at WAPS enjoyed Odd Socks Day, showing off our individuality and uniqueness! #Anti-bullyingweek



On Thursday, our Year 5 and Year 6 Girls' Football Team took part in an Ealing-wide development competition. We entered two teams and both applied themselves terrifically and thoroughly enjoyed themselves. We are delighted to announce that one team reached the semi-finals and lost on penalties. We finished fourth out of twenty schools. Congratulations girls for demonstrating our school values of collaboration, consideration and courage, especially those who bravely volunteered to take penalties and our star player Nadijah who saved a number of penalties!



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

**Nurturing ourselves....**

Dear Parents/carers,

Thank you to all who were able to join our Parent/carer Coffee Morning. It was lovely to see so many of you and in the rain!

We thought together about how we can nurture ourselves and that when we are feeling stronger we are more able to give our loved ones the best of us instead of what is left of us.

The key take home message was the importance of connecting after so long of feeling isolated and how being with people, and able to talk about how we feel, is helpful to us and our wellbeing.

It was lovely to join together to try some mindfulness and to hear from you all.

*How can parents continue to help?*

Stopping to just take a few minutes of the day, to practise some mindfulness would help reduce our stress, be able to be in the present for ourselves, making us more aware of our own feelings and more attentive to ourselves.

By taking positive steps to support our own emotional needs, we are then better able to meet the needs of our children. This means that when the children desperately need us to listen and respond we will be able to be in the present with them and stay with their painful feelings, helping to create a positive, long lasting impact on our children's wellbeing.

If you would like to try some mindfulness, The Free Mindfulness Project offers short meditations, some breathing techniques to practice and a body scan meditation. You can access it by visiting the website below:

[www.freemindfulness.org/download](http://www.freemindfulness.org/download)

Remember it is about making it part of your daily routine.

*We all need someone to speak to sometimes. If you would like to speak to Emma for a confidential and non-judgemental chat about you, your child or any other worries, please call/email the school office and ask for a call back from Emma. She is here on Mondays, Tuesdays, Thursdays and Fridays.*

Mrs Ahmad



## West Acton Primary School Weekly Values Rewards

w/c 7 <sup>th</sup> November 2022	<b>Courage</b>	<b>Consideration</b>	<b>Collaboration</b>
<b>Acorn</b>	Akari	Alea	Hiro
<b>Olive</b>	Khason	Leen	Dayana
<b>Fir</b>	Lina	Shahd	Kareena
<b>Banyan</b>	Yasmine	Emily	Himari
<b>Ash</b>	Karen	Adam	Itsuki
<b>Guava</b>	Menrot	Ladan	Misaki
<b>Katsura</b>	Lana	Iliana- Blue	Abdulrahman
<b>Chestnut</b>	Leyla	Mehreen	Yasin
<b>Damson</b>	Kei	Rosa	Odai
<b>Juniper</b>	Joe	Kaichi	Yusef K
<b>Holly</b>	Nanase	Hameed	Hana
<b>Ivy</b>	Rosie	Anaya E	Kheelan
<b>Rowan</b>	Miuro	Abdullah	Maho
<b>Mulberry</b>	Rio	Maho	Soren
<b>Pine</b>	Kiko	Elizabetha	Sirine
<b>Sycamore</b>	Muhammad	Omar	Faith
<b>Elder</b>	Chloe	Misk	Yuno
<b>Quince</b>	Eduard	Omar	Uzayr
<b>Willow</b>	Kiichi	Rayyan	Kyoshiro
<b>Lime</b>	Abdulrahmen	Ayano	Kengo
<b>Tamarind</b>	Yuzuka	Antonina	Parsa
<b>Zaytouna</b>	Lara	Otis	Max
<b>Woodlands</b>	Yusuf	Adrian	Jessie