

WEST ACTON PRIMARY SCHOOL NEWSLETTER

Friday 16th December 2022



Today we sadly said good bye to Mr Humble and Mrs Edmonson who is starting maternity leave. We welcome Miss McCarthy to Banyan class.

Seven fantastic shows with brilliant audiences took place at West Acton this week! What a special way to end a busy and exciting term. Thank you to everyone who came out in the freezing conditions to join us.

I always feel very honoured to be a Head teacher at such a dynamic and vibrant school – there is always something happening at West Acton and every day is exciting. School is a community made up of many parts: parents, pupils, staff, Governors, the agencies that we work with and our neighbours. I would like to thank everyone for contributing to our success and all of the hard work that goes into our school.

Thank you to everyone for all the kind wishes and gifts the staff and I have received – it is very much appreciated.

Finally, I wish you all a very happy and safe holiday and look forward to welcoming you back for Spring 2023!

Miss Kondo



Merry Christmas to our
families celebrating this
holiday.

Happy New Year 2023
to all!

See you on Tuesday 3rd
January.

MESSAGE from the Chair of Governors

Dear Parents and Carers,

This has been another successful term at WAPS with all of the pupils settling in well after the long summer break. As always we were pleased to welcome all the new pupils to our family and are glad that they have all settled in well. I would like to thank you all for your support for your children as without that they would not have succeeded as they have.

We were very pleased to take part in the choir festival and I hope that all the pupils, parents and carers who attended had a great time.

I was very pleased to be able to take part in the Christmas lunch which was a fantastic event and all the the children I spoke to had a great time.

I am sure that you will want to join me in thanking Ms. Kondo and her team for all their hard work and effort for the children. They do a fantastic job supporting all the children. On this note I would like to thank Mr. Humble for his work over the years and wish him well for the future.

It remains for me to wish you all happy holidays and all the best for 2023 and I look forward to seeing you next year.

William Rollason
Chair of Governors

CONGRATULATIONS to Noël in Reception, out of all of the school children in Ealing she won the Council Christmas card competition in the under 6 category. Noël said it is about Father Christmas losing weight – we are so proud of her moreover we are amazed by this art work! Well done Noël!



Year 2 had their 'living art gallery' this week. They showcased their art work and parents were able to purchase them for a small donation. Their art was based on the Japanese artist Takashi Murakami. They first created a motif background and then added in their own *kawaii* animals. Well done Year 2, they look great!





Healthy Families Team
Central London Community Healthcare Trust
Hanwell Children Centre
Laurel Gardens
W7 3JG

Tuesday, 13 December 2022

Dear Parent/Carer

Are you looking for fun new ways to keep your family fit and healthy?

The Healthy Families team are pleased to inform you that our face to face (in person) ... ALFIE afterschool programme is back!

Programmes are for children aged 5 - 13 years who are above a healthy weight for their age (overweight) and their siblings (a parent / carer must also be present). Programmes will take place at venues across the borough and include a variety of interactive sessions on nutrition and healthy eating topics such as food label reading, food groups and portions sizes. Families also get to take part in non competitive multi-skill sports and games, in fun and safe structured environment; which is a great way to increase levels of physical activity, boost self confidence and improve social, mental and physical wellbeing. The programmes include a 1:1 appointment for each family, where families get to meet the team, learn more about what to expect on the programme and start to set their own individualised SMART Goals; this will be followed by weekly group sessions with other families.

Our next programmes take place winter 2023; please turn over to see our timetable.

All programmes are delivered by qualified nutrition and physical activity professionals. Programmes are FREE but places are very limited and an adult (parent/carers) must be present at all sessions.

For more information please call Jordan on 07909 000796; or email the team at clcht.ealinghealth4life@nhs.net. You can also follow or send us a message on Facebook or Instagram, search ALFIE_Ealing.

We look forward to hearing from you

Yours sincerely

The Healthy Families Team



Free Healthy Lifestyle Programme for children aged 5 – 13 years who are above a healthy weight (overweight). Supporting families to be healthier and fitter through nutrition and physical activity. Sessions include healthy eating workshops and physical activities and for the whole family.

Session	Venue	Time
ALFIE Healthy Families 5-13 years	Haven Green Baptist Church, Castlebar Road, W5 2UP Every Tuesday from 10 th January – 21 st March (excluding half term week)	5:00 – 6:30pm
ALFIE Healthy Families 5 – 7 years AND 8 – 10 years	Stanhope Primary School, Mansell Road, Greenford, UB6 9EG Every Wednesday from 18 th January – 29 th March (excluding half term week) *priority places for those children who attend Stanhope Primary	5-7 years 3:45-5:00pm AND 8 - 10 years 5:00 – 6:30pm
ALFIE Healthy Families 5-10 years AND ALFIE HIIT 11- 13 years	Horsenden Primary School, Horsenden Lane, Greenford, UB6 0PB Every Thursday 12 th January – 23 rd March (excluding half term week) *priority places for those children who attend Horsenden Primary	5-10 years 3:45-5:00pm AND 11 – 13 years 5:00 – 6:30pm

Places on these programmes are very limited.
To book a place please call or text 07909 000796
Email clcht.ealinghealth4life@nhs.net

You can also find us on Facebook or Instagram (search ALFIE_Ealing)

We have an ALFIE minis programme (for 2-4year olds) and an ALFIE Teen programme (for 14 years +) call or email for more information

Here are some comments from families who attended over the summer

"It was fantastic, it has given him the confidence to take part in more activities such as basketball so thank you, we really appreciate your help."

"Very helpful for me to understand sugar content, I use the food label reading card that you gave us to help me make healthier swaps when I go shopping."

"It was a great programme and we learnt lots of information. My daughter is drinking water rather than squash without making a fuss which is brilliant. She is also getting involved in the preparation of food/meals which she is really enjoying e.g. making a fruit salad herself."



The Christmas tree decorated by School Council was donated by local company Sakai Hikoshi Centre. Visitors were impressed by the kind messages written by the children.



ROYAL RECOGNITION

Ms Bakali and I were lucky enough to be invited as guests of the National Literacy Trust to the Carol Service hosted by HRH The Princess of Wales at Westminster Abbey. The NLT selected West Acton as they have really been impressed by our Year 6s and now Year 7s in the Young Poets project last year. Year 6 will participate again next year and also Year 3 will be on the Young Reader Programme too.



FELIZ NAVIDAD

Year 6 had a special Spanish treat when one of our parents who works at the Mexican embassy came and taught them about Mexico in Spain. They especially like the Pinata! The whole school has learnt Feliz Navidad, which we all sang together this morning when we said goodbye to Mr Humble.



IMPORTANT MESSAGE FROM THE PTA

Dear friends,

We hope you are all well during this very cold snap!

As mentioned in our email last week, the Friends of West Acton Primary School PTA Annual General Meeting (AGM) will be held on **Friday 10th February 2023 at 10am**. The meeting will be on MS Teams, and the link and agenda will be sent nearer the time.

We would like to inform you that the current committee- comprising of the Chairperson, Secretary and Treasurer- will be standing down due to changes in our family and work life. The legal requirement is for at least two people to be on the committee, but we recommend that all the current positions be filled. There is no maximum limit to the number of committee members, so of course, there can be more than three.

If you would like to put yourself forward as a candidate for one of the positions or have any questions, please email us at fowap2014@gmail.com. The deadline for informing us that you would like to nominate yourself as a candidate is Friday 27th January 2023.

The new committee will be elected at the AGM. This link provides more information about the main roles:

<https://www.pta.co.uk/running-a-pta/managing-a-pta/pta-committee-roles-and-responsibilities/>

If there are no candidates or not enough, the PTA ***will not be able to continue***. This means that there will be no more fundraising events like the Fabulous Fireworks, seasonal fairs, bake sales and 2nd hand uniform sales.

This is a chance for a new committee to make their own mark on the PTA and continue to bring the school community together and raise money to make our children's time at school even more enjoyable! We have also really enjoyed our time getting to know other parents and learning new skills.

Funds in the past have supported the Year 1 seaside trip, Year 6 Leavers' souvenirs and events, educational magazines for the library, waste paper recycling bins and mini-globes for each class, skipping rope workshops and picture frames to display the children's work around the school- to name but a few!

It has been an honour to be a part of the PTA, and we would like to take this opportunity to thank Miss Kondo and all school staff, previous PTA members and all the volunteers for their invaluable support.

We wish you all a happy and safe holiday!

Very best wishes,

Diana, Pete & Rasha

PS Remember you can still help the PTA raise money for school while shopping online:

Sign up to [easyfundraising.org](https://www.easyfundraising.org) and you can raise money for the school from all your favourite websites at no cost to yourself.

<https://www.easyfundraising.org.uk/causes/fowestacton/>

Shop AmazonSmile at <https://smile.amazon.co.uk/ch/1167118-0>, and Amazon donates to Friends Of West Acton Primary School (Pta), at no cost to you.

Children's Multi-Activity
CHRISTMAS
Holiday Camps

**CHISWICK | EALING
UXBRIDGE**

**19th - 23rd
December 2022**
7.45am-6pm
& 9am-5pm



For all camp dates, venues
and to book your place please visit
www.aktivacamps.com



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 formed new friendships.

Building confidence
and broadening
experience™



FULL WEEK SESSIONS
Full day: 7.45am to 6pm - £159
Short Day: 9am to 5pm - £148
DAY SESSIONS
Short day - £38 Long day - £45
Childcare vouchers accepted

CHRISTMAS CAMPS AT:
BELMONT PRIMARY SCHOOL
MOUNT CARMEL SCHOOL
JOHN LOCKE ACADEMY



OUR ACTIVITIES INCLUDE:

Arts and Crafts: Collages, Origami, Snow Craft
Snowman Junk Modeling Stem Challenge Work Shop:
Ice Cold Science Fun, Spaghetti Construction, Growing Crystals,
Chromatography, Making Frozen Bubbles, Peppermint bath bombs
Let's Cook!: Rainbow Fruit Skewers, Veg Wraps,
Healthy Cereal Bars Team Sports: Football, Netball,
Tennis, Badminton, Hockey and much more

Easy Online Booking:

www.aktivacamps.com

Email: bookings@aktivacamps.com



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

Dear Parents/ Carers,

Merry Christmas and a Happy Holidays to you all!

Take good care,

I look forward to meeting and speaking with many of you, in the New Year.

Use this time at home together to model positive relationships within your family.

When children bicker with each other...

Bickering means arguing about something small and trivial. Although it may seem to be silly and unimportant to you, your children may be arguing about something that feels much more important to them- and sometimes it could keep going on all day!

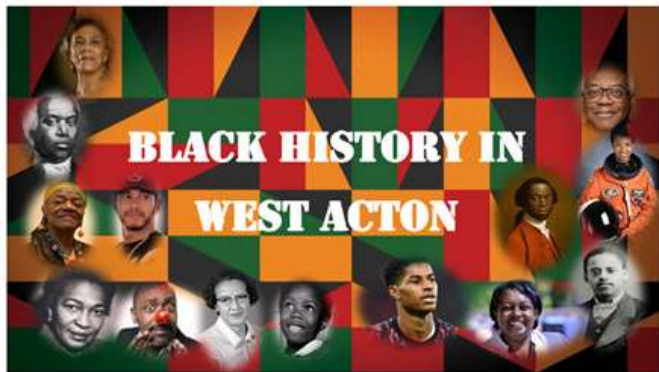
How can parents/carers help?

Constant bickering between children can feel exhausting for parents. The way to address it is to coach them through it so that they can learn to resolve their differences in a way that brings them closer together. First, find your own calm when you are feeling triggered. Then, describe the situation to them without blaming anyone but using empathy instead: each child will have a real need and they need you to help them find the words to express it. Then, remind them of your family values and rules around kindness and set your limits on any unkind words or behaviour. Finally, your children will need you to be their coach: first help them express their feelings/needs without attacking the other (“I feel... when you...”, “I feel... and I need...”); then help them to problem-solve together. With your help, your children can learn to resolve their problems together without becoming more resentful of each other.

West Acton Primary School Weekly Values Rewards



w/c 5 th December 2022	Courage	Consideration	Collaboration
Acorn	Meana	Adriana	Dominic
Olive	Linkshya	Shevoy	Rumaysa
Fir	Lina	Tsukiha	Shahd
Banyan	Haruka	Azaih	Derek
Ash	Kozue	Afonso	Taha
Guava	Menrot	Davide	Tala
Katsura	Tinos	Qais	Adam
Chestnut	Cassandra	Adam	Ayesha
Damson	Kaius	Arber	Tala
Juniper	Lena	Khalil	Mila
Holly	Mira	Hameed	Magda
Ivy	Miko	Soma	Antonia
Rowan	Rumaysah	Lucjan	Batoul
Mulberry	Tbc	Tbc	tbc
Pine	Maya	Luca	Imani
Sycamore	Omar	Faith	Livia
Elder	Yusuf	Tomoki	Khadijah
Quince	Maryam	Abigail	Irine
Willow	Maachi	Callie	Kyoshiro
Lime	Riko	Izabella	Jun
Tamarind	Marwa	Alonso	Nada
Zaytouna	Antonina	Yuzuka	Liza
Woodlands	Akram	Saad	Adrian



History

Throughout the UK we celebrate Black History Month during the month of October (BHM). At present Black History Month has become an important date in the cultural calendar of many of the UK's museums, galleries and local authorities. Although BHM has been celebrated every February in the USA since 1970, it was not officially celebrated in the UK until almost two decades later. The first Black History Month was celebrated in 1987 only in London. <https://www.blackhistorymonth.org.uk/>

The main objectives of Black History Month are to celebrate the achievements and contributions of black people not just in the UK but throughout the world and to raise an understanding of Black history in general. Black History Month has grown over the last few years with emphasis on the history of African, Asian and Caribbean people and their impact on British life. We have worked with a consultant to 'decolonise' our curriculum and also considered representation. **Even though, in West Acton, the children learn about the contributions of a range of significant black and brown people, through a diverse curriculum within different subjects, Black History Month is also celebrated. This means that the children are learning about a broader range of people who greatly contribute to our society.**

Black History in West Acton

In West Acton we know how important it is to deepen our understanding of the world and be more open and understanding of other cultures. Together with the Equality Act 2010 where the emphasis is on the protective characteristics, we also recognised that BHM is vital part of our British and School Values about the way we respect ourselves and others' differences and rights.

During the school year in EYFS, KS1 and KS2 deeply reflect on the importance of BHM and to think of a person who is an inspiration in our lives, which helped us to understand the importance of positive role models in everyone's life. The assembly was encouraging and we were excited about the week ahead.

This year's BHM theme was, 'Time for Change: Action Not Words', focuses on the double-burden black people carry: experiencing racism and discrimination and then being expected to fix the problem themselves.

Each year group learnt about a two significant, black men and women individuals in history and how they influenced society. They discussed the struggles and triumphs of these people in meaningful and positive ways. The children were inspired by these individual men and women of the past and present. They reflected on the work these people did and how they contributed to making this a better world.

Here are some of the significant figures the children explore inside each year group:

*Nursery and Reception read Kechi's Hair Goes Every Which Way/Daddy Do My Hair by **Tola Okogwu and Handas Surprise/Ruby Bridges***

Year 1 - Barack Obama and Mae C Jemison

Year 2 - Lenny Henry and Katherine G Johnson

Year 3 - Sir Trevor MacDonald and Faith Ringgold

Year 4 - Benjamin Banneker and Claudia Jones

Year 5 - Dame Eugenia Charles and Lewis Howard Latimer

Year 6 - Charles Ignatius Sancho and Malorie Blackman

Teachers and children researched information on these focus individuals, through non-fiction books and recommended websites. We learned some interesting facts about our inspiration individuals. We were able to recall information and write them by creating reports, fact files, autobiographies and art work. The children made links to their previous learning or their own culture and they explained why an individual inspired them. They gained a greater understanding of the world through meaningful debates and discussion on culture and race as well as social and moral themes.

Some of our Black History work and quotes! Ask your child about what they learnt!



'If you know who you are then other people will know who they are'.

'I like Black history because we learn about interesting people'.



'Faith Ringgold wanted to make sure black people could do art and be authors like she wanted to'.