

# WEST ACTON PRIMARY SCHOOL NEWSLETTER

Friday 6<sup>th</sup> January 2023



Happy New Year to our wonderful West Acton community. I hope that you all have had a wonderful holiday and wish you a happy and healthy 2023! It was fantastic to see everyone back at school and ready to learn! Lessons have been in full swing and the children have started to work hard ready for mid-year assessments later on this term. I hope that you are continuing to work each using the CGP books that we provide for homework each week as well as reading daily with your child.

Whilst the weather is colder, we understand that some children may have non uniform boots, shoes or jumpers on but we expect that our school uniform is followed as much as possible.

We have two coffee mornings for parents next week so I hope that you will attend these and find them helpful. Have a restful weekend, Miss Kondo.

*Message from Mrs Lucas, SENDCO*

## **SEND Parent drop in on Tuesday 10th January 9:00-10:00**

This will provide an opportunity for parents to speak directly with therapists and outside agencies working in our school. Please do come along and have a cup of coffee and meet our outside providers.

Look forward to seeing you there.

## ***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](mailto: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.

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.

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

*Happy New Year to you and your families!*

*When we get asked a tricky question or have to address a difficult topic.....*

*'Why is the sky blue? Why is it always raining? Why do some children only have one parent? Why were we washing our hands so much? Why did we move home?*

*In order to make sense of their world, children ask their grown-ups questions. These 'Why' questions can be really tricky to answer, what should we say back? How much should we tell them about certain topics?*

*Children often ask really important questions at times when we are at our busiest, you might be at the shops, standing on a busy bus or queuing to go into school.....this is when they catch us off guard and ask the really serious or grown-up questions.*

*How can parents/carers help?*

*In thinking about how we respond, we first of all need to think about how we feel about the question asked. If the topic of conversation is painful or triggering to you, then it will be important for you to be aware of this before you respond. It's okay to say, 'I have heard your question, I'm not going to answer it right now, but I will come back to you to talk about it.'*

*If you do choose to answer in that moment, the information we give to the child needs to be age appropriate. It is also important that we are truthful in what we say so that they know that they can trust what their parent/carer tells them.*

*Try to explore what they already know about the topic. Ask them what they might have seen or heard about it already and what they think.*

*Investigating the reason that your child is asking their question, may help you understand what they are thinking and you may find it is then easier to provide them with an answer.*

*I look forward to wishing you a happy new year, in person, at our Parent/carer Coffee Morning next Thursday 12<sup>th</sup> January from 9.00am -10.00am in the Conference room.*

*We are going to be thinking about children and their emotions.*

1月12日 木曜日の午前9時から午前10時まで、保護者/介護者向けのコーヒーモーニングにご参加ください

# Coffee Morning



## Supporting our Wellbeing and the Wellbeing of our children

गुरुवार 12 जनवरी को प्रातः 9.00 बजे से 10.00 बजे तक हमारे माता-पिता/देखभालकर्ता कॉफी में हमसे जुड़ें।

انضم إلينا في قهوة الوالدين / مقدم الرعاية صباح يوم الخميس 12 يناير من الساعة 9:00 صباحاً حتى 10:00 صباحاً.

You are invited to come and meet with

Mrs Ahmad

12 جنوری بروز جمعرات صبح 9.00 بجے سے صبح 10.00 بجے تک ہمارے پیرنٹ/کینئر کافی مارننگ میں ہمارے ساتھ شامل ہوں۔

Приєднуйтесь до нас на ранкову каву для батьків/опікунів у четвер, 12 січня з 9:00 до 10:00.

9.00am - 10.00am

Thursday 12th January 2023

ਵੀਰਵਾਰ 12 ਜਨਵਰੀ ਨੂੰ ਸਵੇਰੇ 9.00 ਵਜੇ ਤੋਂ ਸਵੇਰੇ 10.00 ਵਜੇ ਤੱਕ ਸਾਡੇ ਮਾਤਾ-ਪਿਤਾ/ਦੇਖਭਾਲ ਕਰਦੀ ਸਵੇਰ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸ਼ਾਮਲ ਹੋਵੋ।

Come to the School gates for 9.00am and walk to the building on the left and up the stairs to the conference room.

Happier January 2023

SUNDAY

1 Find three things to look forward to this year

MONDAY

2 Make time today to do something kind for yourself

TUESDAY

3 Do a kind act for someone else to help brighten their day

WEDNESDAY

4 Write a list of things you feel grateful for and why

THURSDAY

5 Look for the good in others and notice their strengths

FRIDAY

6 Take five minutes to sit still and just breathe

SATURDAY

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



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## 'Legends of Football' Competition IS NOW LIVE!!

The Elms Sport In Schools are pleased to announce that their 'Legends of Football' competition is now LIVE.

The competition is open to pupils in Years 3-6 only.

For your child/ren to be in with a chance of winning a training session with Gareth Southgate at a top London Premier League Ground in Summer 2023, enter our fun & exciting competition.

We wish everyone the best of luck.



To enter the competition, please go to the following website link:-

<https://www.theelms.co.uk/competition/>

Full competition details and rules can be located on the above website.

The 20 winners will be announced in April 2023 (5 children from each year group – KS2 only)



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