

WEST ACTON PRIMARY SCHOOL

NEWSLETTER

Friday 13th January 2023



Thank you to Mrs Lucas and Mrs Ahmad who held very useful coffee and information mornings for parents this week – it was brilliant to see so many parents attending.

Please ask your child about 'The Golden Spoon' which has started in our lunch hall. So many children have a healthy packed lunch. We will be sending a reminder of our Packed Lunch and Food policy next week.

Well done to Damson class who led assembly today, showcasing all their hard work so far in year two. They were very proud and confident, thank you.

Have a restful weekend, Miss Kondo.

The Golden Spoon

At lunchtime our pupil lunchtime champions have been awarding points for the healthiest lunches. The winning classes this week are:

Reception – Banyan
Year 1 – Ash
Year 2 – Damson
Year 3 – Ivy
Year 4 – Mulberry
Year 5 – Quince
Year 6 – Tamarind



SPORTING COMPETITION



On Thursday 12th January Birch class participated in the Ealing New Age Curling competition where a few schools from Ealing borough played 5 rounds of games. West Acton had a Year 3 & Year 4 team and a Year 5 & Year 6 team. Birch class enjoyed playing in teams and supporting each other as they competed in different rounds. The Year 5 & 6 team were especially happy as they worked hard and made it to the finals- West Acton Primary were awarded 2nd place in Ealing in the Year 5 & 6 competition!

"I enjoyed Curling and I'm happy we got second", said Saad.

"I liked when I got close to the target ", said Mira.

"I really liked Curling, I had never tried it before", said Oliver.

Nursery Artists!



This week the Nursery children have been looking at the work of the artist Andy Goldsworthy. We were then inspired to make our own art with natural objects. The children were offered a range of different natural materials to explore and then they chose some to make their collage picture with. They were very creative and made some beautiful pictures.

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.

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

Dear Parents/carers,

It was lovely to see so many of you at the coffee morning yesterday. To be able to wish you a Happy New year, to speak to so many of you face to face and to think with you about how we can support children and young people's emotional wellbeing.

We focused on thinking about children's thoughts and feelings and in particular what we can do to help our child/children, with their feelings.

Emotion regulation is the ability to manage our emotions. Emotion regulation is also known as emotional self-regulation.

There are lots of emotions that we all experience such as happy, sad, and angry plus others. We experience these emotions in response to our thoughts and feelings and because of what is happening around us.

Emotion regulation is important because our emotions are closely connected to how we think and feel. Our thoughts and feelings help us to decide how to respond to a situation and what actions to take. In other words, our thoughts and feelings influence our behaviour.

How can parents/carers help?

When supporting your child to regulate their emotions, you need to be aware of; your own emotions, your reaction to these emotions, and how they may affect your child's emotions (also known as co-regulation).

When you are feeling calm, you are in a better place to help them with their feelings and you can use your presence and calm to reset your child's distressed brain. Try these steps;

Get close, make eye contact, listen, be curious and seek to understand, show empathy, listen again and check you have heard correctly before offering some warm affection. Remember, a hug goes a long way.

'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)



12th September 2022

Dear Parents/Carers,

Re: 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.

Spring Term 2023

Class	Date
Damson	Friday 13 th January
Juniper	Friday 20 th January
Chestnut	Friday 27 th January
Guava	Friday 3 rd February
Ash	Friday 10 th February
Katsura	Friday 10 th March
Mulberry	Friday 17 th March

West Acton Primary School Weekly Values Rewards

w/c 2 nd January 2023	Courage	Consideration	Collaboration
Acorn	Alma	Yuiki	Miyu
Olive	Elias	Shevoy	Aaron
Fir	Shea	Sophia	Nanako
Banyan	Tbc	Tbc	Tbc
Ash	Itsuki	Lolade	Titan
Guava	Hijraan, Davide	Noor	Misaki
Katsura	Inori	Ania	Illiana- Blue
Chestnut	Zain	Safaa	Lillian
Damson	Zak	Abigail	Sadahiro
Juniper	Yosef K	Sara	Emilie
Holly	Sham	Ayoub	Hiroto
Ivy	Anaya M	Ilyas	Noor
Rowan	Mirei	Sama	Emaan, Batoul
Mulberry	Hammasa	SJ	Sadan
Pine	Zara	Ryota	Sirine
Sycamore	Wassim	Elza	Gene
Elder	Kevin	Arwa	Misk
Quince	Zoltan	Mahta	Maryam
Willow	Sierna	Ali	Aria
Lime	Tbc	Tbc	Tbc
Tamarind	Yuito	Mustafa	Parsa
Zaytouna	Otis	Maiesha	Arnet
Woodlands	Adam	Jessie	Oliver D