

WEST ACTON PRIMARY SCHOOL NEWSLETTER

Friday 3rd March 2023



This week has been a fantastic celebration of reading and books. Children have been to our book café and had a buddy reading with another year group.

Today, in our World Book day costumes we had a whole school parade and enjoyed some songs about reading.

For the past two years Waterstones Book shop have ordered books for every child for us – this year they have not been able to so your child has brought a voucher home tonight. If you can find the £1 world book day books please get use it this weekend. If you can't find one then please return the voucher to school and we are hoping that Waterstones will have some left that we can exchange vouchers for at the end of the promotion. Have a restful weekend, Miss Kondo





- Visit www.booksforbugs.co.uk
- Choose your books and add them to the basket- if you are not sure where to start why not checkout our new Quick Shop feature with the top 100 for each key stage.
- At the checkout stage add your billing details as normal and for shipping put

Your Child's Name

Your Child's Class (Or 'School Office' if it's a gift you don't want the child to see)

Name of School

Address

And most importantly...

W3 0JL for the school's postcode. It is the postcode that will activate the free shipping option called 'Virtual Book Fair only'.

- You can then pay by debit/credit card or Paypal
If you are unsure here is a handy video guide <https://booksforbugs.co.uk/virtual-book-fair-info-for-parents/>

You can order up until midnight on **Sunday 5th March.**



West Acton Primary School
Noel Road
Acton
W3 0JL
Tel: - 020 8992 3144
Fax: - 020 8896 0625
www.westactonprimaryschool.org
admin@west-acton.ealing.sch.uk

Head Teacher: Ms K Kondo

14th February 2023

Dear Parents/Carers,

Re: Relationship and Health Education (RHE) Workshop Thursday 9th March 2023 at 9.00am in school

We are delighted to welcome *Faye Jones- Health Improvement Officer for PSHE and RSHE in the Ealing Health Improvement Team* - to deliver our annual RHE workshop for parents/carers. Since I started these in workshops in 2019 they have always been very well attended. Over the last year we have held extra Online Safety and Police Safety workshops for parents/carers too.

The parent/carer RHE workshop will provide an opportunity to understand the statutory guidance on what schools must teach in regards to relationship and health education. Parents will be informed on the purpose and value of delivering effective RHE in school and the role it plays in safeguarding their children. Details of which can be seen here: <https://www.westactonprimaryschool.org/curriculum/subjects/pshe> This also shows our curriculum coverage as well as the vocabulary which will be used during these lessons. In primary school 'relationships' are about families and friendships, not relationships of a romantic nature that older high school pupils or adults may have.

Parents/carers will be able to view a sample of the resources which will be used in lessons in the summer term, after the two week holiday in April, to see how they are planned and delivered at age appropriate levels for their children. As West Acton was part of an Ealing FGM project in 2020, we will also remind parents/carers of this. You will be invited to ask any questions relating to the planning and delivery of RHE. The workshop is an opportunity to discuss how school and parents can work together on ensuring all children develop high quality RHE knowledge and skills which helps keep them safe, healthy and build positive relationships now and in the future. Nowadays, there is a vast amount of information about relationships on the internet, on TV, in magazines, to which children and young people are exposed. If children are provided with timely and age-appropriate information about their bodies and relationships, they can make their transition into adolescence and adulthood with the confidence and knowledge to understand what is happening to them. They will also have the best chances of growing into confident and healthy adults able to make positive choices

Parents/Carers of all year groups are welcome to attend this workshop on Thursday 9th March 2023 at 9.00am.

We look forward to seeing you at the workshop and working together to keep your child safe.

Yours faithfully,

Karen Kondo
Head teacher

Miss Ferreira
PSHE Lead



Digi-Skipping Rope Challenge

Winners w/e:03/03/23:



Well done!!

- Year 1 Katsura – Tinos (219 skips)
- Year 2 Juniper – Kiko (197 skips)
- Year 3 Holly – Magda (105 skips)
- Year 3 Ivy – Komachi (99 skips)
- Year 6 Tamarind – Nadine (84 skips)

Please remember to hold the rope in your **right hand** and **press the black reset button**. The reading should never usually be higher than around 200.

Write the new date of that week in your notebooks clearly e.g. next week should begin 06.03.23.



Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together



MESSAGE from Mrs Ahmad, School Therapist

When children have difficulty sleeping.....

It can be really challenging for parents/carers when their child/children can't go to sleep or stay asleep.

The Coronavirus hasn't helped, and many children who weren't having sleep issues before the pandemic are reported to be having trouble now. This is thought to be because of the confusing changes in children's routines and also increased worries.

Children take different amounts of time to learn to go to sleep on their own. For many this is just a natural process. But sometimes there are other things going on, that makes it even harder for them.

How can parents/carers help?

First, approach bedtime with a calm and confident presence. This is not easy, bedtimes can create a lot of stress for families. However, your child/children are more likely to be calm when we are calm – so create a bedtime routine for your child/children to help you to feel prepared. It will also be helpful to your child, to know what steps they have to take before it is time to actually get into bed. Make sure their bedtime routine is the same every night and at the same time every night – try and fit the time in to when your child feels naturally sleepy.

Check you have taken all the practical steps you can, fresh air and exercise during the day, time to talk with you before bedtime, having a little night light and making sure to reduce sugary foods, devices or watching anything that could be scary before bedtime.

Finally explore with your child/children, what it is that is keeping them from being able to fall asleep. Understanding what is going on for your child will make it easier for you to help them with getting a good night's sleep.

Year 1 - London Bus and Sculpture Tour.

On Wednesday 22nd February, Year 1 went on an open top bus tour of London as part of their Geography learning about London and the UK. They also went on a sculpture tour along the embankment as part of their D&T learning last term.

They all had a brilliant time seeing the many famous landmarks of London.



Year 5 went to the West London Islamic Centre as part of our RE lessons on Islam. We were given a talk by Brother Ahmed who told us about the 5 pillars of Islam. We were also lucky enough to receive a date on the way home.



Year 1 – Sponsored Superhero Obstacle Course. Raising money for Great Ormond Street Hospital Charity

As part of their PSHE unit last term, Year 1 were learning about 'charity' and voted to raise money for Great Ormond Street Hospital Charity. On Friday 10th February, Year 1 took part in a Sponsored Superhero Obstacle Course and raised £506. Thank you to all those who sponsored the children – Great Ormond Street are thrilled to receive our donations. The children had such a fun time completing the course and were so proud to be doing it for GOSH!



Juniper Class had a fantastic time taking part in Forest School activities this week. We especially enjoyed dissecting daffodils to find the pollen inside and using the petals to make a natural yellow dye which we transferred onto materials.





So top 5 Bug Club reading classes for Spring 2 Week 1.....

1st 79% - Sycamore Class
2nd 73% - Birch Class
3rd 69% - Quince Class
4th 62% - Holly Class
5th 59% - Juniper Class



.....and top 5 Bug Club readers across the school for Spring 2 Week 1.....

1st Kahei (Sycamore Class) 22 books completed
Joint 2nd Ryota (Danson Class), Inari (Katsura Class), Gene (Sycamore Class) and Yota (Willow Class) 14 books completed



.....and top 5 Bug Club quizzers across the school for Spring 2 Week 1.....

1st Gene (Sycamore Class) 145 quizzes completed
2nd Luca (Pine Class) 113 quizzes completed
3rd Abdallah (Rowan Class) 87 quizzes completed
4th Sena (Willow Class) 82 quizzes completed
5th Sam (Sycamore Class) 77 quizzes completed

West Acton Primary School Weekly Values Rewards



w/c 20 th February 2023	Courage	Consideration	Collaboration
Acorn	Zaki A	Akari	Petrus
Olive	Akari	Jude	Yazn
Fir	Moussa	Shahd	Safiya
Banyan	Yousif	Yasmine	Tsukasa
Ash	Esra	Sumaya	Karen
Guava	Menrot Hijraan	Nao	Adea
Katsura	Ania	Iliana-Bleu	Eamon
Chestnut	Leyla	Eloise	Mohamed
Damson	Rosa	Sahar	Kaius
Juniper	Kevin	Jay	Sulayman
Holly	Inas	Eri	Vivian
Ivy	Anaya E	Hamza	Rosie
Rowan	Salome	Rumaysah	Misha
Mulberry	Ritsu	Hammasa	Maha
Pine	Eden	Zara	Julen
Sycamore	Faith	Kohei	Wassim
Elder	Haya	Danya	Ryuonusuke
Quince	Persia	Hanae	Moska
Willow	Iris	Patrick	Ali
Lime	Riko	So	Aisha
Tamarind	Yuito	Antonia	Sam
Zaytouna	Max	Ahmed	Hussein
Woodlands	Oliver D	Akram	Adam

West Acton Primary School Weekly Values Rewards

w/c 14 February 2023	Courage	Consideration	Collaboration
Acorn	Meana	Satsuki	Yusei
Olive	Akari	Jude	Salma
Fir	Shea	Shota	Ena
Banyan	Majed	Jaylah	Yasmine
Ash	Layan K	Khamari	Majid
Guava	Leo	Hajar	Ladan
Katsura	Haruki	Aridon	Noor
Chestnut	Saeed	Karo	dima
Damson	Toshiki	Takuto	Arber
Juniper	Adbullah	Mickey	Omar
Holly	Ayoub	Inas	Magda
Ivy	Mya	Rosie	Eita
Rowan	tbc	tbc	Lucjan
Mulberry	Harutomo	Javier	Aroush
Pine	Adam	Sham	Miyu
Sycamore	Karishima	Adnan	Bethany
Elder	Ryounsuke	Danya	Chloe
Quince	Mira	Eduard	Amelia
Willow	Iris	Ian	Joud
Lime	Sofia	Abullah	Ayano
Tamarind	Shuma	Luis	Antonina
Zaytouna	Soha	Mido	Emiho
Woodlands	Andi	Oliver D	Adam