

WEST ACTON PRIMARY SCHOOL

NEWSLETTER

Friday 12th May 2023



Congratulations to our Year 6 pupils who completed their SATs test this week! We are very proud of them and how hard they have worked. This week they came in early each day to have breakfast and relaxing time with their friends. They now have some trips, their production and preparing for high school to look forward to!

Well done and thank you to Rowan class for a lovely assembly today in keeping with the Coronation theme it was about King Charles III. I was impressed by their confidence and knowledge.

It will be nice to be in school for five days next week! Have a wonderful week end.

Thank you Miss Kondo

Year 3 assemblies this half term	Class
Friday 19th May	Holly
Friday 26th May	Ivy

Year 1 have a Phonics Screening Test
Information session for parents in the Elizabeth
Jubilee Hall next Wednesday 17th May at
9.00am



West Acton Primary School



Second – Hand Uniform Shop Now OPEN!



Contact the **school office** to complete a **request form** for a second hand uniform for your child.

All items are subject to availability.

Sizes: range from age 3 to age 11

Price: All items £1



MESSAGE from Mrs Ahmad, School Therapist

Tuning into your child's emotions....

Thank you to all those that were able to join our Parent/carer coffee morning this week. It was lovely to see so many of you.

We thought together about the challenges in helping our children to regulate their emotions when our own experiences of managing our feelings may have been to 'push them aside', to 'not think about them too much.'

To break down into smaller steps, how to help our child/children with their big feelings, we looked at the steps of emotion coaching (a technique devised by Professor John Gottman).

How can parents/carers help?

Notice: or become aware of your own and your child's emotions. Make sure you are calm enough to practice emotion coaching; otherwise, you might want to take a break.

Connect: Use this situation as an opportunity for you to practice and for the child to learn. State what emotions you think the child is experiencing to help them connect their emotions to their behaviour.

Practice empathy: Put yourself in your child's shoes, think about when you felt a similar emotion, and try to remember what it feels like.

Reflect: Once everyone is calm, reflect on what happened and why it happened.

End with Problem Solving and Setting Limits: Whenever possible, try to end the situation by guiding and involving the child in problem-solving (Somerset Children & Young People).



West London
NHS Trust

Parent Workshop: Helping Your Child with Anxiety

Ealing Mental Health Support Team



Does your child seem **anxious**? Do they **worry** about different things? Would you like to understand more about supporting your child in managing their emotions? We will discuss what anxiety is, why it occurs and share a range of strategies that you can put in place including **how to talk about worries and facing fears**.

Who?

The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings**, aiming to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

What?

We are offering a workshop providing information to help you **support your child with managing worries and facing fears**. There is an accompanying handout so no need to take notes - grab a hot drink and a biscuit!

When and Where?

The workshop will take place on

Date: **Tuesday 16th May 2023**

Time: **4:00pm-5:00pm**

Where: **Microsoft Teams** video conferencing software. The workshop will last one hour with a 45-minute presentation followed by 15 minutes for questions.

For more information, please contact the mental health support team by using the email: ealing.mhst@nhs.net

How?

Please sign up for the workshop by **clicking on this link**. We will then use your details to email you the resources after the workshop.

The workshop can be **accessed using this link (Click here to join the meeting)**. Microsoft Teams can be downloaded as a free app for phones, iPads/tablets or laptops/desktop computers.

We ask that you kindly mute yourself during the presentation and then we will invite you to unmute in the last 15 minutes. Feel free to add questions in the chat box as we go.



Promoting hope & wellbeing together



ELP
Ealing Learning Partnership

STARS
EALING
STARS

OPEN BASKETBALL TRIALS

U10/ U12 / U14/ U16 - GIRLS
U10/ U12 / U14/ U16/ U18 -BOYS
U14 NATIONAL LEAGUE - BOYS

EALING FIELDS HIGH SCHOOL, W5 4EJ
6-7PM U10/ U12
7-8PM U14/ U16 / U18
MAY 3RD
MAY 10TH
JUNE 28TH
JULY 5TH

*COST £5
BOOK ONLINE: WWW.STAYSUPA.COM/BOOK-ONLINE
SUPA

*KIDS CAN COME TO ALL TRYOUTS OR JUST ONE-
TEAMS WILL BE SELECTED AFTER JULY 5TH




Don't forget to order your West Acton Leavers
Hoodie or T-shirt

Deadline to order is Friday 19th May



Hoodies £17 T-shirt £7.50



Order at <https://shop.teamhoodies.co.uk/westacton23/>

The link is in the school newsletter and has been sent by
text to your parents

READING

Children should be reading 5 nights a week
Children should be completing BUG CLUB 1
night a week

Reading books and Reading record
planners should be in children's book bags
every day

Health and Safety

Children should not be on the climbing
frame after 3.15pm

Please supervise your children after school
– too many children are left unattended or
running in the car park.



EYFS & KS1 Oral Hygiene COFFEE MORNING

Come and meet an Oral Hygienist and learn how to even better support your child with their dental and oral health.



Date: Monday 15th May 2023 at 9am

Time: 9:00am- 10:00am

Location: Conference Room (West Acton Primary School)



West Acton Primary School Weekly Values Rewards

w/c 1 st May 2023	Courage	Consideration	Collaboration
Acorn	Yuzuki	Ayotade	Wataru
Olive	Wataru	Salma	Masato
Fir	Albert	Ena	Hashim
Banyan	Mohammad	Derek	Maidah
Ash	Minori	Paddy	Sota Y
Guava	Ladan	Menrot	Nao
Katsura			
Chestnut	Ayesha	Suhaib	Adam
Damson	Sadahiro	Yaeqoub	Kei
Juniper	Jahnaye	Shanayea	Kaichi
Holly	Sham	Qais	Ayoub
Ivy	Areej	Zenji	Ilyas
Rowan	Michael	Mohamed	Emaan
Mulberry	Yousseif	Jawan	Hammasa
Pine	Layla	Nicole	Sham
Sycamore	Rayan	Hassan	Elza
Elder	Keion	Simeon	Ruba
Quince	Reem	Uzayr	Ameen
Willow	Callie	Aria	Fatima
Lime			
Tamarind	Zahra	Rimes	Katie
Zaytouna	Otis	Simone	Santino
Woodlands	Omar	Saad	Mira



Digi-Skipping Rope Challenge

Winners w/e:12/05/23:

Well done!!

Year 1 Katsura – Asma (87 skips)
Year 3 Holly – Safa (210 skips)
Year 3 Rowan – Rumaysah (190 skips)
Year 3 IVY – Mohamed (200 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 15.05.23.



So top 5 Bug Club reading classes for Summer 1 Week 3

1st 80% - Ivy Class

2nd 67% - Rowan Class

Joint 3rd 59% - Holly Class and Sycamore Class

5th 48% - Willow Class



.....and top 6 Bug Club readers across the school for Summer 1 Week 3

1st Safa (Holly Class) 20 books completed

2nd Mizuka (Rowan Class) 16 books completed

3rd Eita (Ivy Class) 15 books completed

4th Gene (Sycamore Class) 14 books completed

Joint 5th Yaeqoub (Damson Class) and Jay (Juniper Class) 11 books completed



.....and top 5 Bug Club quizzers across the school for Summer 1 Week 3

1st Safa (Holly Class) 190 quizzes completed

2nd Gene (Sycamore Class) 133 quizzes completed

3rd Jay (Juniper Class) 87 quizzes completed

4th Ali T. (Holly Class) 69 quizzes completed

5th Rimas (Sycamore Class) 65 quizzes completed