

West Acton Primary School Newsletter



Friday 26th February 2021

 **School Jotter**

Our app—available on the app store

MESSAGE FROM MISS KONDO

Welcome back to the second half of Spring Term, I hope that you all had a peaceful half term. I was pleased that so many of you were able to meet your child's teacher this week on Schoolcloud. On Monday, the Prime Minister announced that schools should return on Monday 8th March: we are really pleased that we can start to get everyone back together onsite and teach the children in person. Next week, I will write with further information about this. Whilst this is fantastic news, we will all need to continue to be extremely cautious and considerate in our conduct and behaviour in order to keep us all safe and for all classes to be able to come to school – please ensure that you continue to follow the Government guidance.

Miss Kondo

Support Available after Bereavement or Illness from COVID-19 – from our School Therapist

Dear Parent/Carers,

Coronavirus is and continues to have an impact on everyone.

The loss of someone close through death is a traumatic and painful experience. For many children and young people the death of a parent, sibling, friend or relative can be extremely difficult because of the child's inability to understand and articulate their feelings.

Equally, being sick with Coronavirus themselves or seeing a family member be sick can be scary for anyone but children especially.

We want to make sure that we support your child/children as best as we can upon a possible return to school. With this in mind, we are asking that if you have had a bereavement in your family or community during this time, that you tell us about it, so that we can prepare and plan to support your child on their return to school.

We know from communicating with families that some of you have had Coronavirus. This will have been a very difficult time and your child may need some help understanding the. Please do also let us know, if a child's family member had Coronavirus.

Warm wishes,

Emma Mitchell
School Therapist



HERE to HEAR and HELP!

Please do get in contact if you feel that your child or you need support during this time we are apart. Our school wellbeing team is continues to be very active and available for YOU.

Top Tip from School Counsellor Louise - Building Stronger Sibling Bonds

If your children are having a hard time together, it's only natural that you try to help them resolve things peacefully. However often this can feel very exhausting for you... and perhaps at times you might worry they will never get along. Studies have shown that couples need five to seven positive interactions to counter-balance one negative interaction. Now this may feel like an impossible task when your children argue six times a day! So why not simply change your goal to helping your children have as many positive interactions as they can?

How can parents help?

Remember that a smile counts as a positive- so these don't all need to be major interactions for them to count as a positive! It is also helpful to notice and encourage the activities that get your children playing together and try to avoid interrupting happy play. You can start using "Special Time" between your children, during which they can spend 10mins doing something that makes them laugh, create or move around together. Finally, how about creating a *Family Kindness Journal* to record acts of kindness with each other and reflect on at the end of each week?

Sometimes we could all do with someone to talk to. If you would like to meet Louise for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Wednesdays 9-10am. You can call/text Louise on 07582310756 or email her at lalltimes.307@lgflmail.org

IMPORTANT COVID – 19

If your child or anyone in your household has a positive COVID -19 test result during half term please email the school admin@west-acton.ealing.sch.uk

It is very important that you keep your child at home if ANYONE in the house has symptoms or a positive test result, especially siblings.

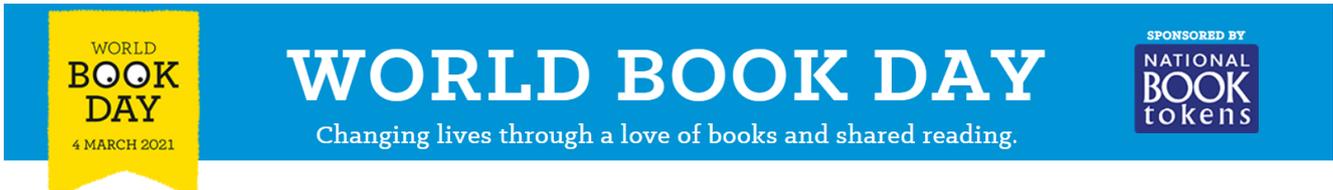
It is also important to know the symptoms of COVID-19 (new or continuous cough, high temperature, loss of sense of smell or taste)

Please test anyone who has symptoms

Please note the first day of symptoms.

Thursday 4th March WORLD BOOK DAY

Dress up as your favourite book character or inspirational person from a non – fiction book.



Welcome back to house points!

Keep up the fantastic behaviour!

This week's house points
Week ending 12.2.21

Chiswick	2311
Osterley	2051
Pitzhanger	2127
Syon	2161