

# West Acton Primary School Newsletter



Friday 30<sup>th</sup> April 2021



**School Jotter**

Our app—available on the app store

## MESSAGE FROM MISS KONDO

We are not printing most letters at the moment so please do keep up to date with the latest school news and events, all through your smartphone or tablet. Download 'School Jotter' in your App Store and then search for 'West Acton Primary School' or by our postcode: W3 0JL. We do text, email and post on social media – but we are a very busy school! Sign up here for newsletters:

<https://www.westactonprimaryschool.org/newsanddates/newsletters>

It was lovely to see the children having their school photos today. I am sure that you will be impressed too! Although their self-portraits on the year group tea towels are pretty good too! Please see the proofs at the end of this letter.

I hope you all have a safe and happy long week end and look forward to seeing you back on Tuesday.

Miss Kondo

## IMPORTANT DATES

**No school Monday 4<sup>th</sup> May – BANK HOLIDAY**

**NSPCC NUMBER DAY – see letter for details dress up in number costumes Friday 7<sup>th</sup> June**

**Half term Monday 31<sup>st</sup> May to Friday 4<sup>th</sup> June**

**No school Monday 7<sup>th</sup> June – INSET DAY**

**End of term Wednesday 21<sup>st</sup> July**

**Start back Friday 3<sup>rd</sup> September**

See here for full details:

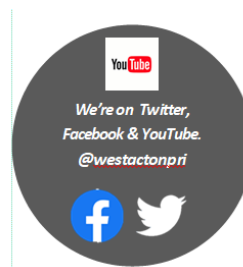
<https://www.westactonprimaryschool.org/newsanddates/termdates>

## BOTTLE TOP MASTERPIECE!

**We are starting an exciting Design Project – please save us your bottle tops, wash them and send them in.**



**These can be found on drink and milk bottles.**



### Mobile Phone use by Parents/Carers on site

Please refrain from using your mobile phone whilst dropping off and collecting your child.

### ROAD SAFETY

We expect all of our community to feel safe around our school in the morning and at afternoon collection time. Sadly, some of our parents have been driving disrespectfully or illegally. This was reported in the Autumn, by local residents and other parents since January.

**This is unacceptable – please do not put people at risk.**

### Breakfast Club – spaces still available

Book here:

<https://www.westactonprimaryschool.org/parents/breakfastclub>

Please do consider using and booking breakfast club so that we can continue to be able to offer this service at the competitive rate into the future.

### WEST ACTON - STOP EYES on ME!

**Listen to our new school chant of Our values and rules.**

<https://www.westactonprimaryschool.org/keyinformation/behaviour-1>

### 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](mailto: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.

### EYE TESTS

**Please do consider getting your child's eyes tested. We cannot get opticians onsite but I have called Specsavers, Vision Express and Eyes on the Common –they have appointments available.**

### 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.

House points  
Totals for week ending 23 April 2021

Chiswick	1285
Osterley	1584
Pitzhanger	1436
Syon	1399

### Returning Laptops and Devices

We hope that it was useful borrowing the devices during the partial closure.

**We now need them back in.** Each device will be checked for damage and have online safety checks.

Please ensure that you hand the laptop to the office or a member of staff and that your child's name is in with the device too.

Thank you.

### Birthday Treats!

It is a very kind gesture when you and your child want to celebrate events with their classmates. Please remember:

Cake and treats cannot be cut or served or given out by staff

Cake and treats cannot be eaten in school time

You and your treat must hand out edible treats to other children yourselves - this is for dietary reasons.

However, we are asking now for treats NOT TO BE FOOD – this is due in part to COVID but also we are moving to sugar smart status. We suggest small items of stationary or even a book for the class book corner.

**Please get into the habit of not sending in sweet treats – thank you for your support.**

### Signing important documents

All school staff are not allowed to sign documents for parents or pupils – this would include passports and visa documents. We are very sorry that we cannot always help but that is the system advised by Ealing council.

Occasionally, we can give letters to support other issues such as health or housing – please email in such requests to [admin@west-acton.ealing.sch.uk](mailto:admin@west-acton.ealing.sch.uk)

### Top tip from the School Counsellor – Louise Children and anxiety...

All children feel anxious and worried at times. This is a normal part of their development, as they learn to develop survival strategies when faced with challenges. They are often more likely to show you their anxiety in different ways: tummy aches, needing lots of cuddles and reassurance, struggling to go to sleep, loss of appetite, fidgety/finding it hard to settle, are some examples. Anxiety in children tends to be more prevalent around night-time, changes/transitions/separation from you or around exam time in school.

**How can parents help?** Talk to your child about anxiety and help them understand what is happening in their body. "Hey Warrior" is a wonderful picture book that can help you with this. Help them recognise the signs so they can tell when they are feeling anxious and can ask for help.

Explain that this feeling will pass, like a wave that peaks before it gets smaller. When their worries creep up, help them take deep breaths and do this together. Sometimes a cuddle can also help to soothe. Invite them to find a safe, happy place in their mind they can go to when feeling anxious. Your child can either keep a Worry Book where they can write or draw anxious thoughts or put them into a Worry Box. Exercise and movement, as well as a healthy diet, will help to reduce the stress hormones in their bodies. It is also important to keep your child away from violent or scary content on screens. Finally, work on developing positive thinking together and think of what they can DO when they feel anxious. Make a list and hang it up on the fridge!

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

TEA TOWELS – don't they look fantastic?

Please pay for yours now on School money – it is £3.00. The deadline is Friday 7<sup>th</sup> May.



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For payment details see SCHOOL MONEY

<https://www.westactonprimaryschool.org/parents/onlinepayments>