

West Acton Primary School Newsletter



Friday 7th May 2021



School Jotter

Our app—available on the app store

MESSAGE FROM MISS KONDO

At the end of a fast and busy week, it has been lovely to see the children in their Number day costumes and enjoying a variety of maths games! Card and board games are a brilliant way to develop not only number skills but social skills too. Thank you to Mr Downs for organising this.

As the weather improves we are able to use the field more and Miss Murphy has started to referee some lunch time 5 a side matches and teach the children new skills. Over recent months the children have learnt new skills at lunch and break time using the equipment and playing games with our new lunchtime SMSAs.

On Monday, there is the opportunity to bring in cash to pay for the PTA tea towel if you haven't ordered it online yet.

Miss Kondo



We love Reading at West Acton!

Hooray - we are visiting our library again and enjoying all the new books.

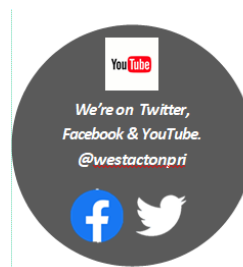
After half term we hope to be able to send library books home again.



Thank you PTA!

All of the children have been enjoying making lanterns and having a date to eat - donated by the PTA - whilst learning more about Ramadan.

Earlier this year the PTA also gave us globes for every classroom.



We're on Twitter,
Facebook & YouTube.
@westactonpri



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>

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.

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 point totals for week ending 30th April

Chiswick 1459
Osterley 1355
Pitzhanger 1487
Syon 1470

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

Top tip from the School Counsellor – Louise

When you argue in front of your children

Conflict is a part of every human relationship, which means that arguments between adults may sometimes come up in front of children especially with heightened feelings and limited space from the lockdowns, or the feeling of being on top of each other. When they hear angry yelling, studies have shown that their stress hormones shoot up and can take some time to diminish. Naturally, since a child's parent is their source of security, they feel scared when they seem out of control. Their fear can often turn into anxiety or misbehaviour and some children may think that yelling is the grown-up way of resolving conflict.

How can parents help?

It is great for children to see *healthy* and *respectful* disagreements between adults. Therefore, try to model listening to the other person's needs without making them feel they are wrong. What is even more healthy is for the child to see you repair and reconnect quickly. It is a good idea to come up with a code word or signal with your partner in advance, so that when one of you starts to feel particularly triggered, you know to take a pause and continue later, away from the children.

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 alltimes.307@lgflmail.org

TEA TOWELS – don't they look fantastic?

Please pay for yours now on School money – it is £3.00.

CASH OPTION Monday 10th May only – please send in £3.00 in an envelope with your child's name, class and Year group on.



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For payment details see SCHOOL MONEY

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



Ealing Schools Counselling Partnership

Supporting children, families and schools

The Ealing Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

MENTAL HEALTH AWARENESS WEEK

PARENT WORKSHOP

From the **10th - 16th of May** is Mental Health Awareness Week. In that week we will have an assembly for the children using a fun animation to learn more about how to look after our wellbeing in school.

The following week, on **Wednesday 19th of May from 10 -11:30 a.m.** there will be a space for parents to reflect about this as well and an opportunity to join me in a workshop.

It has been a different year for all of us and difficult in lots of ways, Covid, financial difficulties, loss of loved ones, social impacts, life itself and all that it brings. Sometimes it can be helpful to have a space to share that with others.



Join me on the above date for this time to reflect, discuss and interact on how to look after our own and our children's wellbeing, helping them to learn and be happier at home and school.

If you would like to know more about it and to book on, then please feel free to contact me on any of the contact details below and I shall send the zoom link out to you.

Louise Alltimes, Counselling Services Manager
07582310756
Lalltimes.307@lgflmail.org