

West Acton Primary School Newsletter



Friday 1st October 2021



Well done to all of our staff and families for getting to school through the petrol problems this week. That, along with the rain, has not stopped us here at West Acton!

We have had three coffee mornings this week: ARP, Meeting Mrs. Ahmad our School Therapist and Welcome to new Nursery and Reception Parents. Thank you to everyone who hosted and those who attended. It is so nice to be getting our West Acton Community feeling back!

It is the 1st of October today – already this term has passed by quickly, we have included some tips for staying optimistic in October!

We start Active Travel Week next week, and on Friday we can dress in YELLOW. Please see information further below.

Please have a safe and happy week end and I look forward to seeing you on Monday.

Miss Kondo.



SPANISH has started at West Acton!

We are delighted to have Ms Marquez teaching Spanish to KS2.

This week we have been learning to ask and answer - What is your name?



What is your name?

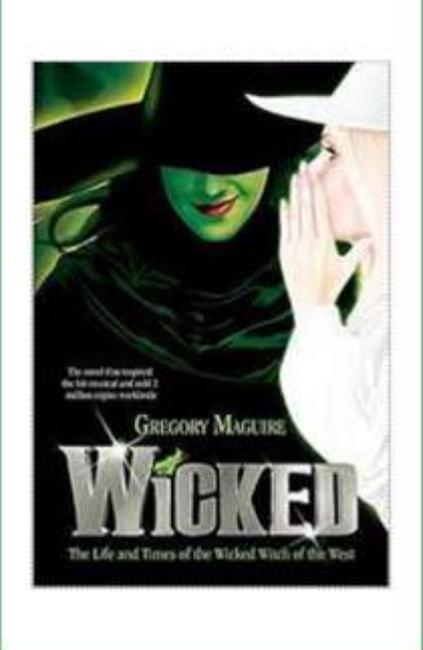
¿Cómo te llamas?

Hello, my name is...

Hola, me llamo...

Let's get West Acton Reading!

Each week staff will be reviewing new children's books – these will then available in the school library.



Mr Downs' Book Review

Wicked, by Gregory Maguire

As some of you may know, I am a big fan of musical theatre. The show 'Wicked' has been playing in London's West End since 2006 – long before any pupils in West Acton Primary School were even born. I didn't know much about the show before watching it, other than that it was a twist on the famous book (and film) "The Wonderful Wizard of Oz" – originally written by L Frank Baum in 1900. I still remember that day when I walked out of the theatre having seen it for the first time and thinking how clever it was to take such a famous story and tell it from the point of view of a different character so that it made you question everything that you thought you knew.

The musical itself is based on the book "Wicked: The Life and Times of the Wicked Witch of the West" – a book written in 1995 by Gregory Maguire. I loved the show so much that I had to read the work that inspired it (which it turns out has more books in the series). Instead of hearing from Dorothy's side of the story, we learn about her arch-nemesis, the mysterious witch. It's a bit like a Marvel origins story that lots of us would watch at the cinema. We learn where she really came from and how she became so wicked.

It reminded me so much of our world today in many ways. Wicked is about a land where animals talk and strive to be treated like first-class citizens, Munchkinlanders seek the comfort of middle-class stability, a Tin Man who is treated badly by others and a little green-skinned girl named Elphaba...all of whom overcome challenges and...well I won't spoil it!

I strongly recommend that anyone with an imaginative mind who likes to explore stories from a different point of view to take a read of this spell binding book (and who knows, maybe even see the musical!)

Mr Downs.

This week's house points are:

Chiswick	382
Osterley	320
Pitzhanger	298
Syon	334

West Acton Launches Year 5 Art Ambassadors 2021

Selected from art competition entries, 15 talented Year 5 pupils were chosen to become West Acton Primary's Art Ambassadors and were lucky enough to be invited to the Excelsior Studios in Park Royal to visit an exhibition, called Eutopia, hosted by professional artists Jo Chate and Sarah Dwyer.



First, the artists explained their work, how they achieved their artistic goals and the themes and styles of art within the exhibition. Then our Art Ambassadors were able to take part in a series of practical art workshops in sculpting, printing and painting responding to the exhibition and experimenting with new techniques.



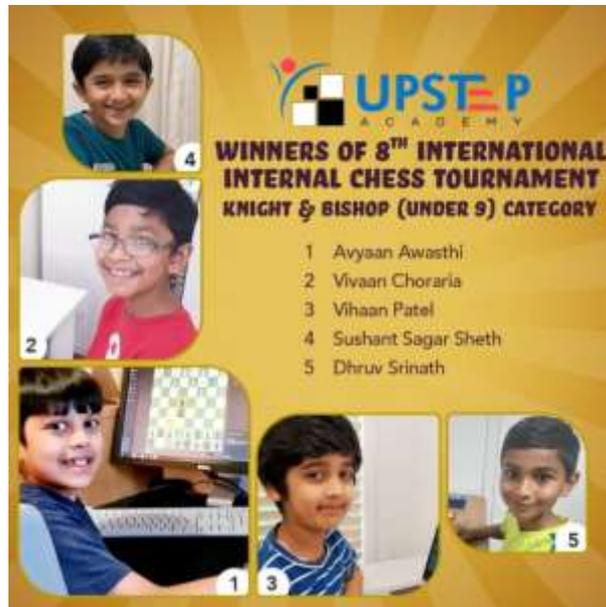
Our Art Ambassadors were amazing – they were collaborative and courageous in their artwork, represented our school proudly and I am sure you will agree their finished work is so impressive. One Ambassador said; “This is the best day ever! We’ve had so much fun making art and learning so much.”

Our grateful thanks to the artists for sharing their talent with us, and congratulations to our Year 5 Art Ambassadors. You are amazing.

Mrs McKenna

***Congratulations to Avyaan in Year 4
– our very own Chess Champion***

It is fantastic to hear of our wonderful children achieving outside of school too! Thank you for sharing.



Friday 8th October – children can dress in YELLOW and bring a small donation (e.g. 50p) for Young Minds Charity



This week's top tip from Mrs Ahmad- West Acton School Therapist

I am here at West Acton on Mondays, Tuesdays, Thursdays and Fridays this year and I look forward to meeting some more of you in person."

Thank you to all those who were able to join our first Parent Coffee Morning to think about our wellbeing and that of our children. It was lovely meeting you all and I look forward to the next one.

This week.....let's have a think about worries at bedtime:

You may find that your child/children have been finding it difficult to go to bed and to fall asleep. Often children will say 'I'm scared of the dark or scared of something in the room or outside the room. The children are really trying to say 'I'm worried and am not feeling very emotionally safe'. It can be really tempting to tell them that they are 'fine' but their 'worry brain' is telling them that there are things to be worried about and their fears feel real to them.

How can parents help?

You can remind your children that although their worry brain is there to keep them safe, it can sometimes make them create stories whenever they don't know or understand something.

Remember what they are feeling is very real to them so empathise first 'I know you are feeling scared right now...' then give them time to talk and express anything they need to say. Allow them to tell you about their worry – 'What does your worry feel like/ What does your worry look like?/What is it telling you? By being curious about the worry, your child feels heard and then you can tell your child what you really think, be open and ask questions.

Give them a chance to think about something different, something funny or special, a memory, a birthday, before they get into bed, ask them which special thought they want to go to sleep thinking about and then let them know, they can tell you all about it in the morning.

It can also be very helpful to children to give them time during the day to share any good dreams or bad dreams or any worries they may be holding. This way they won't need to need to talk about them before bedtime.

Optimistic October 2021

MONDAY



TUESDAY

WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY



- 1 Write down three things you can look forward to this month
- 2 Find something to be optimistic about (even if it's a difficult time)
- 3 Take a small step towards a goal that really matters to you
- 4 Start your day with the most important thing on your to-do list
- 5 Be a realistic optimist. See life as it is, but focus on what's good
- 6 Remind yourself that things can change for the better
- 7 Look for the good in people around you today
- 8 Make some progress on a project or task you have been avoiding
- 9 Share an important goal with someone you trust
- 10 Take time to reflect on what you have accomplished this week
- 11 Avoid blaming yourself or others. Find a helpful way forward
- 12 Look out for positive news and reasons to be cheerful today
- 13 Ask for help to overcome an obstacle you are facing
- 14 Do something constructive to improve a difficult situation
- 15 Thank yourself for achieving the things you often take for granted
- 16 Put down your to-do list and do something fun or uplifting
- 17 Take a small step towards a positive change you want to see in society
- 18 Set hopeful but realistic goals for the week ahead
- 19 Identify one of your positive qualities that will be helpful in the future
- 20 Find joy in tackling a task you've put off for some time
- 21 Let go of the expectations of others and focus on what matters to you
- 22 Share a hopeful quote, picture or video with a friend or colleague
- 23 Recognise that you have a choice about what to prioritise
- 24 Write down three specific things that have gone well recently
- 25 You can't do everything! What are your three priorities this week?
- 26 Find a new perspective on a problem you face
- 27 Be kind to yourself today. Remember, progress takes time
- 28 Ask yourself, will this still matter a year from now?
- 29 Plan a fun or exciting activity to look forward to
- 30 Identify three things that give you hope for the future
- 31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



The new West Acton Reading Records have arrived!

IMPORTANT INFORMATION

Reading Record
Planners and
Reading Books

should be in your



This October we are participating in Ealing's 10-day Active Travel Challenge, as part of Walk to School Month.

We challenge you to actively travel to school across all 10 school days from the 4th - 15th October to help increase physical activity and reduce congestion and air pollution around the school gates.



How it works...

Travel to school via walking, scooting, cycling, park and stride or public transport from the 4th - 15th of October.

Record your achievement on your bookmark.



October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 	5 	6 	7 	8 	9	10
11 	12 	13 	14 	15 	16	17
	19	20	21	22	23	24
	26	27	28	29	30	31

Each child will get a book mark like this. Fill out your name, date and school. 😊

Each day you actively travel to school between the 4th and 15th of October, put a smiley face on your book mark.

Your teacher can decide if you will be in charge of this yourself or if you will have a class monitor.

Everyone who takes part, even for one day, will get a sticker.

Name _____
Class _____
School _____

😊 2 3
4 5 6
7 8 9
10

▶️
GET MOVING



Send in pictures of you travelling actively to school to admin@west-acton.ealing.sch.uk

LET'S GET
MOVING



PS. Don't forget the Golden Lock is has restarted and winners are being picked everything Thursday!



Metropolitan Police Force



Christmas Tree Campaign - Poster Competition

Poster Competition Time!

Metropolitan Police Service Christmas Tree Campaign

Calling all West Acton Primary School artists.....are you a great artist or designer?
Can you create a Christmas Tree Poster to be entered into this prestigious competition?

Then, read on. This competition is for you.

What is it all about?

Every year the Metropolitan Police place a Christmas Tree outside each of their London Police Stations and ask people to donate a Christmas gift for a girl or boy (of a certain age) in London, who may not otherwise get any presents at Christmas time.

The poster will be used to tell Londoners about this campaign and encourage them to donate.



Metropolitan Police Force

Christmas Tree Campaign - Poster Competition

What do I need to do?

Design a Christmas Themed poster - use an A4 piece of paper - create a design that would encourage people to give to those less fortunate at this special time of year.

You will need to write your full name, your gender, your class and our school name, West Acton Primary on the front of your poster.

What is it for?

The Commissioner of the Metropolitan Police chooses a group of winning posters to be used by the Met Police Force during the build up to Christmas, in their Christmas Tree Campaign.

Is there a theme?

The theme is a **Christmas Tree Poster** - perhaps you could think about how the Christmas Tree Campaign and the work of the Metropolitan Police Force links to our school values; or you could capture the spirit of giving and sharing; or reflect on the amazing work the Police Force does to keep us safe; or how strong we are as a community when we come together. Then....get creative.

When and how to I enter?

Please bring your poster design in and give it to your teacher, no later than Wednesday 6th October 2021, to be entered into the competition.

