

# WEST ACTON PRIMARY SCHOOL

## NEWSLETTER

Friday 30<sup>th</sup> September 2022



This week has been super busy for West Acton Primary School! Several year groups have been out on school trips this week which is a brilliant way to bring the curriculum to life as well as getting more familiar with our local area and London.

As the weather has taken a turn and is now quite cold and rainy, I have been pleased to see many children wearing their coats and even hats, gloves and scarves. Please ensure everything has their name on it.

Well done to our top Bug Club readers – please remember that we ask that your child reads five nights a week and you sign in the Reading Record planner.

Please remember that children can enter their classrooms at 8.45am for soft start and can start lining up from around 8.35am. It is so encouraging to see the children joining their lines so sensibly and getting straight into class.

We are still waiting for some pupil contact sheets to be returned – can you check your child's bag tonight and send it back on Monday please.

Have a safe weekend, Miss Kondo



So top 5 Bug Club reading classes for Week 3.....

.....and top 5 Bug Club readers across the school for Week 3.....

**1<sup>st</sup> 38% - Elder Class**

**Joint 2<sup>nd</sup> 37% - Guava Class and Quince Class**

**4<sup>th</sup> 34% - Rowan Class**

**5<sup>th</sup> 29% - Ash Class**

**1<sup>st</sup> Nanami (Willow Class) 19 books and quizzes completed**

**2<sup>nd</sup> Hanae (Quince Class) 16 books and quizzes completed**

**3<sup>rd</sup> Zain (Guava Class) 13 books and quizzes completed**

**4<sup>th</sup> Hajar (Guava Class) 12 books and quizzes completed**

**5<sup>th</sup> Keigo (Ivy Class) 11 books and quizzes completed**

10月6日木曜日の午  
前9時から午前10時  
まで、ペアレントコ  
ーヒー モーニングに  
ご招待します。

# Coffee Morning



Supporting our Wellbeing and the  
Wellbeing of our children

ਤੁਹਾਨੂੰ ਵੀਰਵਾਰ 6 ਜੂਨ ਨੂੰ ਇੱਕ  
ਪੇਰੈਂਟ ਕੋਫੀ ਮੋਰਨਿੰਗ ਲਈ ਸੋਦਾ  
ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ।

أنت مدعو إلى قهوة الوالدين صباح يوم الخميس 6 أكتوبر  
من الساعة 9:00 صباحًا إلى 10:00 صباحًا.

You are invited to come and meet  
with Emma

Запрошуємо вас на ранкову  
каву для батьків у четвер, 6  
жовтня, з 9:00 до 10:00.

آپ کو ہماری پیرنٹ کافی مارننگ  
میں جمعرات 6 اکتوبر کو صبح  
9.00 بجے سے صبح 10.00  
بجے تک مدعو کیا جاتا ہے۔

9.00am - 10.00am

गुरुवार 6 अक्टूबर को  
प्रातः 9.00 बजे से 10.00  
बजे तक आप हमारे पैरेंट  
कॉफी मॉर्निंग में आमंत्रित  
हैं।

Thursday 6<sup>th</sup> October 2022

Come to the School gates for 9.00am and walk to the building on the left  
and up the stairs to the conference room.

## Health and Safety

DO NOT CYCLE or SCOOT on the school path in the mornings on after school  
– please dismount before at the top of the road.

DO NOT play of the climbing frame after school – we have to check and  
maintain this for play and lunchtimes.

Thank you for keeping our school community safe.

Monday 10<sup>th</sup> October

Wear something YELLOW to school!

<https://www.youngminds.org.uk/>

This World Mental Health Day, thousands across the country are  
coming together to say #HelloYellow.

Join us on 10 October to show young people that how they feel  
matters, and help us create a future where all young people get the  
mental health support they need, when they need it, no matter what.

Are you in?

Sign up for #HelloYellow 2022 >

#HelloYellow

IS BACK

10.10.2022



## 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 5<sup>th</sup> October 2022, to be entered into the competition.





Helping your child with bedtime fears.

### **How has your child/children been sleeping?**

Settling children to go to bed is not an easy task. Some children may fall asleep straight away – exhausted from their busy days, others may find it a little bit more difficult to close their eyes and say goodnight to the world.

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 very real to them.

### ***How can parents/carers 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 you, more able to understand your child’s fears. 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, offering this space, means they will be less likely to want to tell you about it just before bedtime.

*I look forward to meeting with some of you at the Parent Coffee Morning on Thursday 6<sup>th</sup> Oct from 9.00am -10.00am.*



*Elder Class enjoyed their Forest School session on Monday, although they had to move indoors due to the rain. They used their scientific skills to work out which bird belonged to what habitat and then dissected owl pellets to see if they could discover what creatures the owl had previously eaten.*

Year 6 spent the day at the 'Imperial War Museum' as part of their History learning. They extended their knowledge on the impact of war on Britain. The children enjoyed seeing the artefacts in the museum especially the war vehicles!



## Sharing their fantastic achievements outside of school – well done to Tate and Younes!



WE ARE SO  
*Proud*  
OF YOU



On Tuesday, we were lucky enough to have Dr Bike in to mend and fix any bikes brought into school. He spent all day checking brakes, chains and pumping tires. We are grateful to Sustrans charity for helping to organise such a successful event. Students and parents enjoyed practising their cycling skills on the playground after school. Some children rode a bike without stabilisers for the very first time! Well done everyone!





## OTHER STEPS FOR A MORE SUSTAINABLE COMMUNITY

1. Reduce energy use
2. Switch to renewable energy
3. Eliminate food waste
4. Eat more plant-based meals
5. Support wildlife
6. Get gardening
7. Adopt pedal power
8. Work locally
9. Repair, share and recycle
10. Make clothes last longer



#ACTFOREALING

*Our Eco Committee participated in a very insightful workshop about sustainable fashion. They discussed how clothing can have a negative impact on our environment when they are not recycled. They were also amazed at the amount of water that is used to make one cotton t-shirt. In the workshop they learned how to finger sew and created some lovely bracelets, necklaces and even stylish headbands- all from recycled clothing. Have a look at some steps you can take for a more sustainable community!*

[#sustainablefashion](#)

[#actforealing](#)



House points for this week are –

Chiswick	1038
Osterley	1101
Pitzhanger	977
Syon	1135

Year 6 had a fantastic time at the Spanish restaurant 'La Rueda' in Ealing Broadway. They enjoyed ordering food in Spanish and loved the tasty food!







WEST ACTON PRIMARY  
SCHOOL PTA

# FABULOUS FIREWORKS

THURSDAY 3<sup>rd</sup> NOVEMBER 2022  
ON THE SCHOOL FIELD

GATES OPEN AT 5PM  
FIREWORKS DISPLAY WILL START AT 6:30PM  
BURGER VAN, HOT DRINKS, SNACKS,  
TOYS FOR SALE, FREE CRAFT ACTIVITY AND MORE!

***School Community Advance Ticket Price:***

£3 Individual (Adult/Child)  
£10 Family (Up to 4 People)  
or at the Gate Ticket Price:  
£5 Individual (Adult/Child)  
£15 Family (Up to 4 People)  
Children 3 and under go FREE

**BRING YOUR WELLIES AND TORCH  
NO SPARKLERS/OWN FIREWORKS  
ALLOWED!**



## West Acton Primary School Weekly Values Rewards

w/c 19 <sup>th</sup> September 2022	Courage	Consideration	Collaboration
<b>Acorn</b>	Aleesa	Ogirima	Kota
<b>Olive</b>	Sara	Lynn	Yazn
<b>Fir</b>	Lina	Kanoho	Safiya
<b>Banyan</b>	Pera	Noel	Royal- Reign
<b>Ash</b>	Sota N	Esra	Illyahna
<b>Guava</b>	Menrot	Roaa	Zain
<b>Katsura</b>	Aoi	Aaliyah	Victoria
<b>Chestnut</b>	Mira	Eyad	Mohamed
<b>Damson</b>	Tala	Sadahiro	Sahar
<b>Juniper</b>	Danny	Omar	Sabrina
<b>Holly</b>	Toshi	Mariam H	Mohamed
<b>Ivy</b>	Caspian	Areej	Angelin
<b>Rowan</b>	Lena	Salome	Asiyah
<b>Mulberry</b>	Shuya	Aroush	SJ
<b>Pine</b>	Kiko	Madina	Maya
<b>Sycamore</b>	Eleni	Bethany	Elyas
<b>Elder</b>	Chloe	Imad	Dawar
<b>Quince</b>	Persia	Hussain	Sosuke
<b>Willow</b>	Arlo	Adam	Callie
<b>Lime</b>	Abdullah	Aisha	Abdulrahman
<b>Tamarind</b>	Leya	Yuzuka	Hiroki
<b>Zaytouna</b>	Saya	Simone	Yuina
<b>Woodlands</b>	Adam	Akram	Oliver D