

# WEST ACTON PRIMARY SCHOOL

## NEWSLETTER

Friday 9<sup>th</sup> December 2022



We have had an exciting week in school with our Christmas dinner on Wednesday whilst wearing Christmas jumpers! Everyone had a great day. We were also very proud of Hammasa winning the Sustrans logo competition which was open to all Ealing school children.

Thank you to everyone who came in to see their children's books – the parents I spoke to were very impressed and proud of all the work they saw.

The children thoroughly enjoyed the Pantomimes this week – it was so nice to see them joining in and laughing.

We have achieved our Gold Healthy Schools this week – this is a fantastic achievement and is a testimony to everyone's hard work. Thank you and well done to Miss Ferreira for overseeing it all. Our Choir – which has doubled in size – superseded all of our expectations with their singing at the ESMA Carol Service for Ealing Schools on Wednesday evening. Thank you to Mr Prothero and Miss Ramshaw for all of their efforts on that.

Please make sure you have checked when your child's performance is for next week!

The weather has turned very cold this week – please wrap up warm. Have a nice week end, Miss Kondo



Monday 12 <sup>th</sup> December	<b>Morning Year 2 show at 9.15am</b>  <b>Afternoon Year 3 show at 2.30pm</b>
Tuesday 13 <sup>th</sup> December	<b>Morning Year 1 show at 9.15am</b>  <b>Afternoon Year 4 show at 2.30pm</b>
Wednesday 14 <sup>th</sup> December	<b>Morning Reception show at 9.15am</b>  <b>Afternoon Year 5 and 6 Seasonal Sing at 2.30pm FOR YEAR 5 PARENTS/CARERS</b>
Thursday 15 <sup>th</sup> December	<b>Afternoon Year 5 and 6 Seasonal Sing at 2.30pm FOR YEAR 6 PARENTS/CARERS</b>
Friday 16 <sup>th</sup> December	<b>Last day of term – school ends at 1.30pm</b> No Aktiva provision
<p align="center"><b>School Holidays – pupils return to school on</b>  <b>Tuesday 3<sup>rd</sup> January 2023</b>  <a href="https://www.westactonprimaryschool.org/newsanddates/termdates">https://www.westactonprimaryschool.org/newsanddates/termdates</a></p>	

## Results

West Acton school seen a small reduction in the amount of electricity we used during our Switch off Fortnight campaign.

We hope to continue to turn off lights and computer when not in use and do our bit to help our plan.

Can you do the same?



# MAYOR OF LONDON

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Awarded to:

**West Acton Primary School**

Date:

**December 2022**

For your outstanding contribution to  
improve wellbeing in your school

A handwritten signature in black ink, appearing to read "Sadiq Khan".

**Sadiq Khan**  
**Mayor of London**



This week at WAPS, we achieved the Healthy Schools London Gold award! We have been working hard on the Ealing FGM project for three years to ensure our children know how to keep themselves and others safe. We began this project due to Acton having a high percentage of girls at risk of FGM – this started in 2020 and many of our parents also participated. We continue to teach our children how to keep themselves safe with the PANTS rule, consent, Equality Act and our Anti-bullying learning. Well done to everyone at WAPS!



*School Council underneath one of our new hall signs – this one we decided to rename the Elizabeth Jubilee Hall, in memory of Queen Elizabeth II.*

Children's Multi-Activity

# CHRISTMAS

Holiday Camps

CHISWICK | EALING  
UXBRIDGE

19th - 23rd  
December 2022  
7.45am-6pm  
& 9am-5pm



For all camp dates, venues  
and to book your place please visit  
[www.aktivacamps.com](http://www.aktivacamps.com)



Aktiva Camps is an OFSTED outstanding registered children's day camp. Providing an extensive range of sports and activities for children to enjoy. Aktiva offers children between the ages of 4 and 12 a safe, fun and friendly holiday camp environment. We encourage children to try new things, building their confidence and broadening their experience™, each and every day. Our programmes are designed to be high energy, full of variety and most importantly fun! Your child(ren) will return home with memories, home-made souvenirs and having formed new friendships.

Building confidence  
and broadening  
experience™



**CHRISTMAS CAMPS AT:**  
**BELMONT PRIMARY SCHOOL**  
**MOUNT CARMEL SCHOOL**  
**JOHN LOCKE ACADEMY**



**FULL WEEK SESSIONS**  
Full day: 7.45am to 6pm - £159  
Short Day: 9am to 5pm - £148  
**DAY SESSIONS**  
Short day - £38 Long day - £45  
Childcare vouchers accepted

#### OUR ACTIVITIES INCLUDE:

Arts and Crafts: Collages, Origami, Snow Craft  
Snowman Junk Modeling Stem Challenge Work Shop;  
Ice Cold Science Fun, Spaghetti Construction, Growing Crystals,  
Chromatography, Making Frozen Bubbles, Pepper mint bath bombs  
Let's Cook!: Rainbow Fruit Skewers, Veg Wraps,  
Healthy Cereal Bars Team Sports: Football, Netball,  
Tennis, Badminton, Hockey and much more

Easy Online Booking:

[www.aktivacamps.com](http://www.aktivacamps.com)

Email: [bookings@aktivacamps.com](mailto:bookings@aktivacamps.com)



NHS North West London Vaccination and Immunisations Team  
15 Marylebone Road  
London NW1 5JD

Email: [nhsnwl.c-19.vac.group@nhs.net](mailto:nhsnwl.c-19.vac.group@nhs.net)  
Website: [www.nwlonondonics.nhs.uk](http://www.nwlonondonics.nhs.uk)

2 December 2022

Dear Parent

**REMINDER: Update from the NHS and Public Health in North West London to get your child vaccinated over the Christmas holidays**

We would like to write to parents of school aged children to remind them to keep up to date with their child's vaccinations. This winter break from school presents a great opportunity to go out and get them vaccinated.

Most children aged one to nine need to receive the **polio** vaccination to keep them safe from its devastating effects. Whilst it is urgent for your child to have the polio vaccination now, it is also important to check your child is up to date with their **covid, flu and MMR** immunisations during the winter period.

Lots of appointments are available through local pharmacies and booked appointments at vaccine centres. You can find all the details of places to get your child's polio vaccination here [www.nwlonondonics.nhs.uk/polio](http://www.nwlonondonics.nhs.uk/polio)

If your child missed their flu vaccination in school, you can call the flu catch-up number to find out where to get a flu vaccine outside of school in your area:

Brent, Ealing and Hillingdon - CNWL School Aged Vaccination Team - 01895 485 740  
Harrow - CLCH School Aged Vaccination Team – 0208 102 6333  
Hounslow - CLCH School Aged Vaccination Team – 0203 691 1013  
Hammersmith & Fulham, Kensington & Chelsea and Westminster – 0203 317 5076

**Why is the polio booster so important?**

Polio can result in life-long paralysis and other disabilities, and in extreme cases, even death. There is no cure for polio, immunisation is the only protection.

The additional booster vaccination for all children aged one to nine is being provided in response to the alarming findings that the poliovirus has been found in sewage samples taken in London. It provides the best possible protection, and the Joint Committee on Vaccination and Immunisation (JCVI) have instructed that most children aged 1 to 9 in London should urgently get a booster dose to ensure they are fully protected.

We have not seen a live case of polio in the UK since 1984, and it is vital that we prevent any community spread.

More information and frequently asked questions about the polio vaccination programme for children can be found here: <https://bit.ly/polio-faqs>

Best wishes,

NHS North West London Vaccination and Immunisations Team

The North West London Integrated Care System is a collaboration of NHS, local authority, voluntary and community sector organisations

House points for this week are –

Chiswick	907
Osterley	975
Pitzhanger	870
Syon	748

### **What to do when you feel your temper rising...**

The holidays are just around the corner and parents/carers and children are getting tired.

Holidays bring lots of joy but they can also bring their own stresses. As we attempt to manage our stress, we may feel our tempers rising.....

We all have triggers and particularly at the moment we may find ourselves outside of our 'window of tolerance'- our children certainly do and so do we! So, what can you do when you feel your temper rising? We often feel an urgent need to DO something, but that is our emergency response system operating. Quite often, however, you do not need to DO anything... other than notice what you are feeling, breathe your way through it and restore yourself to calm before you act.

### **How can parents help?**

First of all, know your triggers. Notice them, as well as what happens in you when your buttons have been pushed. If you can catch it early, you are more likely to feel you have a choice in your response. If no physical intervention is absolutely required (in safety situations), just hold still and breathe. Resist taking action for now and work hard to see things from your child's point of view: what do they need your help with? Finally, always choose love, not fear, set a limit but do it with empathy, move into a playful mode and always be ready to offer a hug!

**In September, Sustrans Charity came to our school to introduce to a logo competition.**

**You had the choice to enter the competition by drawing a logo for their new cycle hub.**

**The winner would get a bike!**



## **Hammasa in Year 4 Mulberry!**

**Congratulations to Hammasa who won the competition! She was up against some fantastic entries from not only our school but schools all around Ealing.**



## **The Winning Design!**



**Thankyou to everyone else who entered the competition!**



## West Acton Primary School Weekly Values Rewards



w/c 28 <sup>th</sup> November 2022	Courage	Consideration	Collaboration
<b>Acorn</b>	Ghazi	Iman	Elisa
<b>Olive</b>	Aaban	Elias	Khason
<b>Fir</b>	Nanako	Kavell	Shea
<b>Banyan</b>	Khaled	Noël	Emily
<b>Ash</b>	Kiana	Julion	Minori
<b>Guava</b>	Adam H	Anu	Ladan
<b>Katsura</b>	Victoria	Chiaki	Asma
<b>Chestnut</b>	Yasin	Dima	Mira
<b>Damson</b>	Sara	Miral	Kobi
<b>Juniper</b>	Yousif A	Hashim	Sulayman
<b>Holly</b>	Fatima	Mirei	Mariam A
<b>Ivy</b>	Leyna	Rosie	Caspian
<b>Rowan</b>	Rumaysah	Batoul	Hanano
<b>Mulberry</b>	Aroush	Isabel	Maryam
<b>Pine</b>	Madina	Yuma	Sara
<b>Sycamore</b>	Tate	Ariana	Rimas
<b>Elder</b>	Shiho	Danya	Salahuddin
<b>Quince</b>	Persia	Irine	Keira
<b>Willow</b>	Ian	Sena	Ben
<b>Lime</b>	Rouaa	Abed	Izabella
<b>Tamarind</b>	Mustafa	Fares	Dina
<b>Zaytouna</b>	Alonso	Lara	Lujain
<b>Woodlands</b>	Jessie	Akram	Adam