

WEST ACTON PRIMARY SCHOOL

NEWSLETTER

Friday 10th February 2023



We are half way through the year as we come to the end of Spring 1! This week has felt particularly busy at West Acton with yoga happening every day, pop up clothes sales, charity events, three trips and four assemblies! Last Friday we were so lucky to have parents and staff husbands join us for the NSPCC Number Day, giving careers talks to our pupils – a huge thank you to our guests who were very inspiring. Our pupils asked fantastic questions too, so well done to them. Thank you to Mrs Lucas for organising a Finance Workshop for parents to offer guidance in the complex world of money matters.

Guava and Ash classes brightened up the mornings this week with lovely assemblies about Little Red Riding Hood. They have worked so hard and were very happy and confident.

Our thoughts and prayers go out to families affected by this week's earthquake in Turkey and Syria – please see below about a fundraising event when we return. I also urge you to read about the PTA and consider our last call to join.

I hope that you all have a wonderful half term holiday and look forward to seeing you all at parents' evening when we return. Thank you for your support in the first half of this year! Miss Kondo



Tuesday 21st February we have decided to have a charity day in support of the devastating earthquake in Turkey and Syria.

Children can wear their favourite shoes to school in return for a small money donation. Year 4 decided on Friday to donate £200 of the £483 that they raised to supporting the earthquake in Turkey and Syria. Well done Year 4! Can we as a whole school match that and raise at least another £200?

Children must wear school uniform but can wear sensible shoes of their choice – even odd shoes! Maybe you have two favourites! No high heels or flips flops please!

Final Call to save the PTA.

The PTA held their AGM this morning and sadly only had one nomination to stand on the committee –they needed three people do this.

They need: a chairperson and a secretary to join a new treasurer.

The deadline has been extended until **Monday 13th February at 12.00pm noon** – please email Friends of West Acton Primary School PTA at fowap2014@gmail.com if you are willing to join the PTA Committee. There will be a thorough handover and great support from the outgoing committee and the school.

Without a PTA committee whole school community events
will not be able to go ahead.

Year 4 Runs a Marathon for Water Aid



Year 4 collectively ran a marathon for our charity WaterAid. The children showed our school values collaboration very well. In total, we raised £483 in total.



Year 2 are having a great day dressed up as African animals. They are raising money for their chosen PSHE charity the WWF. They chose the WWF as they were inspired after reading *Akimbo and the Elephants* by Alexander McCall Smith. They too want to stop the poachers from hurting all the animals in Africa, especially the elephants!

So far they have raised £50.20. Great work Year 2!

MESSAGE from Mrs Ahmad, School Therapist

This week for Children's Mental Health Week the theme was 'Let's Connect.'

People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections - to family, friends and others- this can support our mental health and our sense of wellbeing.

The children came together to think about positive ways in which they connect together in their school community and in the wider community, to support their mental health and wellbeing.

We read the story of 'Have you filled a bucket today?' and thought about kind, meaningful and helpful ways that we could help fill other people's buckets, which helps fill our own bucket. A full bucket means that we are feeling happy and open to connect with other's in a positive way. An empty bucket means we are feeling sad, angry or worried, which means we may become upset and sometimes be unkind to ourselves and others.

How can parents/carers help?

This is a great way for children to let you know how they are feeling. When your child/children can't find the words to describe how they are feeling, you may see them act out (withdraw, cry, hit, throw, shout etc.)

Asking them if their bucket feels full or empty is a simple way to give them words for their experience. It also helps them develop better understanding of their inner world.

Over the half term, you could ask them to draw their buckets to show you how they feel. Perhaps you can make a list of things to help fill their buckets when they feel empty, and hang it on the fridge-asking for help, a hug, drawing, listening to quiet music, going for a walk, a glass of water, etc.

It can also be a great way of helping a child to begin to understand that others have different thoughts and feelings to us as they start to think about the ways in which they might fill another person's bucket.

Remember, it is important that your bucket is full, which will help to keep your child's bucket full too.



The pupils enjoyed an assembly with Mrs Ahmad this week for Children's Mental Health week and each class had a Yoga session too!

Children's Mental Health Week at West Acton Primary with KidsYogaFlo

It has been my absolute pleasure to have led yoga sessions for every single class at West Acton Primary School this week for Children's Mental Health Week.

The theme for this year is **Let's Connect** and we have done this through stories, poems, discussion and yoga. I read the story "**The Colour Monster**" by Anna Llenas for early years, this book discusses emotions linked to colours. We then practiced yoga poses connected to our emotions including happy, sad, angry, afraid, calm and loved. The children are very aware of their emotions and loved to form different shapes and postures, especially balancing!

For KS1 and early KS2 we looked at the book "**Invisible String**" by Patrice Karist. This book explores the fact that we can feel the love of family and friends where ever we are and what-ever we are doing. This helps the children to feel safe and secure. The children were so focused and enjoyed mindful activities, focusing on their breath when practicing yoga poses.

For the older children we explored the **Poem by Matt Goodfellow called Together** – it is a very powerful poem which the children spoke aloud. We engaged in a "flow" of poses from child's pose, cobra, downward facing dog, mountain and tree pose. We also used yoga blocks to balance, I was so impressed with how calm and engaged the children were. It has been a total pleasure working with the children and the staff and I think they enjoyed it too!

Many of the children came up to me at the end of their sessions with statements such as

"That felt lovely", "I feel so calm", "I want more yoga", "That was hard, but good", "Thank you, that was amazing" "I did it!"

I was mindful to respect all of the children's culture and religious beliefs – explaining to the children that I honoured their beliefs and offered them options and choices.

I am very lucky to offer a Yoga breakfast club on a Tuesday morning from 8:00-8:40 – I still have a couple of spaces available if your child would like to join us for the next half-term. You can book via my book when page <https://bookwhen.com/kidsyogaflo>

Kind Regards Emma Hoddy of Kidsyogaflo

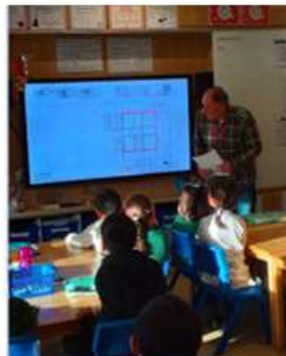




Year 1 enjoyed celebrating NSPCC Number Day. They had fun learning all about Virgin Atlantic and our special visitor spoke to the children about the different ways he uses numbers in his job. The children learnt how many pilots, cabin crew, engines and TVs are on a Virgin Atlantic aeroplane!



NSPCC Number Day in Year 3



On Friday 3rd February, we all celebrated Number Day and raised money for the NSPCC charity whilst doing so. Year 3 welcomed our visitor, Mr McGill, who is an engineer and works in construction. He talked to us about all the different ways he uses maths in his job. We got to see different measuring equipment he uses and had a go at solving one of his daily maths problems, before asking him questions. We learnt how important numbers are in everyday life! Here are some quotes from some of the pupils:

"I learnt that we can use numbers not just in school, but in other ways in our lives."

(Batoul, Rowan Class)

"I learned from our visitor that if there were no numbers, you can't build a house."

(Yo, Rowan Class)

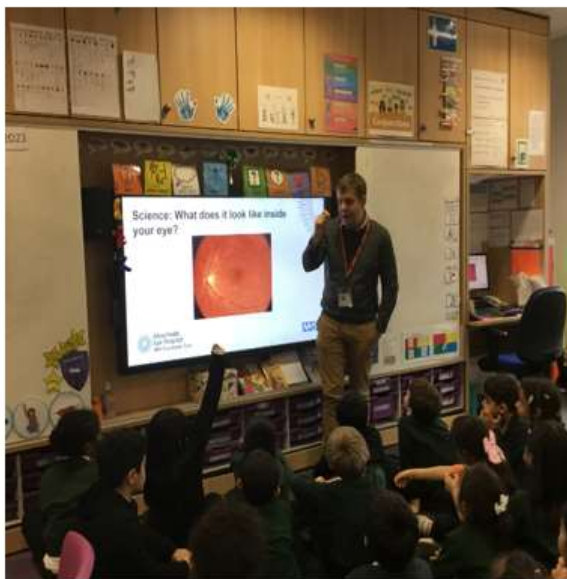
"I learned numbers can help to make a house or a building like a football stadium."

(Akito, Rowan Class)

"I enjoyed playing number games for 10 a day and I liked making number shapes with a partner." (Salome, Rowan Class)



Year 6 had a fantastic speaker for NSPCC's number day! Dr Hakim spoke to the children about how she uses maths in her job role as a biomedicine researcher and a university lecturer. The children learnt some great facts about diabetes along the way!



Year 2 were lucky to have Optometrist Mr Crossland in their classes. He spoke to them about how he uses maths every day in his job and how science and English play an important part too.



Year 4 enjoyed a talk from our visitor about her job. Ms Morais is a project manager in construction and deals a lot with numbers in her daily job. She gave us an insight into her role and how Geography plays a key part too. The children also enjoyed a game of 'Mathopoly' using their times tables knowledge to win points. #numberday

Dr Crossland came to Year 5!



We talked about numbers and how they are important when you are a doctor.
For example – how much medicine should you give?

How many millilitres (ml) does Evie need?



250mg =
5ml

Thank you Dr Crossland!

Children's Multi-Activity HALF TERM Holiday Camps

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and broadening
experience™



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New playground activities – Fine motor skill focus

At the beginning of last term, West Acton introduced K'Nex and a wooden train set - activities which promote a development of fine motor skills and imaginative play during break and lunch times.

Both Key Stage 1 and Key Stage 2 have enjoyed using these during their breaks and continue to develop their skills in this area.



Digi-Skipping Rope Challenge.

At the beginning of last term, West Acton introduced a digi-skipping rope challenge for each class. They were given a bag containing a 2 minute sand timer, digi-skipping rope (it counts how many skips they do on the handle), notebook and pencil. The Active Champions have been responsible for taking them out with them each break and lunch time. At the end of each week, the highest skip champions have been awarded certificates. The children have thoroughly enjoyed this challenge!

Virtual and Hybrid Pentathalon events at West Acton.

On Tuesday 7th February, Birch class took part in two competitions as part of our annual entry in the Featherstone SSP competition.

They learnt lots of sporting techniques and activities, from long jumps to shuttle runs and had great fun along the way!

Well done Birch class!



PARENTS' EVENING

Tuesday 21st and Thursday 23rd February – in person at school

PUPILS RETURN to School

Monday 20th February



Year 4 had great school trips this week to Sky Studios in Osterley. They used their knowledge of Extreme Weather from their Geography lessons to make a news report. Everyone had a part to play in creating a fantastic digital news report. They showed great collaboration at its finest. As part of their tour, they seen a live news report being broadcasted on a Sky News channel.



Teachers' Strike Action

You will have heard in the news that many teachers, in the NEU, across the country will be staging strike action on: 2nd March, 15th March and 16th March.

It is very likely that classes at West Acton will be affected.

I will write to you with more details as information unfolds.



The Eco Committee hosted a successful pop up shop, selling donated clothes from our school community for a small donation. It was lovely to see the clothes getting reloved and reused which was the key message for this campaign 'Cut your Carbon'. #cutyourcarbon





<https://www.singeducation.co.uk/signup/>

SING education offer a wide range of music tuition lessons at West Acton. They are currently setting up new lessons in violin and clarinet – please sign up with them directly.

Please note children may miss other lessons in their normal school day if they are attending these lessons.