

# WEST ACTON PRIMARY SCHOOL

## NEWSLETTER

Friday 5<sup>th</sup> May 2023



What a wonderful celebration we have had today at West Acton to mark the upcoming Coronation of King Charles III! The children enjoyed learning all about the monarchy and the coronation. We had a fantastic lunch and every child designed their own crown. Finally, the rain held off and we were able to come together as a whole school and watch an assembly by the School Council and sing together as a whole community.

Please make the most of this special three day week end - we are also looking forward to getting back to five day weeks after this holiday!

Thank you Miss Kondo

**School Closed for Bank Holiday Monday**

**Monday 8<sup>th</sup> May**

**Year 3 assemblies this half term**

**Class**

**Friday 12<sup>th</sup> May**

**Rowan**

**Friday 19<sup>th</sup> May**

**Holly**

**Friday 26<sup>th</sup> May**

**Ivy**

### READING

Children should be reading 5 nights a week  
Children should be completing BUG CLUB 1  
night a week

Reading books and Reading record  
planners should be in children's book bags  
every day

### Health and Safety

Children should not be on the climbing  
frame after 3.15pm

Please supervise your children after school  
– too many children are left unattended or  
running in the car park.







# West Acton Primary School



## Second – Hand Uniform Shop Now OPEN!



Contact the **school office** to complete a **request form** for a second hand uniform for your child.

*All items are subject to availability.*

**Sizes:** range from age 3 to age 11

**Price:** All items £1



***MESSAGE from Mrs Ahmad, School Therapist***

***I look forward to welcoming you all to the next Parent/carers coffee morning on Thursday 11<sup>th</sup> May.***

Anxiety in children....

All children feel anxious at times. This is a normal part of their development, as they learn to develop survival strategies when faced with challenges. They are often more likely to show you their anxiety in different ways: tummy aches, needing lots of cuddles and reassurance, struggling to go to sleep, loss of appetite, fidgety/finding it hard to sleep, are some examples. Anxiety in children tends to be more prevalent around night-time, changes/transitions/separation from you or around exam time in school.

*How can parents/carers help?*

Understanding what anxiety is will help us to calm our own worries about our children's anxiety. Anxiety is a feeling of unease, worry or fear – we all feel anxious at times.

Talk to your child about anxiety and help them understand what is happening in their body. “Hey Warrior” is a wonderful picture book that can help you with this. Help them recognise the signs so they can tell when they are feeling anxious and can ask for help. Explain that this feeling will pass, like a wave that peaks before it gets smaller. When their worries creep up, help them take deep breaths and do this together. Sometimes a cuddle can also help to soothe. Remind them of their strengths. Invite them to find a safe, happy place in their mind they can go to when feeling anxious. Your child can either keep a Worry Book where they can write or draw anxious thoughts or put them into a Worry Box.

Exercise and movement, as well as a healthy diet, will help to reduce the stress hormones in their bodies. It is also important to keep your child away from violent or scary content on screens. Finally, work on developing positive thinking together and think of what they can DO when they feel anxious. Make a list and place it somewhere visible to you and them.

There are different ways you can calm your body's stress response. Look online for guided breathing exercises or relaxation techniques. Here is a link to some relaxation techniques you can find on NHS Scotland. <https://www.nhsinform.scot/healthy-living/preventing-falls/fear-and-anxiety-about-falling/relaxation-techniques-to-help-prevent-falls/>

***I look forward to welcoming you all at our Parent/carers Coffee Morning next Thursday 11<sup>th</sup> May at 9.00am.***



Year 4 represented WAPS fantastically at the mini tournament competition at Gunnersbury Park. They reached the semi final stages and were narrowly defeated by Fielding Primary school, who went on to win the competition. The children showed great sportsmanship and had a great day showcasing their tennis skills 🎾



Well done!!

## Digi-Skipping Rope Challenge

Winners w/e:28/04/23:

Year 1 Katsura – Asma (118 skips)  
 Year 2 Juniper – Yumi (116 skips)  
 Year 3 IVY – Mohamed (188 skips)  
 Year 3 Rowan – Alesha (195 skips)  
 Year 4 Mulberry – Maho (210 skips)  
 Year 4 Sycamore – Aya (201 skips)  
 Year 4 Pine – Zara (232 skips)



**Good luck to Year 4's next week, taking on the ultimate digi-skipping challenge!**

Please remember to hold the rope in your **right hand** and **press the black reset button**. The reading should never usually be higher than around 200.

Write the new date of that week in your notebooks clearly e.g. next week should begin 01.05.23.







So top 5 Bug Club reading classes for Summer 1 Week 2.....

<b>1<sup>st</sup> 62% - Sycamore Class</b>
<b>2<sup>nd</sup> 56% - Holly Class</b>
<b>3<sup>rd</sup> 55% - Willow Class</b>
<b>4<sup>th</sup> 52% - Ivy Class</b>
<b>5<sup>th</sup> 44% - Mulberry Class</b>



.....and top 5 Bug Club readers across the school for Summer 1 Week 2 .....

<b>1<sup>st</sup> So (Willow Class) 24 books completed</b>
<b>Joint 2<sup>nd</sup> Ren (Guava Class) and Takuto (Ivy Class) 17 books completed</b>
<b>Joint 4<sup>th</sup> Bandar (Chestnut Class) and Omar (Chestnut Class) 15 books completed</b>



.....and top 5 Bug Club quizzers across the school for Summer 1 Week 2 .....

<b>1<sup>st</sup> Hana (Holly Class) 90 quizzes completed</b>
<b>2<sup>nd</sup> Vivian (Holly Class) 82 quizzes completed</b>
<b>Joint 3<sup>rd</sup> Inas (Holly Class) and Jay (Juniper Class) 48 quizzes completed</b>
<b>5<sup>th</sup> Safa (Holly Class) 47 quizzes completed</b>

# Meaningful May 2023

## MONDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

## TUESDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

## WEDNESDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

## THURSDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why

31 Find three reasons to be hopeful about the future

## FRIDAY

5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

31 Find three reasons to be hopeful about the future

## SATURDAY

6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

31 Find three reasons to be hopeful about the future

## SUNDAY

7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight



ACTION FOR HAPPINESS

Happier · Kinder · Together

Don't forget to order your West Acton Leavers Hoodie or T-shirt

Deadline to order is Friday 19<sup>th</sup> May



Hoodies £17 T-shirt £7.50



Order at <https://shop.teamhoodies.co.uk/westacton23/>

The link is in the school newsletter and has been sent by text to your parents



# OPEN BASKETBALL TRIALS

U10/ U12 / U14/ U16 - GIRLS  
U10/ U12 / U14/ U16/ U18 -BOYS  
U14 NATIONAL LEAGUE - BOYS

EALING FIELDS HIGH SCHOOL, W5 4EJ  
6-7PM U10/ U12  
7-8PM U14/ U16 / U18  
MAY 3RD  
MAY 10TH  
JUNE 28TH  
JULY 5TH

\*COST £5  
BOOK ONLINE: [WWW.STAYSUPA.COM/BOOK-ONLINE](http://WWW.STAYSUPA.COM/BOOK-ONLINE)  
\*KIDS CAN COME TO ALL TRYOUTS OR JUST ONE- TEAMS WILL BE SELECTED AFTER JULY 5TH




## West Acton Primary School Weekly Values Rewards

w/c 24 <sup>th</sup> April 2023	Courage	Consideration	Collaboration
<b>Acorn</b>	Kazuki	Alma	Cheya
<b>Olive</b>	Tala	Khason	Ibrahim
<b>Fir</b>	Summer	Shahd	Wataru
<b>Banyan</b>	Jaylah	Majed	Karim
<b>Ash</b>	tbc	tbc	Tbc
<b>Guava</b>	Adam B	Adea	Menrot
<b>Katsura</b>	Eamon	Keita	Neyson
<b>Chestnut</b>	Safiya	Mason	Mira
<b>Damson</b>	Teddy	Mohamed B	Liv
<b>Juniper</b>	Toru	Shamfa	Danny
<b>Holly</b>	Fatima	Elsie- Louise	Hana
<b>Ivy</b>	Hamza	Noor	Leyna
<b>Rowan</b>	Batoul	Mila	Lucjan
<b>Mulberry</b>	Maryam	Shuya	Helena
<b>Pine</b>	Asawir	Sara	Shia
<b>Sycamore</b>	Rayan	Sam	Tate
<b>Elder</b>	Rino	Mikail	Zainab E
<b>Quince</b>	Raya	Haru A	Persia
<b>Willow</b>	Mustaf	Lily	Maida
<b>Lime</b>	Shotaro	Rouaa	Sarah
<b>Tamarind</b>	Fares	Yuzuka	Mustafa
<b>Zaytouna</b>	Andrii	Hussein	Mustafa
<b>Woodlands</b>	tbc	tbc	tbc





## EYFS & KS1 Oral Hygiene COFFEE MORNING

Come and meet an Oral Hygienist and learn how to even better support your child with their dental and oral health.



Date: Monday 15<sup>th</sup> May 2023 at 9am

Time: 9:00am- 10:00am

Location: Conference Room (West Acton Primary School)



5 月 11 日 木曜日の午前 9 時から午前  
10 時まで、保護者/介護者向けのコー  
ヒーモーニングにご招待します。

# Coffee Morning



ਗੁਰਾਨੂੰ ਵੀਰਵਾਰ 11 ਮਈ ਨੂੰ  
ਸਵੇਰੇ 9.00 ਵਜੇ ਤੋਂ 10.00  
ਵਜੇ ਤੱਕ ਸਾਡੇ ਮਾਤਾ-  
ਪਿਤਾ/ਵੇਅਰਰ ਬੈਂਚੀ ਸਵੇਰ  
ਲਈ ਸੱਦਾ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ।

Supporting our Wellbeing and the  
Wellbeing of our children

أنت مدعو لتناول قهوة الوالدين / مقدم الرعاية صباح يوم الخميس  
11 مايو من الساعة 9:00 صباحاً حتى 10:00 صباحاً

Запрошуємо вас на  
ранкову каву для  
батьків/опікунів у четвер,  
11 травня з 9:00 до 10:00

You are invited to come and meet  
with Mrs Ahmad

9.00am - 10.00am

Thursday 11<sup>th</sup> May 2023

آپ کو 11 مئی بروز جمعرات  
صبح 9.00 بجے سے 10.00  
بجے تک ہمارے والدین/کیئرر  
کافی مارننگ میں مدعو کیا  
جاتا ہے۔

गुरुवार 11 मई को सुबह 9.00  
बजे से 10.00 बजे तक आप  
हमारे माता-पिता/देखभालकर्ता  
कॉफी में आमंत्रित हैं

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