

WEST ACTON PRIMARY SCHOOL

NEWSLETTER

Friday 19th May 2023



We started off the week thinking during assembly of ideas to fill our time capsule and the children were fantastic at coming up with a whole range of items to remember this time of their lives.

Holly class in Year 3, performed an amazing song during their assembly about the Romans today – in addition they were super confident and full of knowledge. Well done Holly class, thank you.

There are some nice local events coming up this week end and next – please do go along if you can. Details are below. For the families who came to collect the free football tickets that we were lucky enough to get – I hope that you all have a great time at Wembley! Have a wonderful week end, Miss Kondo.

Year 3 assemblies this half term	Class
Friday 26th 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

For Mental Health Awareness week 2023, the focus has been on anxiety and its impact on our mental health.

Let's think about anxiety in all of us.....

Anxiety is something we can all experience from time-to time. There are lots of reasons why we get this feeling. It can be connected to a job, school, a relationship, social situations, how we feel about ourselves, or a change in our life. If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from doing the things we need or want to do. The more often and the longer we feel anxious, the more it can become a problem.

Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings. What helps you? Is it focusing on your breathing? Trying some exercise, keeping a diary, challenging your thoughts, getting support for money worries, spending time in nature, connecting with people and talking about how you feel? For some it may be getting quality sleep or rest or focusing on eating a healthy diet? All of these are linked to good mental health.

If your feelings of anxiety are not going away, are having a negative impact on your life, or often prevent you from doing things you need or want to do, seek support. Speak to your GP or healthcare professional about support available in your area or contact a helpline service. *Know that there is support out there for you if you need it.*

Below are some services that you may wish to seek support from:

- Mindfulness www.mentalhealth.org.uk/mindful
- Exercise www.mentalhealth.org.uk/physical-activity
- Cost of Living www.mentalhealth.org.uk/cost-of-living-support
- Nature www.mentalhealth.org.uk/nature
- Diet www.mentalhealth.org.uk/diet
- Helpline services www.mentalhealth.org.uk/get-help



So top 5 Bug Club reading classes for Summer 1 Week 4

1st 66% - Holly Class
2nd 61% - Elder Class
3rd 59% - Sycamore Class
4th 58% - Ivy Class
5th 57% - Rowan Class



.....and top 5 Bug Club readers across the school for Summer 1 Week 4

1st Safa (Holly Class) 19 books completed
2nd Nina (Willow Class) 17 books completed
3rd Rio (Ivy Class) 15 books completed
Joint 4th <u>Fuki</u> (Holly Class) and <u>Hiroto</u> (Willow Class) 14 books completed



.....and top 5 Bug Club quizzers across the school for Summer 1 Week 4

1 st Safa (Holly Class) 184 quizzes completed
2 nd Gene (Sycamore Class) 111 quizzes completed
3 rd Jay (Juniper Class) 84 quizzes completed
4 th Eita (Ivy Class) 62 quizzes completed
5 th Sham (Holly Class) 52 quizzes completed



Digi-Skipping Rope Challenge

Winners w/e:19/05/23:



Well done!!

Year 1 Katsura –Tinos (108 skips)

Year 2 Juniper– Yuri (144 skips)

Year 3 IVY – Areej (205 skips)

Thank you all for taking part in the challenge – we will not be running the challenge in the summer 2 term so please do not return your notepads and use as you like with your skipping rope and timer.



 **Ealing Junior Music School**

"Come & Play Open Day"

**Saturday
20th May**

2.30-4.30 pm



The Cafe of Twyford C of E High School, Acton W3

If coming by car please use the Twyford Sports Centre entrance on the Uxbridge Road

The Doors of The EJMS Instrument cupboard are thrown open for the afternoon.
This is a wonderful opportunity for children aged from 5 - 18 to come and 'have a go' on an instrument they may otherwise never think of trying.

From Trumpets, Horns, Violins, & Cellos to Bassoons, Clarinets, Oboes and Flutes

these are some of the instruments that they will be
able to try with expert help from the EJMS' Music Teachers.

Also available to try out

EJMS MUSICIANSHIP Taster Drop in Sessions - ages 3-9

Refreshments ● A great fun afternoon out!

Ealing Junior Music School Saturdays Twyford C Of E High School / Acton / W3

Further details available at www.ejms.org.uk Or by calling EJMS on 020 8630 0579, email: admin@ejms.org.uk

— Art & Plant Market —

Saturdays in 2023, from 1-4 pm

27 May 24 June, 29 July, 26 Aug, 30 Sept, 28 Oct

Stalls, Music, Eco-Art, Activities, Community.

W3 Garden, Pavilion, Eastfields Road, Acton, W3 0JF.
info@artification.org.uk / www.artification.org.uk



ART acton

Free Family Event

ART & PLANT MARKET

Saturday, 27th May - 1 to 4 pm

Stalls on the day!

Acton Ealing Youth Football Club (AEW FC)
 Acton Gardening Association Plant Shop
 Artification
 Arts & Craft for children
 Auntie Bonnies Jerk Pit
 Book Swap run by Action West London
 Kidstime2Play - Children books and activities
 Peter Filbey Artwork
 Talking and Exploring - Tours of non-touristy parts of W. London
 The Massage Company – come for a free massage
 Zumba by Ana
 And more!

Activities on the day, you can join in!

Choir & Dancing Folklore by the Local Japanese Hobby Group,
 Zumba by Ana, Free Massage by the Massage Company

Food and Drinks available from the Café in the Pavilion

Promoted by Artification – Charity No. 1152149

Polite Reminder

**We cannot complete forms for pupils
or their families.**

e.g. Passports, ID, Visa

Thank you for your understanding.

Health and Safety Reminder

**Children must be supervised after
school at all times**

Hold small children's hands

**Do not let your child go on the
climbing frame after school**

**Do not let your ride their scooter or
bike in our car park**



Faith won first place for her range and conditioning gymnastics floor routine - out of 26 other competitors in the region!

Well done Faith – this is a fantastic achievement and we are very proud of you! Thank you for sharing.



Tate recently did a ballet exam with the Royal Academy of Dance and wanted to share the good news that she received a Merit in the final grade!

Well done Tate – you are very talented and we are very proud of you! Thank you for sharing.

West Acton Primary School Weekly Values Rewards

w/c 8th May 2023	Courage	Consideration	Collaboration
Acorn	Azusa	Sumire	Ghazi
Olive	Jad	Mia	Leena
Fir	Lina	Florence	Shuta
Banyan	Pera	Haruka	Leo
Ash	Afonso	Adam	Yousif
Guava	Davide	Othman	Tala
Katsura	Victoria	Aria	Aridon
Chestnut	Mira	Kana	Eyad
Damson	Boris	Eita	Mohamed M
Juniper	Sha'nayea	Haroon	Mariam
Holly	Alexander	Fatima	Mariam A
Ivy	Elena	Sarah	Eita
Rowan	Abdullah	Yo	Maho
Mulberry	Andrei	Moho	Aroush
Pine	Kanta	Maya	Sham
Sycamore	Abed	Omar	Faith
Elder	Tomoki	Misk	Rayan
Quince	Hannae	Ameila	Eduard
Willow	Riley	Kyoshiro	Saynab
Lime	Tbc	Tbc	Tbc
Tamarind	Tbc	Tbc	Tbc
Zaytouna	Fayyad	Zubaidah	Mustafa
Woodlands	Jessie	Oliver D	Yusuf