

WEST ACTON PRIMARY SCHOOL NEWSLETTER

Friday 16th June 2023



It is all about Sports at the moment at West Acton – lots of fantastic events, celebrations and achievements are happening at the moment both inside school and outside. What amazing pupils we have!

We look forward to seeing you at Sports Days next week - details again included here for reference.

If we have to change anything due to the weather we will let you know.

Have a wonderful week end. Miss Kondo

***Reception Assemblies – on THURSDAYS in June
22nd Fir 29th Banyan***

***School finishes for the summer on
Thursday 20th July at 1.30pm.***

When reporting absences by telephone or email, please state your child/children's full name, name of class and the reason for absence state the symptoms.



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



We are short on age 7-8 year old donations – do you have any old uniform?

MESSAGE from Mrs Ahmad, School Therapist

Beginning to prepare our children for changes...

Endings are important and can bring lots of different feelings for everyone: sadness, anger, confusion, worry, relief/excitement and many other emotions.

As we begin to think about the end of this school year, you may be starting or may soon begin to notice a change in your child's behaviour: are they appearing more sensitive than usual? Are they falling out with their friends more? Or becoming more easily upset?

How can parents/carers help?

First, let's acknowledge that endings may be hard for us too and the end of this school year may bring up all sorts of thoughts and feelings for you. We can use this insight into our feelings, to help our children. Help them to identify their feelings and to separate them into parts. "It sounds like a part of you is excited for the end of term activities and the summer holidays but another part of you is sad to say goodbye to your friends..."

There is going to be a Parent/Carers Coffee Morning next **Thursday, 22nd June 2023** where we are going to be thinking together about transitions when supporting the children and helping them to prepare for the end of term.

I look forward to welcoming you all.

6月22日木曜日に
ParentCoffeeMorningに招
待されます。

Coffee Morning

Supporting our Wellbeing and the Wellbeing of our children

9:00 صباحاً حتى الساعة 10:00 صباحاً.
أنت مدعو لتناول قهوة الوالدين صباح يوم الخميس 22 يونيو من الساعة 9:00

You are invited to come and meet with
Mrs Ahmad
9.00am - 10.00am
Thursday 22nd June 2023

جوں کو 22 آپ کو جمعرا
پیرنٹ کافی مارننگ میں
مدعو کیا گیا ہے۔

आपको गुरुवार 22 जून
को एक पेरेंट कॉफी
मॉर्निंग में आमंत्रित किया
गया है।

Come to the School gates for 9.00am and we will show
you to the conference room.





On Saturday the 3rd of June 2023, I woke up excited and got dressed ready to attend the FA Cup Final at Wembley! Once I arrived at the stadium I was given a special wristband and then the excitement began! Next we went to the locker room and we were given special kits with our names. After we got ready to explore the Emirates stadium – it was massive! As we left the locker room we saw photographs of the events that happened in the past in Wembley. Then we went to the players' locker rooms and we sat in the players dugouts.

Meeting David Beckham was amazing, I felt very honoured and happy. I even got a photo and high fives from him. We returned to the locker room and started to practise holding the players hands. The teams arrived in their coaches and we gave them high fives and started walking through the tunnel to the pitch. I felt very ecstatic walking through the tunnel holding Victor Lindelöf's hand I was holding and the atmosphere on the pitch was amazing. The crowd were awesome cheering us on! Although I was nervous, everyone made us feel very welcome and special. My best memory was meeting David Beckham



On Saturday the 3rd of June I woke up and got dressed because it was the FA Cup. I was a mascot! But I wondered who I was with. Anyways, I packed my bag and headed to the train station. The journey was so long. Once I got to Wembley Stadium I had a wristband and went inside with the other mascots. We entered our changing room and we got a shirt and a kit with our names on it. Then we practised what we had to do - like getting on and off the pitch. We watched the players enter and I high fived all the Manchester City players and the manager Pep Guardiola. I was amazed by the teams changing rooms there were the players' shirts, boots and snacks. Later, we met David Beckham we had an opportunity to ask questions. I got a high five and a photograph with him. Next we returned our changing room and had lunch and continued to practise a couple more times. Arriving at the tunnel, we and waited for the players, I was lucky to meet Prince William and we had a short conversation. I gave him a handshake and I was star struck! I felt like I was dreaming. Once all the players were there I had realised I was with Erling Haaland. I couldn't believe it! I could see cameras flashing. I walked out of the tunnel and I heard all the fans cheering. It was magical!



Younes has achieved his third belt in pure jujitsu!

Well done Younes we are very proud of you!



Cadenza

'Cadenza' is Ealing Music Service's well established music centre in the heart of Ealing. Now with 17 ensembles and classes catering to over 150 pupils from Ealing and beyond, and with manageable monthly rehearsals, Cadenza is the chosen music centre for many young musicians in West London.



Cadenza prides itself on being a friendly, supportive and relaxed setting where young people come to learn and make high quality music with professional teachers and conductors. We are proud to provide a wide variety of excellent ensembles and look forward to welcoming you for the year 23/24.

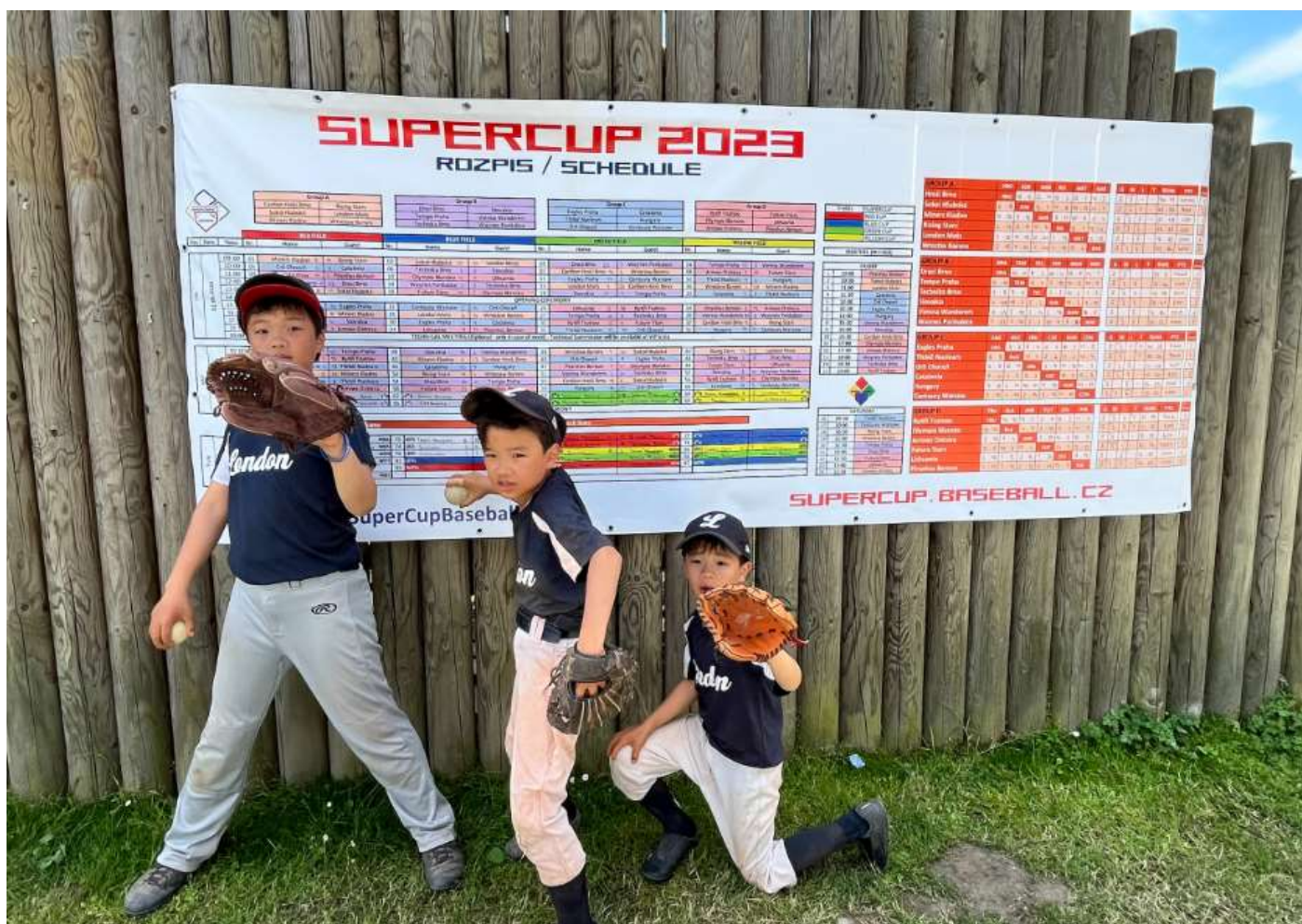


Our ensembles rehearse monthly on a Saturday at Grange Primary School, Ealing. The centre opens at 9:00am and our ensembles and classes run from 9:30am throughout the day until our last rehearsal finishes at 5:30pm.

If your child plays a musical instrument, loves to sing, would benefit from music theory classes then Cadenza is the place for them to expand their musical skills, meet friends for life and get involved in our numerous ensembles, choirs and performance opportunities. To check out what fantastic opportunities we have available, head to our website...

www.ealingmusicservice.com/cadenza





Yota , Eita and Shunta represented the United Kingdom as members of the London Mets in SuperCup2023 which is European international baseball tournament under the age of 10. The tournament took place in the Czech Republic from June 2nd to June 4th and involved a total of 24 teams from different countries and regions in Europe.

During the tournament, our team had some remarkable performances. Thanks to a hit from Shunta, we scored a run, and Eita made a diving catch on a fly ball, making a valuable contribution to the team.

Particularly an impressive was Yota who hit two home runs and was selected as a member of the All-Star Game; Reps of Czech v.s. Reps of Europe, where he showcased his skills while representing our United Kingdom and the team.

We were very much fortunate to have a great group of teammates and coaches, and this experience was truly invaluable.

Well done boys – this is amazing news and very exciting too!

We are very proud of you. Thank you for sharing!

FRESH

Art Club for Children



JULY
26th -28th
9:30am - 3:30pm

SUMMER ART CAMP

FOR 6-12 YEAR OLD CREATIVE KIDS
HALF DAY | FULL DAY | 2 DAYS | 3 DAYS



ART FASHION YOGA

Blondin Park Community
Pavilion

Blondin Park, Windsor Road,
Ealing, W5 4UR



kids
yoga
flo

www.freshartclub.co.uk

WE
WORK
DESIGN-IT-YOURSELF!

Come and work for Greener Ealing Ltd

www.greenerealing.co.uk

Greener Ealing Ltd (GEL) provides high-quality Waste Collection, Street Cleansing, Grounds Maintenance and other environmental services for our customers, the London Borough of Ealing, its residents and other service users.

Our vision is for Greener Ealing *to be recognised as one of the leading environmental service providers in West London and across the capital.*

We are recruiting to front-line roles in our Street Cleansing, Grounds Maintenance and Waste Collection Teams and we particularly welcome applications from women, who are under-represented in our workforce.

We offer:

- flexible working: early start and finish, part time hours, or term time only
- £11.96 per hour (Pay award pending)
- Company pension
- 24 days' holiday plus bank-holidays (pro rata for part time employees)
- Opportunities for further development

If you are interested in joining a winning team, or finding out more about what GEL has to offer, call Zahra Ghaderi on 07811 493 696 or send an email to ghaderiz@greenerealing.co.uk

Year 5 had a fantastic trip last Friday to visit the Golden Hinde, a fully operational replica of Francis Drake's iconic ship. This was part of their History topic 'The Tudors' where they learnt what life was like for sailors during the Elizabethan era.



THE DESIGN-IT-YOURSELF TIE-DYE! WORKSHOP

Delivered by Toyah Hemmings

Thursday 13th July
3.20-4.30pm
Year 1-6

£8

To Book
WhatsApp Toyah
07366 549 749

Insta: @designityourself

Learn how to
REDUCE/REUSE/UPCYCLE
an old T-shirt* using
the Tie-Dye technique!

*Bring an old, clean
T-shirt, vest, leggings,
socks or pillowcase -
either white or pale in
colour,
damp or dry.

Dear friends,

We hope you are all well and enjoying the heatwave!

As you will by now be aware, a vote was taken at our Annual General Meeting on Friday 10th February to dissolve the PTA as the current committee stood down and two of the three vacant positions were not filled.

We will be concluding the process of de-registering the PTA with the charity commission and closing the bank account this term.

We will also be ending our partnership with Easyfundraising and would kindly ask that you no longer make any purchases through their app as the donations may not reach us. Amazon ended their AmazonSmile initiative in May and we received our final donation from them on May 19th. Many thanks to those who used these tools to support the PTA.

We would also like to say a massive thank you to everyone who has been involved with the PTA past and present- from the head teacher and staff to the committee members and countless volunteers who went above and beyond what was asked of them and to all those who attended and supported our events over the years to raise tens of thousands of pounds for the school and our children. It's been a privilege and an honour!

Very best wishes,
Diana, Pete & Rasha

Know where to get the right help

NHS



There are lots of NHS services that can help you.

Knowing where to go, and when, can help you get the right care when you need it.

Pharmacy



Local pharmacists are **qualified healthcare professionals**. They can help you with minor health concerns and illnesses including coughs, colds, upset stomachs and skin/eye infections. They can also give some vaccinations and help with medications.

They can be found on most high streets and are a quick and convenient way to get medical advice. They will see you face to face and provide confidential help on the same day, with **no appointment needed**.

GP/doctor services

local GP practice



Your local GP practice can help with a wide range of general health problems, injuries and illnesses that are not life threatening.

Who you see at your appointment depends on the help you need. There are lots of different people who can help including a doctor, nurse, pharmacists, physiotherapist and many other trained health professionals.

They might see you over the phone, online or in-person.

You will need to be registered before you can book an appointment. To register with a GP practice you do not need proof of address, immigration status, ID or an NHS number. Find a GP practice near you at: www.nhs.uk/service-search/find-a-gp

GP help

evenings and weekends

Call your GP practice as normal. The practice answer phone will provide details of where you can get local out of hours appointments. You can also use the **online consultation form** on the practice website if your need is not urgent.

NHS 111



NHS 111 helps people get the right advice and treatment when they urgently need it. 111 can direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed.

Doctors, nurses, paramedics and other fully-trained advisors are available 24/7, and can get you the help you need by:

- finding out what local service can help you;
- connecting you to a nurse, emergency dentist, pharmacist or GP
- getting you an appointment if you need one
- telling you how to get any medicine you may need or give self-care advice.

You can contact NHS 111 all day, every day. Visit 111.nhs.uk or call 111.

Mental health services



The NHS provides a range of talking therapies for people who feel anxious, worried, down, or depressed. If you need help **you can refer yourself**, you don't need to go to your GP first. To refer your-self and find more information visit: www.nhstalk2us.org

Mental health services for people in crisis:

If you need help for a mental health crisis or emergency, you can get immediate help on our freephone lines from trained mental health advisers and clinicians **all day every day**:

Ealing, Hounslow, Hammersmith and Fulham	0800 328 4444
Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster	0800 0234 650

999 or A&E



If you, or someone you know, are experiencing a life-threatening medical emergency you should call 999 or attend an A&E immediately.

For adults:

- signs of a heart attack - chest pain, pressure, heaviness, tightness or squeezing across the chest
- signs of a stroke - face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden confusion (delirium) - cannot be sure of own name or age
- suicide attempt - by taking something or self-harming
- severe difficulty breathing - not being able to get words out, choking or gasping
- choking on liquids or solids
- heavy bleeding - spraying, pouring or enough to make a puddle
- severe injuries - after a serious accident or assault
- seizure (fit) - shaking or jerking because of a fit, or unconscious (cannot be woken up)
- sudden, rapid swelling of the lips, mouth, throat or tongue.

For children:

- seizure (fit) - shaking or jerking because of a fit, or unconscious (cannot be woken up)
- choking on liquids or solids
- difficulty breathing - making grunting noises or sucking their stomach in under their ribcage
- unable to stay awake - cannot keep their eyes open for more than a few seconds
- blue, grey, pale or blotchy skin, tongue or lips - on brown or black skin, grey or blue palms or soles of the feet
- limp and floppy - their head falls to the side, backwards or forwards
- heavy bleeding - spraying, pouring or enough to make a puddle
- severe injuries - after a serious accident or assault
- signs of a stroke - face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden rapid swelling of the lips, mouth, throat or tongue
- sudden confusion - agitation, odd behaviour or non-stop crying.



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

1 st Kanta (Pine Class) 73 quizzes completed
2 nd Hana M (Holly Class) 63 quizzes completed
3 rd Safa (Holly Class) 58 quizzes completed
4 th Hanano (Rowan Class) 48 quizzes completed
5 th Shuya (Mulberry Class) 46 quizzes completed



.....and top 9 Bug Club readers across the school for Summer 2 Week 1

1st Kansai (Guava Class) 10 books completed

Joint 2nd Hikari (Katsura Class) and Kanta (Pine Class) 9 books completed

4th Sousuke (Katsura Class) 8 books completed

Joint 5th Sham (Holly Class), Hana M (Holly Class), Rina (Holly Class), Hanano (Rowan Class) and Kohei (Sycamore Class) 7 books completed



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

Joint 1st 72% - Holly Class and Sycamore Class

3rd 41% - Mulberry Class

4th 34% - Quince Class

5th 33% - Rowan Class

EALING TREE FESTIVAL

A CELEBRATION OF URBAN TREES

SATURDAY 17TH JUNE 2023

11 AM - 4 PM AT SOUTHALL PARK



STORYTELLERS - TREE WALKS
ART - WILDLIFE DISCOVERY
LIVE MUSIC - CRAFT WORKSHOPS
AND MORE ACTIVITIES ON THE DAY!



TREESFORCITIES.ORG/SOUTHALLPARK



SUPPORTED BY

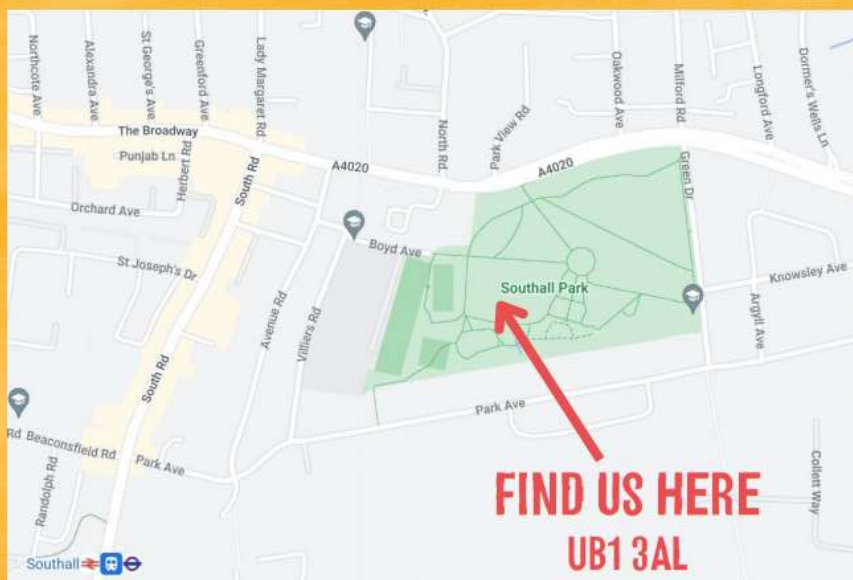
MAYOR OF LONDON



Department
for Environment
Food & Rural Affairs

**Heritage
Fund**

Forestry Commission





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Acton
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admin@west-acton.ealing.sch.uk
Head Teacher: Ms K Kondo

5th June 2023

Dear Parents/Carers,

Re: Sports Days Reception to Year 6

We are very excited to be able to invite you to our Sports Days again for this year and hope you can attend in order to support your children. You will be able to enter from the field gates just before the event. Please ensure that all younger siblings are supervised and held onto. The pupils will participate in a carousel of activities which you can follow around and watch.

On the sports day, children can come in their PE kit which is plain white t- shirt. If they do have a t-shirt in the colour of their house they can wear that. Pupils should *not* wear other random t-shirts or football shirts. PE will take place as usual that week so please still send your child in their PE kits for that too.

Children continuously learn about global sporting events and understand the values needed in Sports. Teachers will be awarding medals for children who demonstrate our school values of Courage, Consideration and Collaboration and house points for winners.

Tuesday 20 th June 9.30am to 11.30am	Year 4
Tuesday 20 th June 1. 00pm to 3.00pm	Year 1
Wednesday 21 st June 9.30am to 11.30am	Year 3
Wednesday 21 st June 1. 00pm to 3.00pm	Year 2
Thursday 22 nd June 9.30am to 12.30am	Year 5 and Year 6
Thursday 22 nd June 1. 00pm to 3.00pm	Reception

Children from the Woodlands ARP will join their respective year groups.

There will be an opportunity for parents/carers' races. If you wish to take part, please ensure that you dress appropriately, with safety in mind.

If it rains or there is a heatwave like last year, we will have to cancel. We will let you know if we can rearrange. If the weather is hot, please bring sunscreen, a hat and plenty of water.

Yours faithfully,

Maria Jiggins
PE Leader

Karen Kondo
Head teacher

Boys yr 5 and 6 Cricket report

On Thursday 15th June the boys cricket team played in the development tournament at Spikes Bridge Cricket Club in Southall.

In a tough league they lost their first match to a talented side from Blair Peach Primary School and narrowly lost their second match to Allenby. This meant that the team were in the plate competition and were in a match against Havelock Primary.

West Acton bowled first and kept their score down admirably with Mustafa taking 4 wickets in his over included catching his own delivery. Unfortunately, a strong batting performance meant the team lost by 3 runs.

Fortunately, we won our last 3rd place match against East Acton. The team outclassed their opponents with Captain Salah scoring 1 six and 2 fours to round off a brilliant batting performance.

Well done to the team for playing with a great team spirit. The boys thoroughly enjoyed the day.

Year 5 and 6 cricket team



West Acton Primary School Weekly Values Rewards

w/c 22nd May 2023	Courage	Consideration	Collaboration
Acorn	Emi Y	Ogirima	Elizabeth
Olive	Tala	Aaban	Elias
Fir			
Banyan	Haruka	Zain	Zohour
Ash	Titan	Soheib	Amin
Guava	Jo	Hajar	Tommy
Katsura	Hikari	Asma	Neyson
Chestnut	Mohamed	Jin	Halla
Damson	Amber- May	Sara	Kobi
Juniper	Khalil	Mila	Sadan
Holly	Mariam Haroon	Mohamad	Vivan
Ivy			
Rowan	Alesha	Raeyon	Mei
Mulberry	Harune	Ava	Asafe
Pine	Layla	Ryota	Sham
Sycamore	Amaan	Jerry	Rayan
Elder	Kevin	Rayan	Zakaria
Quince	Maha	Jackson	Emilio
Willow	Lily	Fatima	Joud
Lime	Rimas	Shaam	Rouaa
Tamarind	Parsa	Shuma	Hiroki
Zaytouna	Fayyad	Otis	Nada
Woodlands	Oliver D	Mira	Akram