

Friday 26th April 2019

Welcome back to the summer term at West Acton! I cannot believe how quickly the year has gone by. Over the holidays we changed the shading in the playground to provide shelter during the rain and the sun. We have also had some 'Activalls' installed which pupils should be able to start using next week.

Miss Kondo

Assembly this week was by Lia, our Counsellor, explaining about how sometimes our thoughts are confused and actually different from the reality. Also, about what we can do if something or someone upsets us.



We have had some exciting workshops happening in year 4, 5 and 6 this week: cooking, tolerance and music!



Parent Governors

A letter went out this week explaining that we have vacancies for Parent Governors at West Acton Primary school. Thank you to Mr. Lipscombe and Mr. Palton who served as parent governors.

Assemblies this term

3/5 - 4MM
10/5 - 4PP
17/5 - 3RR
24/5 - 3HH

Year 2 SATs Meeting for Parents
Wednesday 1st May 3:30pm, repeated at 5:30pm in the Victoria Hall

West Acton's Got Talent Final
Wednesday 22nd May at 6.00pm

School Closed Thursday 23rd May
Polling Day

Tip of the week from Lia the school counsellor

Help your child feel heard

Children are more likely to follow our rules when they feel we are listening to them. This also teaches them that when they need help, there will always be someone there to support them, which means they are more likely to let you know when something is wrong. When you truly listen to your child, she feels valued and respected and it also helps to deepen your bond. With this relationship in place, she will consequently also listen to you more in return.

How can parents help?

Acknowledge what your child is asking for, even if your answer is 'no'. For example: "I hear you. You're saying it loud and clear - NO BATH! You really don't want to have a bath! Tonight you do need to have one, though... Which do you choose- a bath or a shower?" Offering a choice to your child can be really powerful because he feels he has some control, even if it's small. If your child is feeling angry, worried or sad, try to use empathy and curiosity before offering solutions or logic: connect with the feeling first, then redirect the behaviour.

Sometimes we could all do with someone to talk to. If you would like to meet Lia for a confidential and non-judgemental chat about you, your child or any other worries, she is available on Mondays 9-10am. To book an initial appointment, you can call/text Lia on 07469 701 260 or email her at younl206.307@lgflmail.net.

School Vision and Values

Thank you to those who shared their views on our Values and Vision at the parent forum before the holidays – staff will be working on this over the next few weeks as we also start preparing for developing our curriculum in light of the revised Ofsted framework.

ONLINE SAFETY

The online world is an increasingly large part of modern family life, so it makes sense to approach it as a family too. Why not make a pledge together on how, as a family you're going to use the internet safely and positively? If you need help with this, have a look at ChildNet's family pledge card for a great way to ensure that everyone is on the same page. Visit the ChildNet website for more information.

www.childnet.com

*Coming soon to West
Acton...
MAY - the Month of
READING.*

