



West Acton PRIMARY SCHOOL

Friday 17th May 2019

Well done to all our Year 6 pupils this week who have completed their SATs. It was a lovely atmosphere each morning as they were enjoying their breakfast. Thank you to all our staff who have worked so hard to support them. Good luck to Year 2 who have just started their tests a long with our other year groups who are also taking tests.

Miss Kondo

We have had two fantastic assemblies from 4MM and 4PP in the past two weeks: they have been busy reading and writing based on the Iron Man. We also heard how busy they are every day! Well done!

Our charity
Non - Uniform day
raised
£350.69.

Thank you to everyone
for supporting this.

Please return your
Library Books.
We are missing a lot
of books - could you
have a look and
return books.

Wanted - Book donations! Recycled and used books!

Do you have old books at home that you no longer need? We are going to have a second hand book sale on Friday 7th June, after school.

Please bring your book donations to the school office.

Assemblies this term
17/5 - 3RR
24/5 - 3HH

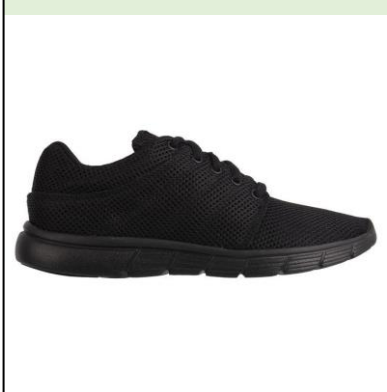
West Acton's Got Talent Final
Wednesday 22nd May at 6.00pm

School Closed Thursday 23rd
May - Polling Day
Aktiva camp available
Thursday 23rd May 2019.



SCHOOL SHOES SHOULD Be Black with Black Soles.

Not coloured trainers.
Our updated uniform policy and changes to uniform from September 2019 will be sent out next week. However, requirements for shoes remain the same.



Tip of the week from Lia the school counsellor

Bad Dreams and Nightmares

We all have nightmares and we know how distressing they can feel. When a child has a bad dream, he is expressing a fear of something he is trying to cope with in life. Your best response is reassurance and letting him know he is safe. However, reoccurring nightmares are an indication that he may be stuck trying to resolve something difficult.

How can parents help?

Listen to your child's dream and reassure her with empathy. You can also encourage her to act out or draw her dream with the outcome she would have liked: she gets to re-write the script. This will re-empower her and help her feel triumphant. To avoid bad dreams, limit TV and screen time and make sure your child feels it is OK to express their feelings: the angry monster may indicate that your child is afraid of their own anger. Help him understand that everyone gets angry sometimes and help him manage his feelings so that everyone stays safe. Try to create calming evening routines filled with cuddles, laughter and time spent together.

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.

Mental Health Awareness Week

Ealing Schools Counselling Partnership have asked us to promote their fundraiser - please help us to keep this service in our schools by donating a little or as much as you can. Just £1 will make a difference <https://bit.ly/2DNJVbn>

"Did you know that 1 in 4 children will go on to develop a mental health issue by the age of 14? That is between 7-8 children in every class".

On 7th September a team of 17 parents, teaching staff, a head teacher and therapists from our Ealing Schools will be participating in the Thames Path Challenge walking 100 km to help raise money to keep the Ealing Schools Counselling Partnership in our schools.

In the last 8 years the ESCP have supported in excess of 5,000 children, young people, parents and staff via one to one therapy, drop in sessions, group work and whole class interventions, with huge cuts to our school budgets this service in under threat.

Please take time to read about Williams Syndrome <https://williams-syndrome.org.uk/share-your-heart/>

Parent/Carer Events & Workshops this term

May - 'The Month of Reading'

w/c 20th May - Autism Awareness week

w/c 13th and w/c 20th May - Year 2 SATs

Wednesday 22nd May at 9.00am - Autism Awareness (all year groups) with Mrs Lucas and Mrs Leonard

Friday 24th May - Establishing a fair Home - Life Routine (all year groups) with Pupil and Family worker Ruth Cullinan