



West Acton PRIMARY SCHOOL

Friday 7th June 2019

We have had an exciting week; starting with a speaker in assembly about Ramadan and Eid on Monday and a PTA Eid cake sale yesterday. On Wednesday the children had a lesson outside and the Friends of the Earth spoke to every year group about Air Pollution and the use of plastic, for World Environment Day. Since then I have had Reception children write to me, asking me to ban plastic straws and use paper ones! Thank you to everyone who has donated books for our second hand book sale – let's hope the sun comes out a bit later so that we can hold it outside.

Miss Kondo

**For Summer 2 Term
HIT Exercise before school with
Mr. Morgan**
*Meet at the gate near the school
office.*
Tuesdays at 8.30am
Wednesdays at 8.30am
Fridays at 8.30am
This will not happen if it is raining.

**Request from the PTA
For the Summer Fair on
Friday 5th July**

The PTA would like any
donations of plastic
picnic style crockery or
cutlery.

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

Assemblies this term

**Fri 14/6 - 5WW
Fri 21/6 - ROO
Fri 28/6 - RFF
Fri 5/7 - RBB**

***Please check what your child
is doing online: please look
here for advice***

<https://www.internetmatters.org/>

SPORTS DAYS

*More details to follow but hold the date if
you would like to race against other parents -
or just watch your child compete!*

Tuesday 9th July
Morning KS1 and afternoon EYFS

Wednesday 10th July
Morning 3 & 4 and afternoon 5 & 6.

Uniform

If you need to purchase new shirts this term you can buy white shirts ready for September.

The uniform providers will be on site in the first week of July more- details to follow. Orders for new school jumpers and ties can be placed at www.ancelothing.co.uk

From September our PE Kit will be a white T shirt and black shorts. We have had pupils in hoodies, heellies and jeans for PE - all of which are unsafe.

Tip of the week from Lia the school counsellor

Bedtime Fears

All children will go through a time when they find it difficult to go to bed and fall asleep. They may tell you they are scared of the dark or of the monsters under their bed. However it is actually what their “worry brain” is telling them about those things that is making them so frightened. This is why reassuring them that everything is fine, doesn’t usually work.

How can parents help?

By empowering your child to be the boss of their own brain and teaching them to not always believe their “worry brain”. It works really hard to keep them safe, but this means that it can create (often scary!) stories whenever it doesn’t understand or know something. Always empathise first: *“I know you’re feeling scared right now...”* Then, try not to rush to reassure. Instead, show your child that they have a choice: *“OK—let’s hear from worry, what is it telling you? And then we’ll hear from you about what you really think.”* You can then be curious about their fears and even get creative with them: can they draw a silly version of the monster? It can also help to have a “worry time” earlier in your schedule, so that your child doesn’t need to talk about them just before bedtime. Finally, ask your child to think of four things they’d like to think about instead. Have them draw four doors on a sheet of paper and fill in each door with an idea (birthday party, decorating cupcakes, blowing bubbles, etc). Before going to sleep, ask them which door they want to go through tonight and they can tell you all about their adventures in the morning.

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.

British Values

As a school community we adhere to the British Values.
Pupils are reminded of these every PSHE lessons and around the school.



Racism, unkindness, physical assault and bullying has no place in West Acton.

Please do encourage your child to talk to adults if anything is upsetting them - all our staff have been trained in Active Listening this term. If you need to discuss any of these issues further please contact Miss Kondo via the office.

PARENT EVENTS

Friday 14th June - Drop in with Pupil and Family worker Ruth Cullinan

Friday 5th July 9.00am - Healthy Eating with Pupil and Family worker Ruth Cullinan

Friday 5th July after school PTA SUMMER FAIR