



Friday 13th September 2019

What an exciting first full week back at West Acton! Lovely to see the children coming into class ready for learning and at the end of the day being able to give out food from the Felix project! You will receive your 8 page Autumn term housekeeping booklet today, make sure you keep this safe: it has all of the important dates for the term on it as well as other information. Also it is very important that you attend your child's new year group meeting next week: please see the dates below.

Thank you, Miss Kondo

Felix Project food deliveries start at West Acton!



Say hello to the

Book Bus

at school on **Monday 23rd & Tuesday 24th September.**

The bus is an exciting mini book fair which children will visit once over the two day visit.

It's full of all the latest titles and some classics too. More details to follow.



Be prepared for the school

A small number of parents/carers are having to come into school during the day to bring in lunches and PE kits – please ensure that your child has everything that they need before you leave for the day. Bringing things in disturbs the office and children's learning.

Musical Instrument Lessons KS2 children

We have spaces for some pupils to start learning the clarinet – please contact Mrs Byrne in the school office if you are interested.

Go on a battery hunt!

Every child will bring home a small box today – it is for collecting old batteries in. We have a bucket in the school reception where you can empty your batteries into.

Please do supervise your child with small batteries.

Ealing Schools Counselling Partnership Tip of the Week

Structure and routines at home

Children are faced with change and the unknown daily, which is a growth opportunity but also stressful. Like the rest of us, they handle change best if it is expected and occurs in the context of a familiar setting. Routines therefore give children a sense of security and help them to feel safe and develop self-discipline. They also help to remove power struggles and they allow to build in time to connect with your child.

How can parents help?

When starting a new routine, only change one part of the day at a time. Let your children know that the benefit of the routine is that they can get a little more time alone with you. Establish what your non-negotiables are (for example the time they each go to bed) and give them some choices, such as whether bedtime stories are together or separate. Make a poster with the schedule on it and hang it up on the fridge and in their bedrooms, to help them self-monitor how they are doing. This will develop independence skills. With younger children, it is helpful to act out the new routines using toys: play is the child's language! Routines take time to establish so stick to them every day for at least two months before they can turn into habits.

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.

Soft Start has got underway – thank you to everyone including staff, pupils and parents/careers who are making a big effort with this.

Just a reminder: the school day starts at 8.55am.

NEW YEAR GROUP MEETINGS

after school

Year 3 and Year 4

Monday 16th September

Year 1 and Year 2

Wednesday 18th September

Year 5 and Year 6

Thursday 19th September

Year 6 Parent/Carers – Information session on Applying for High School at 9.00am on Wednesday 18th September.