Friday 8th November 2019

This week in assembly I talked to the children about Remembrance Day which we will be respecting on Monday 11th November by a 2 minute silence at 11.00am. We have poppies on sale here at school.

Please ask your child:

Why do we remember the wars?

Why do we have poppies?

What is Armistice day?

A HUGE THANK YOU TO THE PTA – the very best fireworks display around! I hope that those of you who came, enjoyed the fireworks last night. It was a lovely evening and well organised. This was all down to the PTA who worked so hard on this event. We are lucky to have this small team of dedicated helpers. Are you able to lend a hand for future event please? Do contact them on fowap2014@gmail.com Miss Kondo

Behaviour and Attitudes

Please help us to improve your child’s Behaviour and Attitude to learning – this is an important area that we will be judged on. This is what you could do to help:

Ensure your child can tuck their shirt in and has pride in their uniform

Be at school before 8.55am – benefit from the soft start

DO NOT ride bikes and scooters once on the school path

DO NOT use YOUR mobile phone on our school grounds

Leave the school playground promptly to ensure our equipment is only used by our pupils during break and lunchtimes – there is a fantastic park nearby which is a green space under threat. Please support this local resource.

Complete their homework: reading, spelling, times tables, CPPG books and online resources.

Read the English letter, knowledge organisers and curriculum overviews with your child so you and they know what they will be studying and can start researching ahead

Remind your child of the BRITISH VALUES and our school values of courage, consideration and collaboration.

THANK YOU FOR YOUR SUPPORT WITH THIS.

READING BOOKS

AND READING RECORD BOOKS – please keep this in your child’s bag every day.

Tip from our School Counsellor Lia

End-of-the-day Meltdowns

Do you ever find the end of the day particularly difficult? Does your child become extra teary or uncooperative? Even if they love school, it is hard work for children to hold it together all day, faced with so many challenges, people, rules and transitions. When they come home to you they finally feel safe enough to let go of all the emotions they stored up all day. After being apart for so long children will also feel disconnected from you and their meltdown is a way to tell you that they are feeling alone.

How can parents help?

Stop (HALT) and ask yourself: is your child Hungry, Angry, Lonely or Tired? The key is to prepare for the end of the day assuming that your child could be feeling all of the above. First, make sure you refill your own cup before you pick up your child from school: take 5mins to pause and think of one nice thing you can do for yourself once your child is in bed tonight. When you pick him up, take the time to reconnect with lots of hugs and delight, and give him your attention. Have simple healthy snacks ready to go at pick-up or the moment you get home and perhaps put on some soothing music too. Try to keep your child nearby as you prepare dinner- maybe even prepare it together and keep it fun! Simplify your evenings so that you can use this time to connect.

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.
This Year, our male members of staff are taking part in Movember. They will be growing a moustache or beard for the whole of November to raise awareness for men’s health. If you would like to support them in raising some money for the men’s health charity ‘Movember’ then please give your donation to the office. Keep an eye out for the moustaches this Movember! [https://uk.movember.com/](https://uk.movember.com/)

Please join your child:

**Before school for Exercise with Mr Miller**  
**Tuesday**  
**Wednesday**  
**Friday**

**From 8.30am to 8.45am in the Jubilee Hall**

Or after school in the library with Mrs Young  
**Wednesday**  
**Thursday**  
**Friday**

**3.30pm to 4.00pm**

**CLASS ASSEMBLIES start next term**

**At 9.00am in the Jubilee Hall**

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<thead>
<tr>
<th>Class</th>
<th>Date</th>
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<tbody>
<tr>
<td>Tamarind Class</td>
<td>Friday 15th November</td>
</tr>
<tr>
<td>Zaytouna Class</td>
<td>Friday 22nd November</td>
</tr>
<tr>
<td>Quince Class</td>
<td>Friday 29th November</td>
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West Acton Primary School will no longer be used as a polling station. We will be open on 12th December and now we will also be open on 7th May 2020.

Have you got any old clocks to donate?

To help our pupils tell the time we would like to make a display of old analogue clocks – do you have any that you no longer need? They don’t have to work as long as we can move the hands to show different times.

See the Antibullying week letter that went home yesterday for details of what we will be doing each day next week!