Friday 1st November 2019

This week we have been celebrating Black History at West Acton. Each year group was allocated different role models to learn about and find out about their significant contributions to the world we live in. Miss James led our assembly on Monday and organised the week. Please do ask your child:

Why do we celebrate Black History?

Who are the inspirational people they have learnt about this week?

What are the British Values we uphold?

What are our school values?

Thank you to all the staff and pupils who have embraced learning about new people – this year we focussed on some lesser known figures from both past and present.

Enjoy the Rugby World cup final this weekend and I look forward to seeing you at the fireworks next week.

Miss Kondo

Tip from our School Counsellor Lia

Helping your child find their CALM

When your child feels a big emotion such as anger, worry or sadness, he will find it very difficult to listen to your instructions, to think or even sometimes to find his words to let you know what he needs. This is because when our feelings get so big, our “thinking/upstairs brain” goes offline and disconnects from our “feeling/downstairs brain”. We call this “flipping our lids”. As a result, your child can act out his emotion by misbehaving, withdrawing and going quiet, becoming extra clingy to you or having a teary meltdown.

How can parents help?

Your child will need your help to find her calm again so that she can listen to you, use her words instead of her body to communicate how she is feeling and choose more positive behaviour. She needs you to help her feel safe again. As always, it is essential that you find your calm first. It can also be helpful to have either a “calm space” or simply a “calm box” in your home for her to use when she feels in her body that she is having a big emotion (hot cheeks, knot in the tummy, tight fists, etc). In this space or box, have various simple items that can help her: a fidget toy, a squishy ball to squeeze, quiet music, a little cuddly toy, lavender scented hand lotion, a raw carrot or apple to bite on, paper and pencils to draw/colour, a calming book, a family photo, pictures of nature scenes, etc. Also encourage some deep belly breathing. Once she feels calmer, she is ready to listen and to talk: you can check in with her and think together about what happened.

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.

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.
Reminders from before half term (that newsletter was only on the website not given out on paper).

RSE Working party meeting – Tuesday 5th November at 9.00am - 2 parent/carers welcome
The Department for Education has announced changes to relationships and sex education (RSE).
These changes will come into effect from September 2020 and all schools will be required to comply with the updated requirements.
This means that we’ll be reviewing our RSE curriculum and policy so we can be sure our RSE provision is appropriate for our pupils based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and disabilities

We would like your feedback to help us do this.

Here’s how you can help:
We are holding a working party on Tuesday 5th November at 9.00am. If you’d like to participate, please email admin@west-acton.ealing.sch.uk or leave your details in the school office, by 4th November (extended from the 1st) at 9.00am. The meeting should take about one hour. The focus group will include teachers, senior leaders, a governor and Claire Meade, Health Improvement Officer from the Local authority. We can have up to 2 parents/carers – should we have more people who want to participate we will draw 2 names from a hat. This is just an initial meeting and ALL parents/carers will be kept up to date via newsletters etc.

Music and French Teachers
Mr Hammond, who worked at West Acton via an agency will not be returning this term. We are looking to strengthen our Music provision for the Spring and hope to recruit an in house teacher. For Autumn 2 the agency will continue to send a teacher who will also take the after school clubs on Monday and Wednesday or Miss Hill will. The agency who sends our French teacher is also replacing Madame Ortiz this term. Apologies for this disruption and a big thank you to Mr Gallagher who supports the agency staff to ensure these lessons run smoothly.

PTA FIREWORKS NIGHT is nearly here –
Thursday 7th November
Tickets will be on sale before and after school Mon 4th to Thur 7th, and on the gate. They are cheaper in advance than on the gate- £10 family of 4, £3 individual ticket in advance, £15 and £5 on the gate. Children 3 and under are free. Cash only please.

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>Lime Class</td>
<td>Friday 8th November</td>
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<tr>
<td>Tamarind Class</td>
<td>Friday 15th November</td>
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<tr>
<td>Zaytouna Class</td>
<td>Friday 22nd November</td>
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<tr>
<td>Quince Class</td>
<td>Friday 29th November</td>
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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/