This week assembly started our Antibullying week with a reminder of all that happens at West Acton to make it a kind and friendly place and on Tuesday many children and staff wore odd socks to show we are all different – but all get along. Thank you to Miss Ferriera who organised the lessons and events this week.

A reminder of what bullying is: WHAT IS BULLYING?

Bullying behaviour is defined as – “the repetitive, intentional hurting of one person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face to face or through cyberspace.”

Ask your child what they can do to make it sure doesn’t happen at West Acton.

On Monday the whole school observed the two minute silence of Remembrance day. The children were very respectful and reflective thinking of lives effected by wars. Miss Kondo

On Tuesday it was Guru Nanak Jayanti 2019: Also known as Gurupurab, Guru Nanak Jayanti which is celebrated across the world to mark the birth anniversary of Guru Nanak Dev, the founder of Sikhism, and is considered one of the holiest festivals of the Sikh community. This year, Gurupurab was even more special as it marked the 550th birth anniversary of Guru Nanak Dev, the first of the 10 Sikh gurus. Best wishes to our families who celebrated this.

This Year, our male members of staff are taking part in Movember. Thank you for your generous donations. If you wish to donate online please do so at https://moteam.co/west-acton-primary?mc=1

PARENT/CARER WORKSHOPS

At West Acton we continuously strive to involve parents/carers in their child’s learning and offer ways in which you can support your child.

I am pleased to announce 3 upcoming workshops:

- **Online Safety Thursday 21st November**
- **Maths Thursday 28th November**
- **Reading Thursday 5th December**

Each one will be held 3 times - at 9.00am, 2.45pm and 6.00pm.

We have revamped the library!

Do come and read in there after school on

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>3.30pm to 4.00pm</td>
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<tr>
<td>Thursday</td>
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<td>Friday</td>
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CLASS ASSEMBLIES start at 9.00am

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
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<tbody>
<tr>
<td>Zaytouna</td>
<td>Friday 22nd November</td>
</tr>
<tr>
<td>Quince</td>
<td>Friday 29th November</td>
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in the Jubilee Hall

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.

Next week is Road Safety Week and the children from Year 1 - 6 will attend a special assembly hosted by our Travel Ambassadors to teach the children how to travel safely. They will also be launching a poster competition to design a poster showing other children how to travel in a safe way. There will be a prize for the best poster and it will be displayed around the school.

Road Safety Week
18-24 November 2019
This week’s tip from our Counsellor Lia.

**Nurturing Yourself While Nurturing Your Child**

Self-care is essential for all parents. Not only to stay patient, but also to keep finding joy and delight that is present every day with your children- even on the difficult ones. Children are happier and will cooperate more when you are joyful, calm and present. When you are feeling stressed, they may believe it is their fault, feel anxious and that they are not good enough. Your big job then, is to make sure you are parenting yourself just as well as you are parenting your child.

**How can parents help?**

Try to tune into yourself as much as possible throughout the day. Take deep breaths whenever you can, breathing in calm and breathing out stress. When you are feeling irritable, it is important to stop and think about what it is you need right now to stay balanced: can you sit outside for 5mins or put on some music and dance? Have a glass of water? Plan something you can do for yourself later, once they are in bed? You can also find ways to nurture yourself through times in the day that tend to be most difficult. Perhaps you can drink a cup of tea during bedtime stories or start evening routine a little earlier. Finally, being present and slowing down will help you to take in the joy of every moment with your child and will replenish your spirit.

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.

**NEW MUSIC TEACHER** – we will be welcoming Mrs Gaskell as our music teacher from January. She will be visiting the school before then and will be able to introduce herself to the children. Thank you for your understanding whilst we have been recruiting for our PPA team.

Here is a message from Mrs Gaskell: I am delighted to be joining West Acton Primary School as your Music Specialist from January. Born and raised in Leicester, I began studying music at the age of 7, with my main instruments being the piano and clarinet. I have a music degree from the University of Kent and a Masters Degree in Music Education from the University of Exeter in addition to my music teaching qualifications. I have been teaching music to children of all ages for over 20 years, and have worked extensively abroad in countries as diverse as Iceland and Thailand. In the UK, I have taught in both independent prep, state primary and secondary schools in Bristol and London. Facilitating creativity in the classroom plays a central role in my work and I will be helping your children to acquire the mind set, work ethic and skills required in order to be able to compose and arrange their own music as well as perform, understand and appreciate it. I look forward to meeting you in the New Year!

Do you wait in your car on Noel Road near our school?

**WHY IT IS IMPORTANT** to turn your engine off

- Children are more vulnerable to the health impacts of vehicle emissions than other member of the population
- Children breathe 50% more air per pound than adults.
- Children are closer to the ground; therefore, closer to vehicle tailpipes.
- Asthma symptoms in children increase as a result of exposure to car exhaust.
- Asthma is the most common chronic illness in children and the cause of most school absences.

**BENEFITS TO YOU, YOUR CHILDREN AND YOUR SCHOOL**

- By not idling, you keep 3 pounds of pollution per month from going into the air.
- You save money! One hour of idling burns up to a gallon of fuel.
- No idling reduces car exhaust and decreases your child’s exposure to unhealthy vehicle emissions.
- While idling your car, you are getting zero miles to the gallon.

****MEETING TO DISCUSS AIR POLLUTION  By Ealing transition group****

There is an event for this Saturday 16th, 10.00am to 12.00pm, at The Polygon, St Mary's Ealing, St Mary's Road, W5 5RH to discuss the problem of poor air quality around schools in Ealing. Parents/carers are welcome. For more details please see [https://ealingtransition.org.uk/](https://ealingtransition.org.uk/)