Friday 29th November 2019

What a wet, rainy week it has been! It makes the fact that it is nearly December a little more believable. Please make sure that your child has their name in their coat – we have lots of sharpie pens that you can use to write inside if you would like.

Do talk to your child about what they learnt in antibullying week – the difference between someone making a bad choice and being unkind or bullying. Please do take a look at our website if you are not sure. [https://www.westactonprimaryschool.org/parents/antibullying](https://www.westactonprimaryschool.org/parents/antibullying)

Thank you to Mr Downs for his Maths workshop, where you will have heard all about the exciting new ways in which we are teaching Maths. If you missed the workshop, there will be a video on the maths section of the website soon.

Please encourage your child to find out about their class tree for the homework project – this week is National Tree week. Ask your child why trees are so important. Miss Kondo

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**Christmas Dinner day – Thursday 5th December**

Have you made your choice yet and returned your slip? Please pay Harrisons online at 0208 280 0319 option 4

Children may wear a Christmas jumper or hat with their school uniform on this day.

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**Top Tip from our school counsellor Lia**

**The greatest gift of all: playing with you!**

All children need to play. It is their way of learning skills and also helps them to release their emotions. Regularly playing with your child will help you to feel closer. It will also encourage her to cooperate more and you will feel more energised!

**How can parents help?**

I know most of you might feel exhausted at the end of the day. However, all you need is 10mins of play, which will help both you and your child to let out some of the stress accumulated from your day. Can you try any of these over the upcoming break?

- If your child is feeling over-excited and needs to let off some energy, how about taking him to a quiet, safe space and letting him spin around while you spot him?
- If she is having difficulty falling asleep at night, you could say goodnight to each part of her body, massaging it gently with lotion.
- If he needs some help calming down, perhaps you could blow bubbles together and see how long you can keep them in the air before popping.
- Play football together by blowing a cotton ball around through straws.
- If she is finding a situation difficult, use stuffed animals to act it out.
- Finally, I always suggest following your child’s lead and joining them in their favourite game: let him teach you how to play! 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 appointment, you can call/text Lia on 07469 701 260 or email her at younl206.307@lgflmail.net.
Donations needed for the Christmas fair please
Cakes to sell - please bring in on Friday 6th Dec.
Toiletries and goodies for a hamper e.g. bubble bath, candles, hand cream

We would like to run a simple Christmas Jumper recycle swap.

Would you like your child to join in wearing a jumper but are not keen to buy yet another Christmas jumper that will only be worn once or twice? Take part in the West Acton Christmas jumper swap, saving people money and preventing all the needless waste.

1. If you have a jumper that you no longer need please wash it.
2. Bring it to school on Monday and hand to the office.
3. We will note down your child's name, class and age/size.
4. On Tuesday, your child will be able to look at the other donated jumpers and take one to wear on the Christmas Dinner/Jumper day.

   PLEASE NOTE THAT WE CANNOT GUARANTEE THERE WILL BE A JUMPER IN YOUR SIZE OR FAVOURITE DESIGN – therefore please be aware that even though you donate a jumper you might not be able to get a replacement.

5. On Wednesday after school, we will put any leftover jumpers out for people to purchase for a small donation of £1.00 which will go into the money that the PTA raise for the fair.