Thursday 19th December 2019

What a spectacular end of term with the fantastic shows from our talented pupils – so much hard work and pride went into them and it was lovely to see the pupils – and the audience – so happy! Last week the children had all seen a pantomime to get them in the mood for their own performances. Assembly this week was by Father Timothy from the local Church who made the children think carefully about presents- one of the greatest gifts being fresh air. Thank you to all our pupils, families, staff and governors who have made 2019 a brilliant year at West Acton Primary School. Miss Kondo

Farewell, to Miss Hill who has worked in year 2, the Woodlands and this term taught computing – she is returning to Australia. Miss Hill has been a fantastic team member for staff and helped so many pupils. We are also very sad to say goodbye to Miss Kazemi who is moving to start her married life. Miss Dairo and Ms McWilliam in Year 6 are also leaving for new horizons. Thank you all.

School Counsellor Lia’s tip for this week: Less meltdowns, more connection

Here is a list of ways to help you connect more with your child and decrease drama and meltdowns at home. It may be a good idea to hang these up somewhere handy as a reminder!

1. Put “special time” aside with your child every day- even if just for 10mins!
2. Be present and put your phone aside when you are with your child
3. Pause and take a deep breath whenever you feel the urge to yell
4. Move and play together- let your child take the lead on a game and get them laughing every day!
5. Choose empathy first: set limits to behaviours and allow them to have their emotion
6. Choose empathy to help your child feel understood
7. Find the YES behind the NO: tell them what they CAN do instead
8. Look after yourself and make sure your cup is full
9. Give yourself a break: good enough really is enough and most ruptures can be repaired
10. Ask for support when things feel hard: from a partner, from other parents, or from a professional if necessary

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.

Please note that Lia will not be able to reply to calls or emails until Mon. 6th Jan. If you require immediate assistance during this period, please contact your GP or get in touch with any of the emergency telephone support services suggested by Mind here:https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/telephone-support/#.WwUcUi_MyCR

Merry Christmas!
Are you looking for fun new ways to keep your family fit and healthy?

The ALFIE programme will be running at West Acton in January on Tuesdays 4 – 5.30pm.

This is a free healthy lifestyle programme for children aged 5 – 10 years who are above a healthy weight (overweight) and their families. The sessions are delivered by qualified nutrition and physical activity professionals. The sessions focus on healthy eating and nutrition and physical activity.

Workshops include: healthy eating, food label reading, portion sizes, cooking, tasting, ALFIE HIIT, Junior gym and multi-sports.

Places are limited and all children must be accompanied by an adult. If you would like to join the programme, let Mrs Ives know or call the Healthy Families Team on: 07090 002 201 by Friday 17th January 2020

BACK TO SCHOOL
MONDAY 6th JANUARY 2020

All pupils in Years 1 to 6 will have a spelling test on their year group spelling list – this list can be found in the Reading Record book.

Also please do read the English letter that went out informing you of the book that the children will be working on in Spring 1. Please do take the opportunity to read ahead and learn the vocabulary.

Make sure you are practicing times tables using our online resources too.

School Website
Please do look at the school website for policies and updated curriculum news.
https://www.westactonprimaryschool.org/

West Acton Primary School is tweeting!
Follow us on twitter to keep up to date with all the exciting events and learning that take place. Our handle is @westactonpri

We wish all our families and West Acton community safe, restful and peaceful holidays and a very happy new year!