Welcome back to West Acton for the Spring Term. I hope that you all had an enjoyable holiday. However, we have been so busy the holidays are a distant memory! Assembly time this week was spent in class, thinking about what charity event the pupils would like to run for their PSHE unit this term and revisiting our values and behaviour expectations. Our clubs have started up this week and have got off to a great start. Do look out for our new attendance displays – some of the information is quite shocking. Miss Kondo

PTA AGM – FRIDAY 17TH JANUARY

The Friends of West Acton PTA will be holding their Annual General Meeting on Friday the 17th January at the school from 9.00am.

All Parents/Carers are invited to attend to find out about the past year of fundraising for the school. We will also be selecting a new committee for the coming year so please come along if you wish to join us.

ASSEMBLIES FOR SPRING TERM

If your child is due to start Reception in September 2020 – you must apply now! The deadline is 15th January.

DRAMA FOR KS1!

Year 1 and Year 2 were very lucky this week to have their very own drama workshops from Monster Cat Drama club. Monster Cat are one of our new club providers who started with us this week.

Year 1 acted out Farmer Duck and Year 2 acted out Burglar Bill! It was a fantastic experience for the children and great for their confidence too! Do ask at the office for details of our Monster Cat club.
THERE'S A TIP FROM LIA OUR SCHOOL COUNSELLOR

**GOVERNORS SUPPORTING READING**

**READING IS A PRIORITY AT WEST ACTON**

As you are aware one of this year’s priorities is improving the provision of reading. This covers many aspects such as the books that children bring home to the teaching of reading lessons. Our Governors are very much committed to this too:

William Rollason secured funding and every child in our EYFS was given a book to take home at Christmas.

Katerina Markezini comes in as a reading volunteer and reads with pupils. This is something that she finds very rewarding: “Supporting a child and seeing them progress is such a great thing about reading with the children”.

Mel Rosenblatt took a recommendation from our Year 4 pupils and read ‘The Boy in the back of the classroom’, as a family book. ‘Family story time has become a real magic moment. It’s great making time to be together as a family and listen to a story unfold. It gives the boys time to ask questions about what they are hearing and has really allowed them to experience more challenging fiction than they would have read alone.’

**THE ALFIE PROGRAMME**

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 4.00pm – 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.

**SPRING 2020**

Housekeeping letter is out this week.

Please do read it for latest tips on:

- **Attendance**
- **Antibullying**
- **Healthy Lunches**
- **Gaming**

Plus all those important dates you need.

**CHILDREN AND ANXIETY**

All children feel anxious and worried at times. This is a normal part of their development, as they learn to develop survival strategies when faced with challenges. They are often more likely to show you their anxiety in different ways: tummy aches, needing lots of cuddles and reassurance, struggling to go to sleep, loss of appetite, fidgety finding it hard to settle, are some examples. Anxiety in children tends to be more prevalent around night time, changes/transition/sepation from you or around exam time in school.

**How can parents help?**

Talk to your child about anxiety and help her understand what is happening in her body. “Hey Warrior” is a wonderful picture book that can help you with this. Help her recognise the signs she can tell when she is feeling anxious and can ask for help. Explain that this feeling will pass, like a wave that peaks before it gets smaller. When his worries creep up, help him take deep breaths and do this together. Sometimes a cuddle can also help to soothe. Invite her to find a safe, happy place in her mind she can go to when she feels anxious. Your child can either keep a Worry Book where he can write or draw his anxious thoughts, or put them into a Worry Box. Exercise and movement, as well as a healthy diet, will help to reduce the stress hormones. It is also important to keep your child away from violent or scary content on screens. Finally, work on developing positive thinking together and think of what she can DO when she feels anxious. Make a list and hang it up on the fridge!

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.

**HOUSEKEEPING LETTER**

Please do read it for latest tips on:

- Attendance
- Antibullying
- Healthy Lunches
- Gaming

Plus all those important dates you need.