FRIDAY 17TH JANUARY 2020

My assembly this week was about the Equalities Act 2010 and our protected characteristics. Please ask your child about this and the book I shared with them. You will find our policy and plan on our website.

Thank you to everyone who collects their children promptly and watches them carefully after school. We have a small number of parents/carers who allow their children to be unsupervised on the play equipment. You will notice that there are some new red signs on the equipment this week. Please read the signs with your child and for Health and Safety reasons do not let your child go on the equipment after school. Thank you for your cooperation with this.

Miss Kondo

NO SMART WATCHES IN SCHOOL

Please do not allow your children to wear smart watches to school. They are not suitable to wear due to the online safety risks – we would consider them the same as mobile phones and they would have to be kept in the office. In addition they are extremely expensive and should not be brought in to school.

ALL HAIL YEAR 6!

This week Year 6 had the opportunity to act out William Shakespeare’s ‘Macbeth’. Everyone worked in groups with 2 drama specialists and put on an amazing performance for their families at the end of the day. The confidence of the pupils and excitement was so visible which made it even better to watch. Now, I’m looking forward to see what writing they can do using all the language and ideas they have been developing.

ELDER CLASS CELEBRATES ROBERT BURNS

Thank you Elder class for our first Spring assembly: it was very informative and the performance of Auld Lang Syne was excellent.
SAFEGUARDING PROJECT
As you know we are taking part in a safeguarding project which is a series of 6 sessions starting on Tuesday 21st January at 9.00am. Check the December Safeguarding meetings letter here: https://www.westactonprimaryschool.org/news-and-dates/letters-to-parents

ASSEMBLIES FOR SPRING TERM

Jubilee Hall at 9.00am

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
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<tbody>
<tr>
<td>Elder Class</td>
<td>Friday 17th January</td>
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<tr>
<td>Willow class</td>
<td>Friday 24th January</td>
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<tr>
<td>Damson Class</td>
<td>Friday 31st January</td>
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<tr>
<td>Chestnut Class</td>
<td>Friday 7th February</td>
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<tr>
<td>Juniper class</td>
<td>Friday 14th February</td>
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<tr>
<td>Guava</td>
<td>Half term 17th - 21st February</td>
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<tr>
<td>Mulberry Class</td>
<td>Friday 6th March</td>
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<tr>
<td>Sycamore Class</td>
<td>Friday 13th March</td>
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<tr>
<td>Pine Class</td>
<td>Friday 20th March</td>
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<tr>
<td>Guava</td>
<td>Friday 27th March</td>
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THIS WEEK’S TIP FROM LIA OUR SCHOOL COUNSELLOR

End-of-the-day Meltdowns
Do you ever find the end of the day particularly difficult? Does your child become extra teary or uncooperative? Even if they love school, it is hard work for children to hold it together all day, faced with so many challenges, people, rules and transitions. When they come home to you they finally feel safe enough to let go of all the emotions they stored up all day. After being apart for so long children will also feel disconnected from you and their meltdown is a way to tell you that they are feeling alone.

How can parents help?
Stop (HALT) and ask yourself: is your child Hungry, Angry, Lonely or Tired? The key is to prepare for the end of the day assuming that your child could be feeling all of the above. First, make sure you refill your own cup before you pick up your child from school: take 5mins to pause and think of one nice thing you can do for yourself once your child is in bed tonight. When you pick him up, take the time to reconnect with lots of hugs and delight, and give him your attention. Have simple healthy snacks ready to go at pick-up or the moment you get home and perhaps put on some soothing music too. Try to keep your child nearby as you prepare dinner—maybe even prepare it together and keep it fun! Simplify your evenings so that you can use this time to connect.

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 yount206.307@lgfmail.net.

https://www.westactonprimaryschool.org/

COURAGE CONSIDERATION COLLABORATION

SPRING 2020
Maths Letter out this week

Maths Week – 3rd to 7th February. Come in and join us for Maths!

Dress up for the NSPCC Number Day on Friday 7th February.

End of the day Meltdowns

No, you are not imagining it. This week has been a big transition to term, for staff and children alike. The end of term can be challenging for children, who have had a long day filled with learning and fun. They may be extra tired, extra emotional or extra teary. How can we help them through this challenging time?

In the past we have talked about the end of the day and the NSPCC Number Day. This week we would like to extend our thinking on this topic and focus more on the end of the day. We all have to relax, rest and refuel... and the children are no exception. These actions are hard for children to hold together all day, faced with so many challenges, people, rules and transitions. When they come home to you they finally feel safe enough to let go of all the emotions they stored up all day. After being apart for so long children will also feel disconnected from you and their meltdown is a way to tell you that they are feeling alone.

If you have any questions or queries please do not hesitate to contact us. We look forward to seeing you all next week.

Lia & Mrs Gaskell

Sadly, Mrs Gaskell, who many of you met last term and was due to start with us in January as our Music Teacher, has been unable to take up the post due to personal circumstances. I am working with agencies to find a replacement. Lessons and clubs continue as usual.

https://www.westactonprimaryschool.org/