Friday 14th February 2020

This week the children have all had a Tai-Chi session in their classes – please do ask them to tell, and show, you some tai-chi! We also had safer internet day on Tuesday. Year 4 and Year 5 went out on trips this week and I was delighted to receive a text message from a friend who had seen our Year 5s and she wanted to share how well behaved they were! It was good to see so many parents/carers at the consultations evenings, thank you to staff for working late and preparing all the information to share with you so you know how your child is performing and what support you can give. Wishing you all a restful and joyous half term.

Miss Kondo

SAFEGUARDING PROJECT - SESSIONS 5 and 6  My Body, My Rules' including FGM lessons.

As you may be aware, this year our school has been involved in an Ealing wide safeguarding project. The project aims to support schools to develop a whole school approach to keeping children safe.

As part of this project we have been running staff training and parent workshops over the last term. We will soon be delivering specific safeguarding lessons to pupils. These safeguarding lessons will be taught as part of the Personal, Social, Health and Economic Education curriculum.

Within this unit of work, we will discuss NSPCC PANTS initiative with all pupils, will also be teaching Key Stage Two pupils ‘My Body, My Rules’ including FGM lessons.

We would like to invite you to attend two parent workshops to learn more about ‘My Body, My Rules’ and view the teaching materials we will use with children. These workshops will also give you an opportunity to ask any questions that you may have about these lessons. The first workshops will discuss how the ‘My Body, My Rules’ including FGM links to a school’s safeguarding duty and the second workshop will be focused on sharing the lesson content with you. *Tuesday 25th February and Tuesday 3rd March*

Assemblies for Spring 2 term at 9.00 am in the Jubilee Hall

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<tr>
<th>Class</th>
<th>Date</th>
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<tbody>
<tr>
<td>Juniper class</td>
<td>Friday 14th February</td>
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<td>Half term 17th - 21st February</td>
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<td>Mulberry Class</td>
<td>Friday 6th March</td>
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<td>Sycamore Class</td>
<td>Friday 13th March</td>
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<td>Pine Class</td>
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<td>Guava</td>
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Last day of Spring 1 Term is Friday 14th February
– school will close at the usual time on 3.15pm.
Well done to Juniper Class this morning for sharing with us all that they have been learning.

Home learning

A letter was given out earlier this term informing you of all the online resources that we offer, as a school, for your child. In Autumn spelling and timetables books were given out, as well as weekly reading books and spelling tests. This week handwriting books have been given out and Year 2 and Year 6 received extra SATs practise books.

Letters have gone out this informing you of what your child will be learning in English next half term so that you can have a look online and/or read ahead.

Many parents have expressed how useful this all is and use all this information to support their child. It is however disheartening when either books are lost or parents say their child has no homework or they don’t know what they are learning. Please do make your sure that you are checking your child’s bag for letters and information that comes out to you.

Online Safety

We have had reports of an inappropriate online chat used in games called ‘Discord’.

There is a lot of language and talk about over 18 games. It should only be used by over 13s. [https://www.net-aware.org.uk/networks/discord/](https://www.net-aware.org.uk/networks/discord/)

Please monitor your child’s online activities closely.
Thank you to all of our parents/carers, the vast majority, who speak to staff in a friendly and courteous manner and communicate any issues or concerns with us via appropriate ways such as talking to us at the start or end of the day or requesting a meeting or call.

I am always shocked and saddened when parents/carers are aggressive or threatening to staff and I am concerned that my staff and myself have had to experience this recently. Sometimes we have difficult messages to give to you or things don’t go quite right but it is still not a reason to behave inappropriately. This can cause anxieties or difficulties for your child, if they see their parent disrespecting their teacher or another member of staff. Also, we do not have CCTV recordings of everything so demanding footage is also not always helpful – we would expect that you trust our investigations. Reminding parents/carers not to use phones on the school site or that the morning bell has already gone is not something staff should be spoken to aggressively for. Schools can bar someone from the premises if they feel that their aggressive, abusive or insulting behaviour or language is a risk to staff or pupils. It is enough for a member of staff or a pupil to feel threatened.

When onsite at West Acton please adhere to our value of CONSIDERATION and the British Value of RESPECT.

Tip from Lia School Counsellor - Worried Thoughts and Our Storytelling Minds

To mark Children’s Mental Health Week this year, we focused on the nature of our thoughts. In a school assembly I spoke to the children about their storytelling minds, which can often make them worry about things that have not and/or will not happen. I also offered a Coffee Morning focusing on our own thoughts as parents and how getting caught up in them can make us feel anxious, angry, sad or of course happy. Our thoughts are always there and always changing, moment to moment. We cannot control them all the time and they are always connected to feelings.

How can parents help?

Our mind wants to know and wants to make sense of things. Therefore, when there is some missing information, it naturally fills the gaps with a story. These stories in our minds can often grow and grow and our feelings attached to them can also get stronger and deeper. This snowball effect can often make us feel anxious or cause us some distress. The same thing happens with children. It can therefore be helpful to first notice when your mind is doing this. Then take a deep breath, count to ten, pause for a cup of tea or go for a walk... You can then remind yourself that these are just your thoughts, not necessarily reality. Keep breathing and remember that thoughts keep changing and these difficult ones will pass. This also works with children. If you practice just noticing your thoughts when they feel small and manageable, it will make it much easier when they feel more challenging and upsetting.

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 youni206.307@lgflmail.net.

Achievements outside of school

This week I was delighted to hear that:
Henry has passed his ballet exam. Last term he travelled to the Royal Academy of Dance to take the examination. He received a lovely certificate- the first of many I expect!

Ubaydullah selected to represent Superior Taekwondo Academy GBR for two important Taekwondo competitions happening at Sindelfingen/Germany. Ubayd achieved silver for this competition meaning he is qualified and will be going to Bosnia-Herzegovina in the Autumn.

Please do let me know of the exciting activities children are learning or doing outside of school.

CORONAVIRUS – latest Information


Please do be informed and not panic – people who travel from areas with reported cases are tested for the virus at airports that they depart from and arrive in.