Friday 3rd April 2020

I wish all our families a safe and peaceful two-week break. We will not be posting daily during the holiday (there will be some projects and activity suggestions) – but we will be back online 20th April 2020.

Thank you Miss Kondo

Follow us on Twitter or like us on Facebook

West Acton Primary School
@westactonpri

Keep up to date via our website https://www.westactonprimaryschool.org/

Home Reading

Running out of books at home? As a school, we have subscribed to Bug Club - an engaging independent online reading resource. It’s been shown to encourage reluctant readers to read at home and increase reading enjoyment.

Teachers have allocated each child a collection of fantastic eBooks at their reading level – including embedded activities for each book. Complete all books and activities to automatically progress to the next book band.

https://www.activelearnprimary.co.uk/

Your username and password are the same as your USO and the school code is weac.

Example format:
user: testa1234.307
password: example1
school code: weac

ONLINE SAFETY IS VERY IMPORTANT AT THIS TIME

Support for parents and carers to keep their children safe online includes:

- Internet matters - for support for parents and carers to keep their children safe online
- London Grid for Learning - for support for parents and carers to keep their children safe online
- Net-aware - for support for parents and careers from the NSPCC
- Parent info - for support for parents and carers to keep their children safe online
- Thinkuknow - for advice from the National Crime Agency to stay safe online
- UK Safer Internet Centre - advice for parents and carers
**Messages from our Year 5 Pupil School Council Representatives**

| From Hannah | Dear School Friends,  
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td></td>
<td>I hope you are all safe and healthy. It has been</td>
</tr>
<tr>
<td></td>
<td>an unusual experience to be locked at home since</td>
</tr>
<tr>
<td></td>
<td>the last time that we have met. If you have not</td>
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<tr>
<td></td>
<td>tried the online learning, resources that were sent</td>
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<tr>
<td></td>
<td>by the school I defiantly recommend it. I have been</td>
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<tr>
<td></td>
<td>trying to exercise, eat healthy, do my school work</td>
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<tr>
<td></td>
<td>every day and entertain myself at the same time. It</td>
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<tr>
<td></td>
<td>was my pleasure writing to you. I look forward to</td>
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<tr>
<td></td>
<td>seeing you very soon. Your sincerely Laial</td>
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#Easter 2020
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<table>
<thead>
<tr>
<th>Dear School Friends,</th>
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<tr>
<td>I would like to say</td>
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<tr>
<td>a huge thank you to</td>
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<tr>
<td>all our teachers for</td>
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<tr>
<td>working so hard putting these online resources for us to work from. Even my youngest brother has enjoyed the Nursery work too. It must be hard for teachers to be working at home for us to do these (I know from my mum) so thank you we love you and miss you very much. I also want to thank the NHS staff and if you have them in your family, I wish that they remain safe and well as they are putting their lives at risk looking after us. I want to end this on a happy note with jokes to make you all smile:</td>
</tr>
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- Did you hear the joke about the germ? Never mind, I don't want to spread it around.
- Where do sick boats go to get healthy? The dock!

From Hannah

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**Stop Tip from Lia – School Counsellor - supporting yourself through uncertain times**

We can easily feel helpless and powerless over what is going on around us during these uncertain times. What can be helpful is to try to accept and let go of those things that are out of your control and turn your focus onto those that are in your control.

Create your ‘circle of control’

First, take a moment to gently think about those things that make you feel worried, sad or angry about this pandemic. It can help to draw or write them down on a sheet of paper.

Next, draw a large circle on a separate sheet. On the outside of this circle, write down those things that you cannot control. For example: how long this will last, whether you are able to find what you need at the store, the actions of others, predicting what will happen. Now, focus on what you can control and write those things down inside the circle. For example: turning off the news, writing down 3 things you are grateful for every night, acts of kindness, your own social distancing, taking some time to play and connect with your child.

It can help to hang this up by your bed or on your fridge, as a reminder. Whenever you start to feel anxious, return to this image: the aim is to try to accept what you have written on the outside and then find something on the inside of your circle that you can do to feel more balanced again. This can be a great exercise to also create with your child!

Sometimes we could all do with someone to talk to. If you would like to speak to Lia for a confidential and non-judgemental chat about you, your child or any other worries, she is still available for phone consultations 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.