

# West Acton PRIMARY SCHOOL

Friday 12<sup>th</sup> October 2018

I am looking forward to seeing you at parents' evenings next Tuesday and Thursday. Also please do take the opportunity to share your views with us via our parent survey.

Thank you.

Miss Kondo



## Foodbank donations

Please donate to Ealing food bank for our Harvest Assembly on Monday.

Figures show that in the year to March 2018, 1,332,952 three-day emergency food supplies were delivered to people in crisis across the UK. I sent out a list of products they are in need of earlier in the week.



## Meet Lia – school counsellor

5th November 9.00-10.00am with School Counsellor – Lia Younes  
A Coffee Morning specifically to introduce myself to our Arabic-speaking families.

12th November 9.00-10.00am with School Counsellor – Lia Younes  
"Flip Your Lid"- what does it mean? = understanding your child's behaviour and how to support him/her when they are feeling a big emotion.

## Early morning Reading

Amber in 2DD has been enjoying our Library morning sessions. **Parents and children do come and join us!**

## Top Tip from Lia – Lia and Mrs Ives spoke to the children in assembly this week

### 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. You can call/text Lia on 07469 701 260 or email her at [younl206.307@lqflmail.net](mailto:younl206.307@lqflmail.net) to book an appointment.*

### Sports update

A huge well done to the West Acton Cross Country Squad after a superb performance at the Ealing Schools Cross Country Championship which took place last Thursday (4th)

Everyone ran to the best of their ability and showed great resilience and determination to finish in very respectable positions, including a top 5 and a top ten finish.

I am awaiting full result confirmation but special mentions must go to Sana Nogawa for finishing in 5th place (out of more than 125 runners!) and also to Rayann Fahmi, who was a late call up on the day and ran brilliantly, giving absolutely everything she had out there.

I am extremely proud of all of you and your performance and attitude throughout the day was a credit to the school. Mr Gallagher.

**Cross Country Squad** - Tamayah Odulaja, Sana Nogawa, Rayann Fahmi, Natalia Zdunczuk, Leina Note, Marwa Sharaf, Zakaria Baldewy, Achraf Serroukh, Rihito Ota, Kiyora Hata, Taylor O'Sullivan, Eisuke Matsui.



### Royal Ball

I may not have been invited to today's Royal Wedding but I did get an invite to Birch Class' Royal Ball – I am sure it was a lot more fun! Thank you.

