

# West Acton PRIMARY SCHOOL

Friday 2<sup>nd</sup> November 2018

One of the first things that was said to me when I was appointed as Head Teacher of West Acton was “You are so lucky – you get the fireworks display!” Weren’t they fantastic? A massive thank you to the PTA for organising such a lovely community event – it was nice to see so many families enjoying the evening.

Miss Kondo



## Top tip from our Counsellor Lia - Supporting your child who worries in social situations

Many children can be described as “shy”. Often, what this can mean is that they are very sensitive to their environment and can easily feel overwhelmed; perhaps they are introverted, meaning that they need quiet time away from people to renew their energy; or maybe they get so absorbed in their play and ideas that they aren’t so interested in interacting with others.

### How can parents help?

Firstly, try to avoid labelling your child as “shy”, as he may think there is something wrong with him. Instead, be sure to stay sensitive to his needs and empathise with what he is finding difficult. You can point out that she is able to overcome her fears: take the time to coach her on how to make friends and how to express her needs to others. Let him know that it is normal for everyone to feel a little uncomfortable when they first meet someone or walk into a room full of people and brainstorm together ways that he can overcome his worries in these situations. Remember to empower your child and avoid being over-protective. Instead, after validating her feelings, let her know that she is capable of doing hard things.

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](mailto:younl206.307@lgflmail.net).

**COFFEE MORNING**  
**for our**  
**ARABIC, FARSI & SOMALI-SPEAKING FAMILIES**

With Lia our Counsellor

**Monday 5<sup>th</sup> November, 9.00am-  
10.00am**

**in the Conference Room  
above the school library**

**Well done West Acton**  
**– we met our**  
**attendance target for**  
**Autumn with 96.4%.**

**Any requests for leave during the  
school time need to be submitted to  
the office for consideration and  
approval by the Headteacher.**

***Health Tip Swaps and tips***

**Children are getting half their sugar intake from soft drinks and unhealthy snacks, like cakes and biscuits. It's time for some food smart choices! Too much sugar can lead to the build-up of harmful fat on the inside that we can't see. This fat around vital organs can cause weight gain and serious diseases in the future like heart disease, type 2 diabetes and some cancers. Having too much sugar can also cause tooth decay.**

**There can be a lot of sugar in everyday food and drinks. Try our food smart swaps and tips to help you cut back!**

- **Start smart:** For a healthy start to the day, swap sugary cereals for plain porridge, plain wholewheat biscuit cereals, or plain shredded wholewheat.
- **Snack smart:** Cut back on sugary snacks by swapping cakes, biscuits, chocolate and sweets for fruit, plain rice cakes, toast with lower-fat spread, fruited teacakes or a bagel.
- **Drink smart:** A quarter of the sugar children have every day comes from sugary drinks. Swap soft drinks, juice drinks and flavoured milks for water, lower-fat milks and diet, sugar-free, or no-added sugar drinks. Get tips and easy drink swaps.
- **Sugar smart shopper:** Use the Food Scanner app to see how much sugar is in your favourite food or drink — look for products that are low in sugar!
- **Liven up your yoghurt:** Choose low fat, lower-sugar yoghurt instead of sugary yoghurt, ice cream and sugary desserts. Make it more interesting by adding some chopped fruit or berries.
- **DIY snacks:** Ask your children to help prepare healthier snacks from a selection of fruit, low sugar cereal and unsalted nuts — they're more likely to eat it if they've made it.
- **5 A DAY and fruit juice:** Fruit juice counts as one of your 5 A DAY, no matter how much you have. So limit the amount you and your kids drink to no more than 150ml a day.
- **Go bananas!** Try adding a sliced banana to whole wheat biscuits or low fat, lower-sugar yoghurt. You can also use it as a healthy topping for toast — a great way to get one of your 5 A DAY.

**The weather has turned  
much colder now – please  
do ensure that your child  
is coming to school with a  
coat on –and that the coat  
is named.**

**Please join us for the following parent meetings:**

***Maths workshops for parents of Children in Y1 to Y6***

*Tuesday 6<sup>th</sup> November at 9.00am and repeated at  
2.40pm*

***Phonics meeting for Reception Parents***

*Friday 9<sup>th</sup> November at 9.00am and repeated at  
2.40pm*