

West Acton PRIMARY SCHOOL

Friday 16th November 2018

This week has been anti-bullying week in school's all across the country and the theme has been CHOOSE RESPECT. In assembly this week we talked about respect but especially SELF – RESPECT. This was something new for most children to think about; many found it hard to pay themselves a compliment. Please do talk to your children about what makes them unique and focus on their achievements – big or small.

Miss Kondo



Please join us for the following parent meeting:

Phonics meeting for Year 1 Parents
Tuesday 27th November at 9.00am and repeated at 2.40pm
Rescheduled from this week

PTA leaders needed!

The current PTA committee have been running events to raise money for the school for the last 2 years. We've raised around £5000 a year, and learnt a lot about how to make a successful school event. As our children get older, our lives are changing and it's time for us to move on to other things. Our treasurer Jenni will be staying on, but we need a new Chair, Vice Chair and Secretary.

If you are thinking about joining the PTA committee and would like to learn more, please email the PTA at fowap2014@gmail.com for info or to arrange a chat with one of the PTA regulars. Elections will be held at the PTA Annual General Meeting on Friday 18th Jan 9-10am.

Year 6 Anti-bullying week workshop.



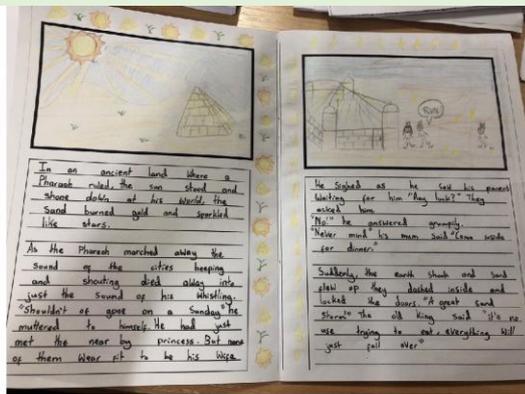
VERY IMPORTANT MEETING

for Parents of all children

Thursday 22nd November at 9.00am

Keeping Your Child Safe Online: Parents often find it difficult to keep track of what their child is doing online. The internet is always changing, which means it can be difficult to know how to keep your child safe. Come along to our workshop to get top tips and advice on how to ensure your child is being safe online.

Year 4 Egyptian Fairy tales.



Book Donations

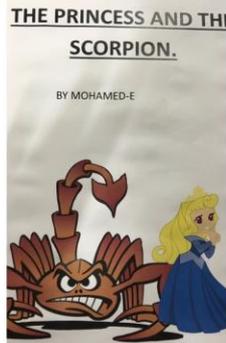
Simone in Year 2, a regular visitor to the library, has kindly donated 'The Famous Five' book collection.

Thank you Simone!

If you have any books, in good condition, which you no longer want please do donate them to our library – thank you.



The crocodile wuffs and puffs and waves the pyramid down.



This week's top tip from Lia our counsellor

A really helpful parenting tool... Parenting can feel so hard. There will be moments when your buttons are pushed and you feel stressed, overloaded and exhausted. However there is a tool that can help you get through those difficult moments and that can keep you from saying things that you will feel sorry about later.

What can parents do? Use your PAUSE button. Whenever you start to feel angry or irritated with your child's behaviour, stop what you are doing and take three deep breaths- or as many as you need! Take a moment to use an image or a thought that will help you to feel calmer. Remind yourself that this is not an emergency and think of something you really love about your child. Once you feel calmer, you will be able to choose a response based on connection, rather than react in anger or worry. It takes some practice but it does get easier!

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.

National School Meals Week

Children are more likely to concentrate in the classroom in the afternoon after eating healthy school lunches in a pleasant environment and research has found that only 1 in 100 packed lunches meet the strict nutritional standards of school meals. School caterers must meet strict nutritional guidelines around sugar, salt, fat and nutrients.

School meals can save parents' time and money, and provide much needed reassurance that their children are eating a healthy, balanced lunch every day.

<https://www.harrisoncatering.co.uk/>

You can pay here:

<http://www.westactonprimaryschool.org/parents/online-payments>

If you think you may be entitled to free school meals, please contact the office for more information.