

West Acton PRIMARY SCHOOL

Friday 30th November 2018

It was fantastic to see so many of you at the book looks this week; the children enjoyed reading the messages that you left. Please be sure to look at the October survey and responses on our website and come and share your views on Wednesday at the Parent forum. As it is getting colder we are opening up one of our halls at lunch times to allow pupils space to do some quieter activities such as colouring or reading. Our PTA group is working very hard to prepare for the fair – please do help if you can: it is Friday 14th December after school.

Miss Kondo



Junior Leadership Assembly for House Captains and School Council



This week's tip from Lia – our counsellor - Have you made mistakes as a parent?

We all have difficult times when we know we are messing up. Sometimes, we get triggered and we forget to see things from our child's perspective. So we lose it, react to their behaviours and can later be left filled with remorse. As this is a particularly busy time of year for many, we can easily feel more stressed, which makes it more difficult to practice patience and calm when faced with challenging behaviours. It is helpful to remind ourselves that most things can be repaired.

How can parents help?

Parenting is hard and we are only human- which means that your child doesn't need you to be perfect. In fact, what he needs from you is the space to be imperfect too, and to be loved and accepted for who he is. Luckily, we can model how to repair: *"I'm so sorry I yelled at you... You don't ever deserve to be yelled at. Let's rewind and try again. Here is what I meant to say..."* As long as our ruptures are followed by reconnection and outweighed by positive moments, they become learning opportunities for our children.

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.

ONLINE SAFETY

The phone network O2 have teamed up with the NSPCC: if you need help with anything, from **setting up parental controls to reporting online bullying**, you can call the **free** helpline on 0808 800 5002, or visit an O2 Guru in one of the stores. **The nearest store is in Ealing Broadway and you don't even have to be an O2 customer.**

Children in Years 5 and 6 entered **'The Voice's' Black History Month** annual writing competition. Black History Month celebrates the contributions of people of African and Caribbean heritage to Britain. This year, the theme focused on the Windrush Generation. All the children were presented with certificates of participation this week for their thoughtful and high quality writing - we're really proud of our budding writers!



A day in the life of a Year 6 pupil was portrayed very well and humorously by 6ZZ in the Class assembly last week – thank you children and Mr Toombs.



Year 1 and Year 4 pupils enjoy books together – in their pyjamas on Children in Need day.

We will be organising a collection for Ealing food bank starting next week. Please look out for the list of items that they are in need of. Thank you.

A huge congratulations to the **Year 5 & 6 Girls Football Team for winning the Ealing Schools Football Plate Tournament last week.** Our team's victory was even more significant due to the girls being unable to prepare because of a mixture of bad weather and bad ankles! We are so proud of all of them: inspirational performances, excellent attitude and never giving up which led to this group of girls' success.

