

West Acton PRIMARY SCHOOL

Friday 11th January 2019

Hope you had a peaceful and well-rested holiday. Welcome back to 2019 at West Acton Primary School.

Miss Kondo



Jobs for Children!

The children have had the opportunity to apply for three jobs this week: newspaper reporters, health champions and active champions. Please speak to your children about their application.

Top tips for after school

- Fun-size: If you find your child is offered sweet snacks by friends, try to limit how much they eat by keeping them small. Cut chocolate into squares and break cakes and biscuits in half.
- Get them involved: Ask your kids to help prepare healthier snacks – they are more likely to eat it, if they've helped prepared it!
- Be prepared: Before you pick up the kids from school, put together some healthier snacks to take with you. Then if sweets and cakes tempt them, you've got a handy alternative to offer!
- Fill the gap: Toast with low fat spreads or reduced fat hummus will help keep them going until dinnertime.
- Treat less: Some families find it helpful to only have sweet snacks once a week.
- Don't buy it: Try the simplest tip in the book – don't have sugary snacks in the house! Skip that aisle in the supermarket and avoid the checkouts with loads of treats on display.

For more ideas, see the [Change4Life](#) website.

Online games

We have been made aware of the fact that there are some children in various year groups who are playing online games that are not age appropriate. There have also been several incidents in school linked to these games and unacceptable behaviour being displayed whilst online. Whilst these are not directly school incidents, we are finding that a lot of school time is being spent trying to sort through these problems. Could we please ask that children are reminded of how to behave whilst playing online games and that if necessary, they be monitored by an adult to avoid further concerns from arising.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology>

Top tip from Lia – school Counsellor - Less drama, more connection

Here is a list of ways to help you connect more with your child and decrease drama and meltdowns at home. It may be a good idea to hang these up somewhere handy as a reminder!

1. Put “special time” aside with your child every day- even if just for 10mins!
2. Be present and put your phone aside when you are with your child
3. Pause and take a deep breath whenever you feel the urge to yell
4. Move and play together- let your child take the lead on a game and get them laughing every day!
5. Choose empathy first: set limits to behaviours and allow them to have their emotion
6. Choose empathy to help your child feel understood
7. Find the YES behind the NO: tell them what they CAN do instead
8. Look after yourself and make sure your cup is full
9. Give yourself a break: good enough really is enough and most ruptures can be repaired
10. Ask for support when things feel hard: from a partner, from other parents, or from a professional if necessary

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.

Spring Term Housekeeping letter coming soon!



Happy New Year 2019!

What are your new year's resolutions?