

# West Acton PRIMARY SCHOOL

Friday 18th January 2019

This week has been a very busy week with visits from the Ealing Health team – working with staff and pupils on taking care of and improving our physical and mental health. The Lunchtime and Active champions have been trained and will be starting their new roles in the coming weeks. Thank you to all the children who applied for jobs, we were so impressed by your applications. Mrs Ives and myself were treated to some delicious Syrian food on Wednesday - 'shukran' !

Miss Kondo



**Year 3** have been invited to take part in the National Literacy Trust's Young Reader's programme. Each child will receive **three books, free of charge** and participate in three reading events.

## **RED CARD for MATCH ATTAX CARDS**

*Please do not allow your child to bring Match Attax cards into school- they are banned.*

### **Why physical activity is important for children.**

Children need to be active for 60 minutes a day.

There are lots of good reasons to get moving! Research shows that physical activity can help school aged kids in lots of ways.

- Improves behaviour, self-confidence and social skills
- Improves attention levels and performance at school
- Develops co-ordination
- Strengthens muscles and bones
- Improves health and fitness
- Maintains healthy weight
- Helps them sleep better
- Improves mood and makes them feel good

### **Get moving with Shake Ups!**

Have you tried our Disney inspired games and activities? Shake Ups are fun for all the family – and a great way to get kids active! For more information, see the Change4Life website.

### Top tip from Lia

#### A reminder - you are your child's first role model

LEARNING and WANTING to do the right thing Children develop their 'inner compass' every day. They learn what they live, primarily by the example you set and the family culture that you create. How can parents help? The most powerful way to teach a child a skill is to model it. When you treat others (including your child) with respect, when you apologise and when you regulate your emotions- then your child learns to do the same. Their inner compass will take shape from yours. In addition, your child constantly needs to make difficult choices, so instead of telling them off and shaming them for making a "poor" choice, use it as an opportunity to develop that compass: help them reflect on how they feel and explain that we are all tempted to take the easy way over the right way: we are not perfect but we can do better. In order to help your child WANT to do the right thing, make sure your limits are reasonable and age appropriate. Set them up for success so that they can feel good about being a person who does the right thing. Finally, help your child repair relationships following any damage and remember to stay connected. When your child feels you are on their side, they are more likely to WANT to follow your lead.

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).

### *Charity begins at...West Acton*

*My assembly this week launched the PSHE topic of 'Charity'. Each year group will chose their own charities to support and run events to raise money.*



### Online Safety -

West Acton Pupils who bring phones to school **MUST NOT** use their phone once they enter the school pathway on Noel road. Phones must be **given into the office.**

### RECEPTION THEATRE WORKSHOP

The children were very engaged and confidently interacted with the actors. The workshop was great! The children enjoyed using their bodies and voices to pretend to be poisonous mushrooms, busy bees, Prince charming and scary witches - among other things!