

West Acton PRIMARY SCHOOL

Friday 25th January 2019

The children had an informative assembly about healthy eating on Monday from the Ealing Health team – the amount of sugar cubes that is in every day packed lunch items was quite shocking. Please ask your child if they can remember! I look forward to sharing the packed lunch policy with parents next week.

Miss Kondo

Homework Project

If you have completed Miss Dyer's homework Project about what you want to be when you're older please bring it in this week, if you have not already. Thank you.



Thank you - 5QQ for a great assembly last week!

In topic last term, the children learnt about the Vikings and why they came to the United Kingdom. During the assembly, children presented information that they found out in lessons and during the Viking Day. The assembly focused on busting myths that people have about the Vikings. E.g., Viking helmets didn't have horns coming out of the side of them!

WEST ACTON IN BLOOM?

We have a couple of exciting gardening projects that we would like to get underway. Please contact the office if you are able to help.

Safer Internet Day will take place on 5th February 2019.

Safer Internet Day is celebrated globally each year to promote the safe and positive use of digital technology for children and young people and inspire a national conversation. The day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet.

Our Cybermentors will be presenting an assembly to the rest of the school about this.

Safeguarding Reminder:

Please do not enter the building before or after school - you must go to the office first and /or book an appointment.

Attendance has not been high enough these past 3 weeks – we look forward to seeing it improve.

Senior Leaders will be contacting families of pupils with particularly low attendance.

Two Top Tips from Lia

Choose your battles

All humans resist feeling controlled by someone else, and kids are no different. The more they feel "pushed around" the more they rebel. That is a good thing! Training a child to be obedient means you'll always have to be there to give orders, and as they grow up they may find it more difficult to stand up for themselves. Instead, teaching a child self-discipline raises a child who can think for themselves, stand up for what is right, and is not likely to be taken advantage of.

How can parents help? Choose your battles. Make sure your child knows you're on his/her side and that they have some choices. When you feel you are entering a power struggle, offer them two choices that you feel OK with. This will allow them to feel they have some control, while you also continue to hold your boundaries. Coach your child rather than trying to control him/her.

Build your child's self-esteem

When we have a positive view of ourselves, it can help us to cope with life's challenges. Recognising the different qualities of others can allow us to connect with those around us – which is vital for our own and others' wellbeing.

How can parents help?

Your child believes everything you say- and acts on it. This is a great opportunity for you to make sure they hear you expressing joy and delight in spending time together, accepting them entirely as they are: "I so enjoyed watching you paint this picture...", "I had so much fun playing with you this morning...", "Xavier worked really hard on this over the weekend..." Remember to praise effort, not results!

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 initial appointment, you can call/text Lia on 07469 701 260 or email her at younl206.307@lgflmail.net.

Assemblies this term:

1st Feb - 2CC 8th Feb - 2DD 15th Feb - 2JJ

Upcoming Events in School

Number day in School for the children - Friday 1st February

Coffee Morning with Lia School Councillor – Fill your Bucket and Self Care – Monday 28th January

Drop in session with Pupil and Family Worker Ruth Friday 1st February 9.00am

Mental Health Workshop for Parents with Ealing Health Team – Friday 8th February

Mum's Zumba 'Taster Session' – Wednesday 13th February