

West Acton PRIMARY SCHOOL

Friday 1st February 2019

In assembly this week, we revisited the **Learning Heroes** that the school introduced some time ago. The aim of the heroes is for the children to be independent learners: **challenge themselves, take risks in their learning, evaluate their learning, make connections across their learning and be resilient**. Please ask your child which hero they have been during their day. To further their independence, children were reminded about the different resources available in the classroom or actions that can help them learn before they need to ask their teachers for help: **bits and bobs, buddy, be brave, be still, backtrack**- all before asking **the boss!**



Miss Kondo, Headteacher

WEST ACTON IN BLOOM?

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

Thank you - 3II for taking us to wonderland with Alice!

In the assembly last week, it was great to hear about what you have learnt in English and I especially liked the rabbits. Thank you.

On line Safety tip

Agree with your child rules for Internet use in your home:

Try to reach an agreement with your child on the guidelines that apply to Internet use in your household. Here are some tips to get started:

Discuss when and for how long it is acceptable for your child to use the Internet

Agree how to treat personal information (name, address, telephone, e-mail)

Discuss how to behave towards others when gaming, chatting, e-mailing or messaging

Agree what type of sites and activities are OK or not OK in our family

Follow the rules yourself! Or at least explain why the rules are different for adults.

OFSTED – have your say. OFSTED will change the way that they inspect schools from September 2019. There is a draft handbook out for consultation:

<https://www.gov.uk/government/publications/ofsted-inspection-handbooks-drafts-for-consultationand>.

Parents/carers can share their opinions:

<https://www.smartsurvey.co.uk/s/EIFConsultation/>



Top Tip from Lia

Children and anxiety...

All children feel anxious and worried at times. This is a normal part of their development, as they learn to develop survival strategies when faced with challenges. They are often more likely to show you their anxiety in different ways: tummy aches, needing lots of cuddles and reassurance, struggling to go to sleep, loss of appetite, fidgety/finding it hard to settle, are some examples. Anxiety in children tends to be more prevalent around nighttime, changes/transitions/separation from you or around exam time in school.

How can parents help?

Talk to your child about anxiety and help them understand what is happening in their body. "Hey Warrior" is a wonderful picture book that can help you with this. Help them recognise the signs they can tell when they are feeling anxious and can ask for help. Explain that this feeling will pass, like a wave that peaks before it gets smaller. When their worries creep up, help them take deep breaths and do this together. Sometimes a cuddle can also help to soothe. Invite them to find a safe, happy place in their mind that they can go to when they feel anxious. Your child can either keep a Worry Book where they can write or draw their anxious thoughts, or put them into a Worry Box. Exercise and movement, as well as a healthy diet, will help to reduce the stress hormones. It is also important to keep your child away from violent or scary content on screens. Finally, work on developing positive thinking together and think of what they can DO when they feel anxious. Make a list and hang it up on the fridge!

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.

Upcoming Events in School

Year 2 Fundraising Cake Sale – Thursday 7th February 3:15pm

Mental Health Workshop for parent/carers with the Ealing Health Team – Friday 8th February

Parent/carers consultation evenings – Monday 11th and Wednesday 13th February

Next week is Children's Mental Health week. Place2be celebrate this week with schools every year and have lots of ideas for parents to support their children to be resilient and manage their emotions. To find out more visit: www.place2be.org.uk.

Mental Health Workshop for parent/carers with the Ealing Health Team – Friday 8th February

Monday 11th February - Non Uniform Day – bring in £1.00 for Ealing Schools Counselling Partnership

Assemblies this half term:

8th Feb - 2DD and 15th - Feb 2JJ