

West Acton PRIMARY SCHOOL

Friday 8th February 2019

This week has been the **Children's Mental Health Week** and every child has enjoyed a yoga class. Thank you to the lovely teacher Giuseppina who made it such fun, as well as relaxing. Classes have been given a 'Calm Box' to keep for moments when children may just need a little break. We had informative assemblies from Ealing's Health team on how to stay safe online and the importance of sleep to keep our minds and bodies healthy. I look forward to seeing you next week for our parent/ carer consultation meetings.

Miss Kondo

Year 3 took part in the Tate Gallery's exciting project this week!

This vast new work of art will be one of the most ambitious visual portraits of citizenship ever undertaken, in one of the world's largest and most diverse cities LONDON!

Explored through the vehicle of the traditional school class photograph, Steve McQueen, together with Tate, Artangel and A New Direction, invited every Year 3 primary school class in London to be photographed. The class photos will be brought together into a single large-scale installation, capturing tens of thousands of Year 3 schoolchildren in a milestone year in their development.

Running in parallel to the exhibition at Tate Britain, Artangel will stage an outdoor exhibition spanning London's 33 boroughs, giving the public a glimpse of the future of their city.



**Non-Uniform Day on
Monday 11th February.
Please donate £1.00 to
Ealing Schools Counseling Partnership**

**Half-term holiday
Monday 18th to Friday 21st
February
No school for Pupils on
Monday 25th February**

Monday 11th February

Writing and Grammar workshop with Miss Kondo at 9.00am in the Conference Room. (Please note this a change from the original date of Tuesday 12th February).

Friday 15th February

Health Eating Workshop with our Pupil and Family Worker Ruth at 9.00am.

**Homework projects are on display outside the music room – please do take a look. Our children want to have a wide range of careers: from sumo wrestler to car designer.
Thank you to all the children who worked so hard on these.**

On Safari with 2CC

It felt a little strange last Friday morning, after coming to work in the ice and snow, I was greeted by the ROAR of 2CC in their safari assembly - thank you! It really warmed me up!

PARENT/CARER Consultations evening – next Monday and Wednesday

Please note that the school gates will close at the usual time and entry and exit to and from the classrooms will be via the Victoria Hall.

Children cannot play in the playground unsupervised – all children should remain with their parent/carer at all times.

I am delighted to be able to give each child a set of **CPG study books** for you to work on with your child at home; you can collect these from the Victoria Hall.

The teachers will be giving you copies of your child's recent tests and writing assessment so you can see how they are progressing and how you can support him/her in their learning.



Amazing Maths Day

A huge thank you to Mr Downs who made Maths even more interesting than usual last Friday: each year group had an **inspiring visitor from a different industry** talking about how they use Maths in their job on a daily basis.

Top tip from Lia

Nurturing Yourself While Nurturing Your Child

The topic of our most recent Coffee Morning has been parent/carer self-care. Together, we found a pause in your day to priorities your well-being and think about ways that you can look after yourself. Self-kindness and self-compassion are essential for all carers. To not only stay patient, but also to keep finding joy and delight that is present every day with your children- even on the difficult ones. Children are happier and will cooperate more when you are joyful, calm and present. When you are feeling stressed, they may believe it is their fault, feel anxious and that they are not good enough. If they sense that you are not feeling OK, they may worry and want to protect you. Your big job then, is to make sure you are parenting yourself just as well as you are parenting your child.

How can parents help?

Try to tune into yourself as much as possible throughout the day. Take deep breaths whenever you can, breathing in calm and breathing out stress. When you are feeling irritable, it is important to stop and think about what it is you need right now to stay balanced: can you sit outside for 5mins or put on some music and dance? Have a glass of water? Plan something you can do for yourself later, once they are in bed- your Golden Time? You can also find ways to nurture yourself through times in the day that tend to be most difficult. Perhaps you can drink a cup of tea during bedtime stories or start evening routine a little earlier. Finally, being present and slowing down will help you to take in the joy of every moment with your child and will replenish your spirit.

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.