



# West Acton PRIMARY SCHOOL

Friday 8<sup>th</sup> March 2019

I wondered where I was yesterday – I could hardly recognise the children amongst their World Book Day costumes. Thank you for supporting this event and also thank you to the staff – didn't they look amazing too. Thank you too Mrs Langston and Miss Kelly for organising this. Don't forget we have 'The Book People' Book Fair in two weeks!

Miss Kondo

## IMPORTANT DATES

**Life Bus for Parents** – Tuesday 12<sup>th</sup> March 9.00am (all year groups welcome).

**Speech and language – Part 2 with speech and language therapist** - Thursday 14<sup>th</sup> March 9:00am (all year groups welcome).

**Building Self-Esteem workshop with Pupil and Family Worker** Ruth – Friday 15<sup>th</sup> March 2019, 9.00am in the Conference Room (all year groups welcome).

**RSE meeting** – 19<sup>th</sup> March 9.00am – All year groups

**Online safety meeting** – 28<sup>th</sup> March 9.00am – All Year Groups

### Friday Class Assemblies

15/3 – 1KK

22/3 – 1AA

29/3 – 4SS

### NEXT WEEK:

SCIENCE WEEK

LIFE BUS

RED NOSE DAY



### 200 Million Minutes Reading Challenge!

We are very excited to announce that we have just signed up for the **200 Million Minutes Reading Challenge** – a global reading initiative from education charity **Achievement for All** that was launched on World Book Day 2019.

Together with early years settings, schools, colleges, parents, carers, libraries, businesses and community groups from around the world, children and young people will try to read for a collective 200 million minutes.

Why? We know that introducing all children and young people to the habit of reading in everyday life can improve communication skills and brighten future prospects, unlocking new worlds and possibilities. 10 minutes of reading a day can make a huge impact to a child's development, so imagine what 200 million minutes could achieve!

The challenge will run until Tuesday 2<sup>nd</sup> April 2019 (Children's Book Day). Each week we'll be adding our reading minutes to our overall score, and do our best to come out on top. All children have been given a book mark to record their reading time on. All reading counts towards the minutes: paperbacks, magazines, comics, plays, newspapers, picture books and e-books are all great. Children can note their reading time on the bookmarks and when the bookmark is full, they take it to Miss Kelly (Year 5 Year Group Leader) who will log all the minutes online.

For more information, or to find out how to get involved, visit [www.200MillionMinutes.org](http://www.200MillionMinutes.org) or follow @AfA\_Education on Facebook and Twitter.

**West Acton Primary – let's get reading!**

## Tip of the week from Lia the school counsellor

### Protecting your child from stress

Children today often feel more stressed than we realise. This is particularly important to remember because they are still developing emotionally and intellectually. They often feel powerless and are under a lot of pressure, with less time spent in nature, less free-play and downtime, and less face-to-face contact.

### How can parents help?

As mentioned previously, it is important to think about your own self-care: slow down wherever you can. Also try to reduce all the activities in their schedule so that they have more downtime to play and to be creative. Physical activity and nature are particularly helpful in reducing stress so try to make sure they can move outside every day. Take the time to listen to your child and **make sure you laugh together!** It is also important to minimise screen time and maximise connection time with them. Finally, you can monitor and limit the amount of violence and upsetting material they access through video games, the news and other online media, as this makes them believe that the world is a more dangerous place than it actually is.

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](mailto:younl206.307@lgflmail.net).

### RED NOSE DAY

**Friday 15<sup>th</sup> March** – Please donate 50p or £1.00 for your child to take part in the daily mile – each class will decide how they will complete it.

Some staff are volunteering to allow pupils to paint their face! **If you would like to enter, please bring in your design on paper** (with your name and class on the back) to Miss Kondo by Wednesday.

The School Council will be selling Red Noses next Friday too, price 50p.

### FIT AND FRUITY

Thank you to 2JJ for their assembly at the end of last term. They taught us all some of the whole school HIIT exercise and even sang about fruit in French. Magnifique!

### TRIP TO SPACE! Mars'-vellous!

Year 5 had a great day in the Space Dome on Wednesday. Inside a huge inflated black dome they learnt about so many things from galaxies and constellations to how to build a space rocket. Makail felt like he was going into space and Maryam thought it was so amazing she had no words to describe it!

**ARK ACTON ACADEMY (Formerly Acton High School) – Tuesday 12<sup>th</sup> March, 9am – Victoria Hall**  
Reminder that I have organised for representatives from ARK Acton Academy to come and talk to parents about the school and the new and exciting changes the academy have made.

### PTA SPRING DISCO -

#### Wednesday 13<sup>th</sup> March

Nursey, Reception and Year 1 – 3:45pm to 4:45pm  
Years 2, 3, 4, 5 & 6 – 5pm to 6pm

### EASTER BONNET PARADE

Reception - Thursday 4<sup>th</sup> April, 2.40pm

### EASTER BONNET PARADE

Years 1 and 2 - Friday 5<sup>th</sup> April, 12.40 pm



### SPRING SING

Years 3 and 4 - Thursday 4<sup>th</sup> April, 9.00am

### SPRING SING

Years 5 and 6 - Friday 5<sup>th</sup> April, 9.00am

