



# West Drayton Academy Newsletter

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Edition 8

## Principal's update

Being part of the Park Federation, West Drayton children have more opportunities to compete, present and perform with different schools. Last week, three of our talented spellers in year four competed in the Park Federation's Spelling Bee, 24 children competing across eight schools. West Drayton's representatives were; Zara Jama, Deepica Swaminathan and Krish Tamil Revathi - they were amazing!

A spelling bee is a competition in which contestants are asked to spell a broad selection of words, usually with a varying degree of difficulty. To compete, contestants must memorise the spellings of words as well as having a broader knowledge of spelling patterns.

Other Park Federation competitions include: public speaking, young musician of the year, a maths challenge, cross country, cricket, netball and many more.

During last term's Celebration Assembly, we recognised nearly 300 children who had achieved 100% attendance during the first half term. A brilliant achievement - well done! Each child received a certificate. We know that going to school is directly linked to improved performance which often turns into better job prospects. Children with the poorest attendance, more often than not, progress less well than other children.

To share our approach to attendance, West Drayton have produced a document called '[Attendance Matters!](#)'. This pamphlet is available on the website and will include all of the information needed to help your child maintain excellence. It includes: At what stage does my child's attendance become a concern? What will happen if attendance drops below 96%? What do you do if your child is absent? When should I keep my child off school? What happens if you require exceptional leave? What are the rewards for good attendance?

If you have queries, please talk to Amanda Thorne, Attendance Officer.

## Dates for your diary

### 14th November

Odd Socks Day  
(Anti-Bullying Week)

### 15th November

Y1 Walk around West Drayton

### 14th - 18th November

Road Safety Week

### 18th November

Children in Need Charity  
(Children come dressed as Heroes. Donations can be made via Parent Pay)

### 21st November

Federation 5-A-Side  
Football Festival  
(Godolphin Academy)

## Attendance

The class with the best attendance this week is:

1st place: 1A with 98.6%  
2nd place: 5S with 97.5%  
3rd place: 4L with 97%

**It will be a non-uniform day for 1A on Friday 18th November. Well done!**

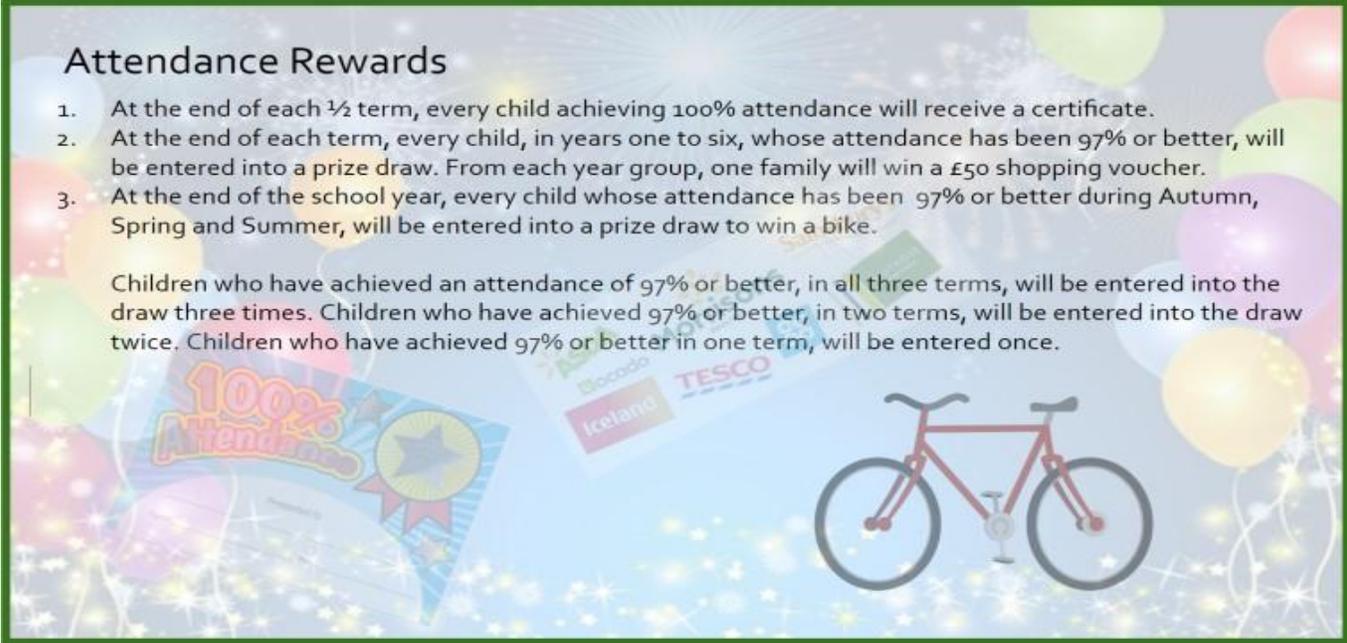


**BELIEVE • EMPOWER • ACHIEVE**  
*Unlocking children's potential by knowing them, believing in them and providing opportunities to succeed*

## Attendance Rewards

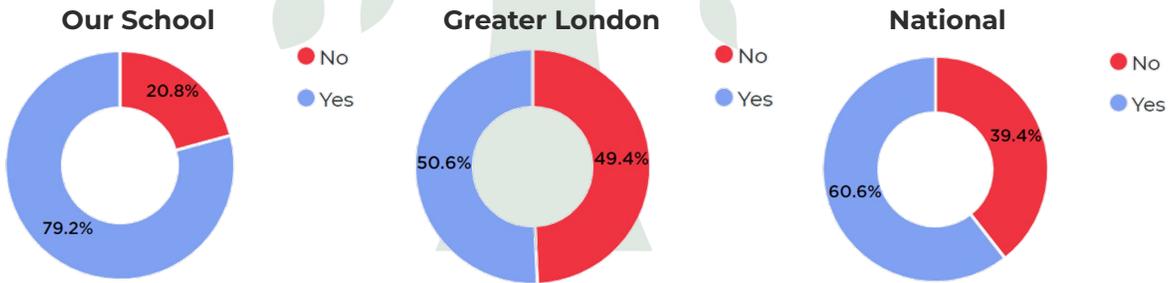
1. At the end of each ½ term, every child achieving 100% attendance will receive a certificate.
2. At the end of each term, every child, in years one to six, whose attendance has been 97% or better, will be entered into a prize draw. From each year group, one family will win a £50 shopping voucher.
3. At the end of the school year, every child whose attendance has been 97% or better during Autumn, Spring and Summer, will be entered into a prize draw to win a bike.

Children who have achieved an attendance of 97% or better, in all three terms, will be entered into the draw three times. Children who have achieved 97% or better, in two terms, will be entered into the draw twice. Children who have achieved 97% or better in one term, will be entered once.



## Votes for Schools

On Friday 21st October during Votes for Schools, we discussed the question:  
**Should we stop paying for the BBC?**



This week, we will be discussing:

- KS1 Are playground trends a good thing?**  
**KS2 Do we know enough about how vaping affects us?**

## Y2 Visit to the Palace Tandoori Restaurant

As part of our 100 Club opportunities, Year 2 visited the Palace Tandoori restaurant to practise the skill of placing an order. They spent the afternoon sampling snacks such as samosas, pakoras and naan bread. They had a go at trying all of the food and many children asked for seconds! Most of the children said their favourite food was the samosas although the naan bread was a close second!



They all had a great time and are looking forward to using this skill in the future.



## Remembrance Day

On Friday 11th November, we marked the special occasion of Remembrance with a 2 minute silence across the school. The Year 6 children have been working hard to raise money for the Poppy Appeal by selling poppies. Lots of children spent time making a poppy as a mark of remembrance which we displayed on the entrance gates of the school for all of our community to enjoy.



## Spelling Bee Finalist

Congratulations again to Zara, Deepica and Krish for representing West Drayton Academy in the Park Federation's Spelling Bee.



## Martial Arts Champions!

Our students Sreemanth Annangi from Y3 and Abhiram Annangi from Y1 participated in an International Mattfiddes Martial Arts Championship, which took place on 6<sup>th</sup> November at Stoke Mandeville Stadium.

Both of them displayed high standards of martial arts skills, winning 5 medals between them. Well done Sreemanth and Abhiram, you have done us proud!



## Road Safety Week

Next week we will be taking part in Road Safety Week 2022. The theme for this year is 'Safe Roads for All'. This annual event brings together communities to highlight everyone's right to make safe and healthy journeys on safe roads. Children will participate in lessons which will raise pupil awareness of key areas of road safety. This includes the importance of safe footpaths and cycle paths, slow traffic, safe places to cross and clean traffic. Children will share their ideas about how grown ups can keep children safe near roads. Towards the end of the week, children will design a new, safe, people friendly street.

Please visit [Brake, the road safety charity](https://www.brake.org.uk) to read advice for parents and families on how to make safe and healthy journeys when travelling with children.



## Federation Boccia Festival

The Federation Boccia Festival was held at Wood End Park Academy for the SEN children across all the Park Federation schools. It was a fun day where they were able to complete a circuit of physical activities throwing Boccia balls into hoops. Six SEN children participated from our school, and they really enjoyed themselves. They liked how they were able to take turns and celebrated the turns of their peers. They also enjoyed seeing all the children from the other schools. At the end of the festival, the children were given medals to celebrate their participation. It was a great day for them!



## Self Esteem

Self esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. Some of our children had a nice session about self-esteem yesterday with Miss Mohammed. We loved the idea of writing nice messages on bananas. The children enjoyed reading the messages and sharing them with their peers.



## NHS Poster Competition

Aggie the Alien' is back! Aggie is an animated character created by NHS North West London to help children better understand and look after their health. This autumn, she is here to let people know about the NHS services that are available, and when it's the right time to use them. Look at the poster below to learn about all the different ways the NHS can help when people are unwell or hurt. This also includes an exciting poster competition where children can share their design with their teacher for the chance for it to be displayed in north west London hospitals!

So, are you up for the challenge?

## Let's look after each other this winter



When we are unwell it's important we go to the right place so that we can get help as quickly as possible. A&E can get really busy, so if it's not an emergency we need to know where else we should go.

The NHS takes care of lots of people, especially in the cold winter months when people are more likely to get poorly. Here are the different places people can go for help depending how serious it is:

### Pharmacy

A pharmacy is a shop which can provide medicine and help you when you feel a little bit poorly, like when you have a cough or a cold. If they think you need more help they can help you see a doctor or nurse.

### GP

Your GP is a doctor who can treat lots of common illnesses, and you have to make an appointment to see them. Sometimes they need to examine you to work out what the problem is so they can help.

### NHS 111

You should search 'NHS 111' online or call 111 if you need urgent medical help but don't know what to do. There are experts there to help you all day, every day.

### A&E

You should go to A&E (also known as emergency department) or call 999 if you suddenly have something really wrong with you. This could be a broken bone, breathing difficulties or bleeding lots.

**Poster Competition**  
Using what you've learnt from this worksheet, can you design this poster so people know when they need to go to A&E - when something is really wrong and they need help right away?

**There are lots of reasons Aggie might need help this winter.** Can you match what's wrong with Aggie with where she should go:



Aggie noticed a rash yesterday and it's still feeling itchy. Can you complete the maze and get her to the pharmacy?

Complete the Maze



## ANTI-BULLYING ALLIANCE

This **ANTI-BULLYING WEEK** we are holding

**ODD SOCKS DAY** on **MONDAY 14<sup>TH</sup> NOVEMBER 2022**



**Odd Socks Day**

Come to school wearing your odd socks to celebrate what makes us all unique!

West Drayton are supporting



**BBC Children in Need**

Friday 18th November 2022

TO RAISE MONEY FOR BBC CHILDREN IN NEED WE ARE ASKING FOR A £1 DONATION TO BE MADE ON PARENTPAY.





## CALLING ALL SUPERHEROES!

**COME DRESSED AS YOUR HERO FOR £1**



**REMEMBER NOT ALL HEROES WEAR CAPES.**



## What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

### 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

### 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

### 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

### 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

### 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism even if they haven't dealt with the situation in exactly the way you would have hoped.

### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0545 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK and Australia.

**National Online Safety**



**ENGLISH**



**CONVERSATION CLUB**

*If English is not your first language and you would like to improve your English speaking and listening skills, come and join our '**conversation club**' starting soon.*

*Please text Mrs Malik on **07718 492006** with the word "**TALK**" and your name to express your interest in joining the club.*