

## Principal's update

### ATTENDANCE MATTERS!

Good attendance at school is not just valuable, it's essential. Going to school is directly linked to improved academic performance which should in turn lead to further learning opportunities and better job prospects. Children with the poorest attendance, more often than not, progress less well than other children. As well as this, going to school helps to develop: friendships, social skills, team values, life skills, cultural awareness.

Without permission, some West Drayton families are choosing to take their children out of school for non medical, extended periods of time. To be clear, there is a legal obligation to ensure children receive a suitable, full-time education. Unauthorised absence may result in Hillingdon Council issuing a fine or issuing a court summons.

The Principal may only grant leave of absence for exceptional circumstances. Examples of any exceptional circumstances, where leave may be granted during term time, are included in a document called, '[Attendance Matters](#)' - this is on the school's website. Exceptional leave must be requested before travel arrangements are made.

When attendance falls below 95%, you may receive a notification letter and if attendance falls below 90%, you may be asked to meet with school staff or the local authority.

Your child only gets one education, let's treasure it. Thank you for your continued support with your child's school attendance.

Richard Yates  
Principal

## Dates for your diary

### 26th November

Y3 Panto visit  
Reception & Y6 Height and Weight Check (NCMP)\*

### 8th December

Assessment Week

### 10th December

Performing Arts Club End of Term Performance

### 15th December

Y1 Panto: Beauty and the Beast

Christmas Fair

### 17th December

Christmas Lunch

## Attendance

The class with the best attendance this academic year is:

1st place: 6M with 99.2%  
2nd place: 3D with 98.6%  
3rd place: 5S with 98.5%

**It will be a non-uniform day for 6M on Friday 21st November!**

**Well done!**



Instagram



Piota App\*

@WestDraytonAcademy

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## Spelling Bee House Competition



This week the finalists from Year 2 - Year 6 competed in our annual Spelling Bee house competition. The final was incredibly competitive and all the finalists and winners can be proud of their achievements!

Well done to all the finalists for securing a place in the finals!

House	Y2	Y3	Y4	Y5	Y6
Blue House	Mahrosh 🏆	Shivaank	Riya 🏆	Shima 🏆	Rehaan
	Aria	Samara	Devanshi	Imaan	Avani
Green House	Mariam	Diya 🏆	Yasmin F	Dakshith	Pranika
	Eliza	Vivaan	Sahana	Rihan	Aarav
Red House	Shriya	Sakina	Adhitraj	Riya	Venba 🏆
	Jaival	Deeryan	Srirangan	Izma	Tanushreya

The winners of the Spelling Bee Competition for 2025 are:

**Year 2 - Mahrosh (Blue House)**

**Year 3 - Diya (Green House)**

**Year 4 - Riya (Blue House)**

**Year 5 - Shima (Blue House)**

**Year 6 - Venba (Red House)**

Congratulations to the **Blue House** team for coming **1st place** in the 2025 Spelling Bee competition!

Total Dojo points awarded to each child representing their house team.

- **Winners in each year group earn 10 dojo points**
- **Runners up (finalists) earn 5 dojo points**
- **All entrants earn 1 dojo points**

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## Spelling Bee Winners



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## Y4 Roman Visit

We marched, we cooked and we trained! On Monday, we successfully transformed our school into a vibrant Roman marching camp for a fantastic Roman Experience Day. This event truly brought our history topic to life.

Students spent the day training as new legionaries. They started by meeting a Centurion and examining authentic Roman camp equipment. They participated in camp life, which included playing Roman games and even preparing a 2000-year-old Roman hardtack and stew recipe. In the afternoon, they became 'history detectives' by handling genuine artefacts before undergoing rigorous legionary training. This featured shield work, marching drills and learning the famous tortoise formation.

Year 4 also came dressed in fantastic Roman costumes. It was so wonderful to see all their robes and armour. Thank you to all children for making such an effort and a huge thank you to everyone who helped make the day a great historical adventure.



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## Girls Football Tournament

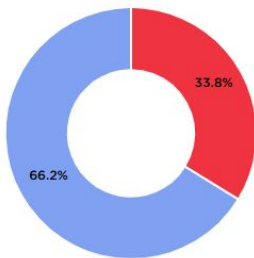
This week, the girls' football team took part in a borough wide football tournament. Across a series of matches girls demonstrated great teamwork and sportsmanship, and earned a well deserved 3rd place finish overall. Well played and well done!

## Votes for School

**This week, during Votes for School, we discussed:**

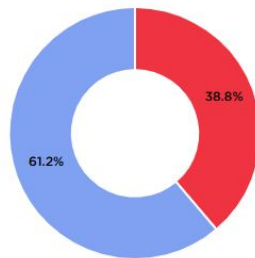
Is it easy to stand up for yourself?

Your School



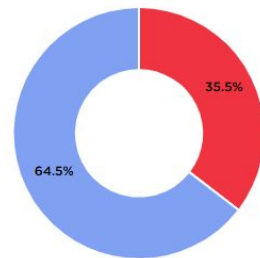
● No  
● Yes

Regional (Greater London)



● No  
● Yes

National



● No  
● Yes

## Coming up:

Should people still be given knighthoods? (KS2)

Should there still be knight? (KS1)

Pupils will have an opportunity to discuss how and where the knighthood originated and the role that they play in the UK society.



# West Drayton Academy Newsletter

www.westdraytonschool.com  
01895 442904  
wdaoffice@theparkfederation.org

14th November 2025  
Edition 10

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## Federation Spelling Bee

This week, three children from Year 4, Sahana, Rayansh, and Kiara, took part in the Federation Spelling Bee at Godolphin Junior Academy.

They were among the 27 finalists across the federation. What an amazing achievement! Although they didn't make it into the final three, they did an incredible job spelling some really tricky words and representing our school beautifully. We're so proud of their confidence, hard work, and enthusiasm. Well done, Sahana, Rayansh, and Kiara!



## Reception & Y6: Wednesday 26th November\*

### School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

#### PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

#### SCHOOL HEIGHT & WEIGHT CHECKS



Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

#### PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

#### PARENTS' ACTION



A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.

Parents can visit the children's weight page at Better Health Families for tips on healthier changes.

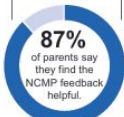
Parents can monitor their child's weight by visiting the [NHS healthy weight calculator](#).

#### DATA USE



The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.

Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.



#### What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

#### Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.



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Let's do this



## Better Health Families is here to help your family be healthy and happy

### Sign up for NHS Healthy Steps emails



Let's do this

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit [healthysteps.uk](http://healthysteps.uk) or scan the QR code to get started!



### Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.

Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

### See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.



Find Better Health Families on Facebook!



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## Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

### 1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.



### 2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.



### 3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.



### 4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.



### 5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.



### 6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.



### 7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.



### 8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.



### 9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.



### 10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.



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## 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.

### 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).

### 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, lumpy 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.

### 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.

### 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.

### 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 0845 225 5767 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

### 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.

### 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.

### 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.

### 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.

### 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.



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## CHAMPION OF THE WEEK

THE FOUR PILLARS ARE WEST DRAYTON'S VALUES THAT THREAD THROUGH THE CURRICULUM. EVERY DAY, WE ASPIRE TO DEMONSTRATE AND APPLY THESE VALUES IN EVERYTHING THAT WE DO. WE BELIEVE THAT THE PILLARS WILL HELP TO PREPARE OUR CHILDREN FOR TODAY, THE NEXT STAGE OF THEIR EDUCATION AND BEYOND.

EACH WEEK, FROM EACH CLASS, ONE CHILD WILL BE SELECTED AS THE WEEKLY CHAMPION. THE CHAMPION IS SOMEBODY WHO HAS CONSISTENTLY EXHIBITED THEIR CLASS VALUE OF THE WEEK.

### Year 1

- Adil A
- Aarav S
- Vyaan D

### Year 2

- Vibisha B
- Safa M
- Suhaib B

### Year 3

- Azaan M
- Yafi A
- Sophia S

### Year 4

- Noah D
- Zahaa Q
- Mahitha S

### Year 5

- Pranavi B
- Sajad A
- Mia M

### Year 6

- Tanushreya D
- Mohammed Y
- Kendall F

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