



West Drayton Academy Newsletter

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30th January 2026
Edition 19

Principal's update

Healthy eating is a national priority. Growing healthily and maintaining a healthy weight throughout childhood is important for physical, social and mental wellbeing and readiness to learn. Good nutrition also lays a foundation for future wellbeing, learning and employment.

At West Drayton, a reminder that we have an established Food Policy [here](#). Remember that we have removed snacks with high fat, sugar or salt content. We understand that snacks can be an important part of the diet of children and can contribute positively towards a balanced diet. However, we encourage healthy choices for snacks at break time - fruit, cheese, salad, Vegetables help to give a slow release energy boost to keep children re-fuelled until lunch time. Please do not send chocolate, sweets or crisps.

Next term, I will again ask parents to regularly share examples of inspirational packed lunch boxes and the newsletter will provide helpful advice every week. School is committed to supporting children's holistic education, academic and personal development.

Have a great weekend.

Richard Yates
Principal

Dates for your diary

2nd February

Y6 Assessment Week

3rd February

Reception Planetarium
6M visit to Imperial War Museum

4th February

6B & 6C visit to Imperial War Museum
6B drop off at 8:15am

6th February

EY and KS1 NSPCC
Numbers Day

9th February

Mental Health Week
Y5 Swimming

10th February

Safer Internet Day

12th February

Children's Wellbeing Day

Attendance

The class with the best attendance this academic year is:

1st place: Peach & 4OR
with 98%

2nd place: 4W with 95.8%

3rd place: 2B with 95.6%

It will be a non-uniform day for Peach & 4OR on Friday 6th February.

Well done!

Never miss out on what's happening in the school!

Download the Piota App for all school updates and be sure to follow us on Instagram for weekly updates

@WestDraytonAcademy



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Unlocking children's potential by knowing them, believing in them and providing opportunities to succeed

Year 1 Trip to Reading Museum

As part of our learning in History, Year 1 children, went back in time to see what life was like in the Victorian era. We experienced a real Victorian school and even got to wear some Victorian clothes!

We then had a chance to explore the rest of the museum and enjoyed finding lots of different things from the past. Children were amazed to see how schools in the past were different from schools of today.



Year 2 Trip to Palace Tandoori

As part of the 100 Club experiences, our Year 2 children visited Palace Tandoori Restaurant for a hands-on (and mouth-on!) lesson in traditional flavours. The children became mini food critics as they sampled: Crispy Samosas, Fluffy Naan Bread and Tasty Pakoras. From the vibrant spices to the warm hospitality, it was an unforgettable sensory experience.

A massive thank you to the wonderful staff at Palace Tandoori for hosting us, and to our incredible volunteers for helping our little foodies navigate their first tasting menu!



HEAD



HEART



HANDS



HEALTH



Exciting News! EYFS and KS1 NSPCC Number Day & A Very Special Guest

We are excited to announce that EYFS and KS1 will be participating in NSPCC Number Day on Friday, 6th February! This is a nationwide initiative that makes math fun while raising vital funds for the NSPCC. To make the day even more special, we have some incredible news to share:

A Special Royal Visit! We are thrilled to announce that our school won first place in a recent competition! As a reward, Nursery, Reception, and KS1 will receive an exciting visit from a real-life Numberblocks character during the day. We can't wait to see the children's faces when they meet one of their maths heroes!

Dress Up for Digits: To celebrate, we are encouraging all children to come to school wearing a number top. Please feel free to get as creative as you like!

Supporting a Great Cause: We kindly suggest a donation of £1.00 to go directly to the NSPCC. These funds help power essential services like Childline, ensuring every child has a voice.

Votes for School

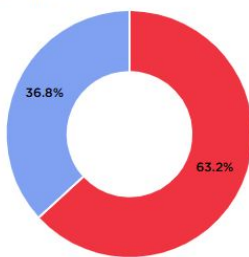
This week, during Votes for School, we discussed:

Should there be a social media ban for under 16s? (KS2)

Should children stop using social media? (KS1)

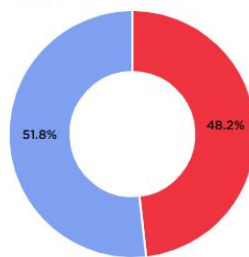


Your School



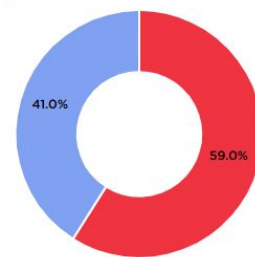
● No
● Yes

Regional (Greater London)



● No
● Yes

National



● No
● Yes

Coming up:

Should the winter olympics use the fake snow?

As the Winter Olympics approach, a debate is heating up: should the Games rely on artificial snow? With climate change reducing natural snowfall, organizers are using man-made alternatives to stay on schedule, but critics point to the massive water and energy costs. Children will discuss what should be the priority.



HOUSE COMPETITION

CATEGORIES FOR JUDGING:

- Most creative idea
- Best use of colour/material
- Most lifelike portrait
- Funniest portrait

Theme:
 Create a portrait
 of a famous
 person in a **FUN** or
UNUSUAL
 setting!

RULES:

- Use Any Medium (pencil, paint, collage)
- A4 or A3 size
- Entries should include the name of the person and the 'place' they've been reimagined

DEADLINE: Monday 9th February. Hand in to Mrs Patel

3rd place
 (1 winner in each phase)
 5 Dojos

2nd place
 (1 winner in each phase)
 10 Dojos

1st Place
 (1 overall winner)
 20 Dojos and a trophy

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

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

Khalifa R

Albi M

Agam B

Year 2

Mohammed H

Mahrosh S

Shikhagra M

Year 3

Harshita V

Alisha O

Albi C

Year 4

Jannat K

Madeeha S

Scarlet R

Year 5

Hodo H

Eliza M

Dakshit N

Year 6

Archie I

Tiana S

Antonia U



HEAD



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HEALTH



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23rd January 2026
Edition 18

MULTI-SPORTS CAMP **SPORTS PLUS HOLIDAY CAMP**

**BASKETBALL, FOOTBALL, NETBALL,
TENNIS, DODGEBALL, STREET DANCE
AND MANY MORE!!**

9AM - 3PM

WEST DRAYTON ACADEMY

**MON 16TH TO FRIDAY 20TH FEBRUARY
HALF TERM**

**1DAY: £20 | 2DAYS: £36 | 3DAYS: £51
4DAYS: £64 | 5DAYS: £75**

**FOR MORE
INFORMATION OR TO
BOOK ON SCAN THE
QR CODE OR CONTACT**

01932 568 570



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