



West Drayton Academy Newsletter

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

6th February 2026
Edition 20

Principal's update

Diversity and values at West Drayton

At home and school, children are taught that while not everyone is exactly the same, our differences are not necessarily as important as our similarities. We strike a balance between celebrating our differences and the belief that people have more in common than that which divides. At West Drayton, we see the importance of celebrating diversity.

Our children are good at recognising differences that they can see, gender and physical disability for example, but find it more challenging when faced with an 'invisible' difference.

It's very easy to judge people because they don't have the same values and beliefs as you. We all have thoughts about what someone is saying or doing, but it is actually another thing to say it out loud. Judging others is not a trait that we want to encourage in our children. It is not nice to say that someone is not as good as you, or they are wrong because they have different beliefs or behave in a different way.

Please continue to remind your children that having different values and beliefs is also diversity and not judging others is how we can show them respect.

Thank you for your support - have a great weekend.

Richard Yates
Principal

Parents' Meetings: Monday 23rd February

Booking information has been shared via email. If you have any questions or need further support, please do not hesitate to contact the school office. Please note school is closed for children on the day.

Dates for your diary

9th February

Mental Health Week
Y5 Swimming Week 1

10th February

Safer Internet Day

12th February

Children's Wellbeing Day
Non-uniform day

16th February

Half Term

23rd February

Staff Training Day
School is close for children
Parents' Meetings

24th February

School reopens for children
Y5 Swimming Week 2

6th March

World Book Day

Attendance

The class with the best attendance this academic year is:

1st place: 6B with 99.2%
2nd place: 5R with 98.21%
3rd place: 6C with 96.9%

It will be a non-uniform day for 6B on Friday 13th February.

Well done!

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Encourage Enjoyment
Food and mealtimes should be a positive and pleasurable experience. Although health is important, it's also good to enjoy food. Try to include foods you know everyone likes with every meal, avoid bribery and enjoy exploring food together.

Eat a Wide Variety of Foods
Aim to try and eat a wide variety of foods with every meal, including fruit and vegetables, proteins (such as fish, meat or beans), starchy food (such as potatoes or rice) and a fat source (such as oil or nuts).

Create a Meal and Snack Routine
Having a meal and snack schedule can help give structure to your day. Food schedules can also help to create healthy eating habits. Aim for 3 meals and 2 snacks at a similar time each day.

Use Neutral Words to Talk About Food
Labelling foods as 'good' and 'bad' can lead to an unhealthy relationship with food. Instead, talk about all food neutrally.

Eat Less Nutritious Foods in Moderation
It's ok to eat some fun and less nutritious foods alongside a nutritious diet. Restricting less nutritious foods can lead to disordered eating and increased snacking. Remember - everything in moderation.

Eat Together as a Family
Eating together is sociable and enjoyable. You could talk about your day or talk about the foods you are eating - what do they taste like, smell like, and look like? Food is for pleasure as well as for health.

Stock up on Healthy Foods
Keep lots of healthy foods available in your house. Fruit, vegetables, nuts, whole grains, protein-rich foods and healthy fats, such as nut butters, are all great things to stock up on.

Choose Healthy Snacks
Healthy snacks are full of nutrients and help to keep you fuller for longer. Why not make your healthy snacks fun by cutting them into interesting shapes or making fruit faces?

Cook Together
You are more likely to want to try different foods if you've helped to cook them. Cooking together is fun and might help you to be more daring with your food choices.

Shop for Food Together
Plan your food for the week and go shopping for the ingredients together as a family. Maybe you could each plan a meal or snack.

Healthy Eating Habits for the Whole Family

Healthy Eating Habits

Make healthy eating habits a focus in your home with this beautiful and informative healthy eating poster. With ten family-friendly tips for healthy eating, this poster will help to inspire you and your child to make healthy choices, eat a varied diet and enjoy food and cooking together.

Simply print this poster out and pop it on the wall in your kitchen as a helpful daily reminder about healthy eating habits.

Healthy eating habits are a great way to help your child start their life with a healthy attitude towards food. A balanced diet is key to nutrition and healthy eating and this poster is full of tips and advice on how to implement this into your family's life.



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Asthma Friendly School

West Drayton Academy is a Asthma Friendly School.

On Tuesday 3rd February, annual Asthma and Anaphylaxis training was held for all staff. The training was conducted by experienced and professional NHS nurses, providing with expert insights, and hands on practice.

We are pleased to share that more than 80% of the staff are fully trained to manage Asthma and Anaphylaxis. This is a key training for staff so that they are prepared and act with confidence by identifying the early signs of reaction and responding immediately to keep children safe.

Staff are trained on step by step protocol for administering emergency medication with practical demonstration of using spacers, inhalers and various types of auto injectors. It provides essential skills for recognizing, treating and managing anaphylaxis and asthma, highlighting a close and critical link between anaphylaxis and asthma.

As part of the school policy, parents are asked to complete a medical information form when a child is enrolled. Communication between parents and school is crucial in managing asthma and anaphylaxis effectively. Parents of asthmatic children are asked to keep school informed of any changes in condition, or other illness/allergies likely to affect asthma; this information is crucial and enables staff to remain more vigilant.

With anaphylaxis, it is parents' responsibility to inform the school about the condition, with a written confirmation from hospital specialist. Once confirmed parents must work closely with school to ensure that 2 auto injectors medication are provided, and also parents to provide antihistamine/salbutamol/spacer, which are in date to use.

As a school we take all children's' medical conditions seriously, and committed to maintaining highest standard of care. We believe that by investing in professional training and working closely with families, we ensure school is safe where children can thrive and focus on learning with confidence.



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Y6 Visit to Imperial War Museum

Year 6 trip to the Imperial War Museum in London was a fascinating and enriching experience that helped bring our history learning to life. We began the day by taking part in a documentary workshop, where we worked like historians by examining photographs, artefacts and first-hand accounts. We learned how documentaries are planned and created, and how evidence is used to tell powerful stories.

After the workshop, we explored the World War 1 and World War 2 galleries. As we walked through the exhibitions, we discovered what life was like for soldiers and civilians during the wars, including rationing, evacuation, and life in the trenches. We saw a large variety of real objects that helped us understand the challenges people faced and the bravery they showed. The trip was both memorable and meaningful, leaving us with a greater respect for those who lived through the wars and a deeper appreciation of why it is so important to remember and learn from history.



Sports update

We had an amazing last few weeks in sports, with league matches and tournaments one after the other.

Football match: We played Rabbsfarm and won 3:1 Well done to Maxwell, Kian, George, Ryad, Sammuel, Aydin and Jegath.

Borough Football Final: Year 3 and 4 represented the school at a borough football tournament this week. It took place at Hillingdon Leisure Centre. They played amazingly and came 5th out of 15. Well done to Yasmin, Sahana, Darcie, Harper, Bonnie-Ada, Tashneet and Eleanor! Thank you to the parents who transported them to and from this event!



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Pickleball taster session

Year 5 & 6 children were introduced to a new sport this week: Pickleball! Pickleball is similar to tennis so it is played on a court, but the bats look like large table tennis bats and it uses a plastic ball with holes. It's a new and upcoming sport that is really popular as it's easy to play and really sociable. The children were really engaged and loved this new experience.

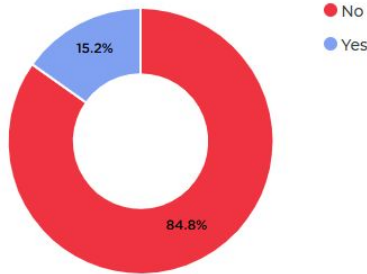


Votes for School

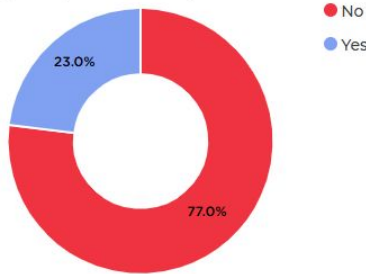
This week, during Votes for School, we discussed:
Should the winter olympics use the fake snow?



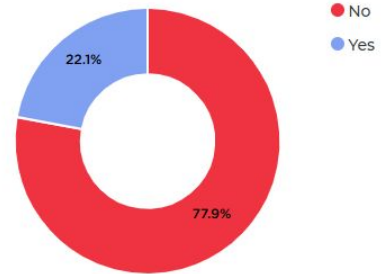
Your School



Regional (Greater London)



National



Coming up:

Would you trust advice from AI chatbots? (KS2)
Should people use AI chatbots for AI advice (KS1)

It is Safer Internet day on Tuesday 10th February, and pupil will have an opportunity to discuss the role of AI chatbots for advice and wellbeing support.



Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK **9-15 FEB 2026**

We are excited to be celebrating
Children's Mental Health Week
Thursday 12th February 2026

Come in your own clothes!
This years theme is
Belonging

'THIS IS MY PLACE'

The day will consist of mindful activities
and an art project!

Bring in photos of family members, friends and pets
to add to our 'This is My Place' posters.



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10 Top Tips for Parents and Educators

SUPPORTING SAFE USE OF AI

Artificial Intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance; however, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discernment.

1 DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in most online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make decisions, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent false beliefs about AI being all-knowing or alive.

2 TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing false information, including deepfake videos, photos, and fake 'facts'. Encourage children to think critically about what they see and read. Teach them to double-check information using reliable sources, to look at images and videos carefully, and to ask an adult if something doesn't seem right.

3 DISCUSS DATA AND PRIVACY

Explain that AI systems learn by analysing lots of data, sometimes including personal information. Help young people to be mindful of what they share online and why protecting personal data matters. Model good habits like reading app permissions together or reviewing what's collected by voice assistants like Alexa or Siri.

4 ENCOURAGE CREATIVE USE OF AI

Support children, when using AI tools, to explore ideas, make art, or build projects. This fosters confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively consuming it, they are more likely to stay engaged and make thoughtful choices.

5 USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or creativity, with clear safety policies. Review terms of use and privacy settings, and help children use them in age-appropriate ways. For example, some chatbot tools mimic conversation but should only be used with guidance and boundaries in place.

6 USE AI TOGETHER

Exploring AI tools together can help adults understand how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and allows you to reinforce safe and respectful use while modelling critical thinking.

7 SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used, just as you would with any digital technology. For example, you might agree not to use AI tools to complete school assignments without permission, or to avoid unsupervised use of voice assistants. Consistent boundaries help manage overuse and misuse.

8 WATCH FOR OVERRELIANCE

Some AI tools, like homework help apps, may be tempting shortcuts. Encourage children to use AI to support their thinking, not replace it. Celebrate effort and process over perfect answers. Reinforce that mistakes are part of learning and that relying too heavily on AI can limit real understanding.

9 TEACH DIGITAL ETHICS AND LITERACY

Help children explore how AI works, where it might be biased, and why ethical thinking matters. Building digital literacy alongside ethical awareness ensures children engage with AI critically, not just conveniently. Help young people to understand that not all people use AI for legitimate purposes; some use it for malicious reasons. Encourage questions about fairness, representation, and who benefits from certain tools; talk about algorithms, echo chambers, and the impact of automation on daily life.

10 STAY CURIOUS AND INVOLVED

AI is developing rapidly, and staying informed helps you support the young people in your care. Follow trusted sources for updates and keep the conversation going. If a child brings up a new AI trend or tool, take the opportunity to learn about it together. Showing interest builds trust and strengthens digital resilience.

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FAMOUS FACES, CREATIVE PLACES!

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

<p>3rd place (1 winner in each phase) 5 Dojos</p>	<p>2nd place (1 winner in each phase) 10 Dojos</p>	<p>1st Place (1 overall winner) 20 Dojos and a trophy</p>
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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

Smirthi A

Zimal D

Shayaan M

Year 2

Mahnoor Q

Dhrisha R

Abdirahman A

Year 3

Rithanyaa V

Zara J

Miraj M

Year 4

Ismail D

Srinika V

Asra B

Year 5

Jordan K

Ami A

Tooba A

Year 6

Tiana M

Venba J

Whole 6M

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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**

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