



West Drayton Academy Newsletter

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13th February 2026
Edition 21

Principal's update

Making After-School Moments Count: A Gentle Reminder

As we settle into the rhythm of the term, we want to ensure that the transition from the classroom to home is as positive, safe, and healthy as possible. To help us achieve this, we'd like to share a quick reminder regarding two key areas of our school day: our Food Policy and our "Phone-Free" Pick-up.

Our Food Policy: Fueling Success

We've noticed an increase in children being met at the gates with "treat" foods like crisps, sweets, and chocolate. While we understand the desire to provide a snack after a long day of learning, we ask that you support our food policy by keeping these items for home.

Why it matters: Consistency is Key: Maintaining a clear distinction between "school fuel" and "home treats" helps children understand boundaries and makes it easier for teachers to encourage healthy eating during the day. **Inclusion & Safety:** Many of our students live with severe allergies. When unregulated snacks are shared or opened in the crowded dismissal area, it can create an unnecessary risk for our more vulnerable pupils. Please save the sweets and crisps for when you get home, ensuring our school environment remains a space dedicated to health and wellness.

A "Hello" Without the Handset

We are politely asking all parents and carers to avoid using mobile phones during the afternoon pick-up.

Why it matters: Emotional Connection: After several hours apart, the moment a child sees your face is a vital point of connection. Being met with eye contact and a smile—rather than the back of a phone—helps boost their self-esteem and sense of security.

Safety & Supervision: The school gates are a busy, high-traffic environment. Full attention is required from both adults and children to ensure everyone navigates the crowds and nearby roads safely.

Let's Work Together; Our goal is to make the end of the school day a calm, celebratory time where every child feels seen and supported. By following these simple guidelines, you're helping us build a stronger, more focused school community. Thank you for your continued partnership and support!

Richard Yates
Principal

Dates for your diary

23rd February

Staff Training Day
School is close for children
Parents' Meetings from
1:00pm

24th February

School reopens for children
Y5 Swimming Week 2

25th February

Football against John
Locke (away)

4th March

Y2 Library Visit

6th March

World Book Day

11th March

Book Fair



Attendance

The class with the best attendance this academic year is:

1st place: 5R with 99.29%

2nd place: 1D & 6B with 98.57%

3rd place: 6M with 98%

It will be a non-uniform day for 5R on Friday 27th February. Well done!

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Celebration Assembly

Each half term, we hold a special assembly in order to recognise and celebrate children's achievements. Congratulations to the winners. Continue to work hard and perhaps you could win next time!

Accelerated Reader Raffle (Year 2-6)

Year 2 Winner: Vihaanika K
 Year 3 Winner: Saffat K
 Year 4 Winner: Saanvi P
 Year 5 Winner: Imaan J
 Year 6 Winner: Anvitha D

Most RWI Books Read (Y1)

Dr Seuss: Charlie P
 Donaldson: Vidhun K
 A A Milne: Shloka N

Reading Plus Recognition Kudos most combos above 80%

Rithanya V	3	Atinuke
Magizhini B	3	Potter
Ruby F	3	Dahl
Ridhanaya P	4	Wilson
Tanav N	4	Lowery
Adhiraiyan V	4	Rauf
Freddie S	5	Zephaniah
Shima-Amaia	5	Sachar
Alayna M	5	Riordan
Aarav B	6	Carroll
Zahradeen A	6	Blackman
Nifemi F	6	Morpurgo

Millionaire's Club

Children who have read 1 million words+

Tanushreya D	6	Carroll
Yaffet N	6	Blackman
Shravani S	6	Carroll
Shafiqa S	6	Blackman
Harshetha P	6	Carroll
Avani S	6	Carroll
Akshat J	6	Blackman



Attendance:

Children who achieved 100% attendance for the half term receive a certificate.



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Celebration Assembly

Children scoring 25/25 on MTC

Ali	Kiara	Aaditraj	Vedhansh	Nishwanth
Amelia	Lauren	Aviraj	Vinaayak Sai	Rayansh
Ariana	Mark	Devanshi	Yasmin N	Ridhanya
Aryaan	Matthew	Diya	Zariya	Saanvi
Aryan	Noah	Kahkashan	Alexander	Sahana
Bonnie-Ada	Rajan	Krishav	Barathi	Sunena
Elaan	Reign	Mahzala	Darcie	Tashneet
Eliana	Siddarth	Manveer	Eva	Kaur
Ishaanvi	Srinika	Rajika	Junaid	Yasmin
Thananjai	Tanav	Riya	Madeeha	Zain
Jannat	Vinushree	Sharlee	Mahitha	Zuri
Jegath	Zarlasht	Srirangan	Mohammadarsh	Nia
Kabir	Zaynab	Tejansh		

Most tasks completed on Emile

Aleena A	6M
Avani S	6C
Aviraj K	4OR
Ishaanvi S	4L

Most Improved in Multiplication (Year 4)

Mark Lowery: Johnny M
 Wilson: Mohammadarsh J
 Onjali Rauf: Ismail D

SATS Companion (Year 6)

most questions answered
 Emily S (Carroll)
 Dua F (Morpurgo)
 Alvi M (Blackman)



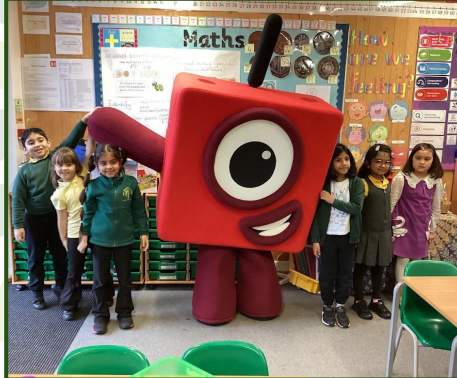
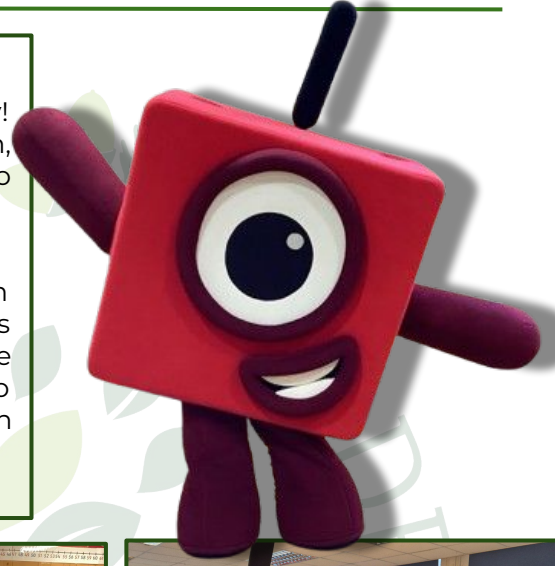
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Numbers Day

We had a fantastic time celebrating NSPCC Number Day! The children enjoyed taking part in a range of fun, number-based activities throughout the day, helping to develop their maths skills in exciting and engaging ways.

We were especially lucky to receive a special visit from Numberblock One, which caused great excitement across the school! The children loved meeting Numberblock One and taking photos together. It was a wonderful way to bring our learning to life while supporting such an important cause.



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A huge shout out to **Emma & Erik** for winning gold and bronze medals respectively in an international sparring competition in Belgium. And a huge congratulations to **Darcie** for winning the tallest trophy in a latest dance competition. Way to go, we couldn't be more proud of them!

Votes for School

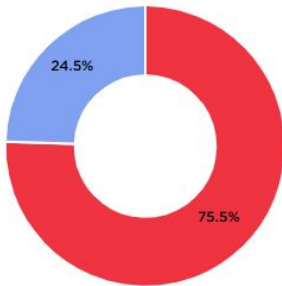
This week, during Votes for School, we discussed:

Would you trust advice from AI chatbots? (KS2)

Should people use AI chatbots for AI advice (KS1)

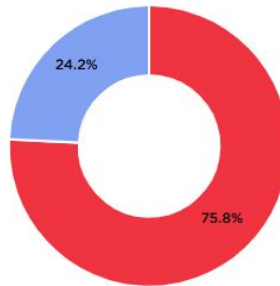


Your School



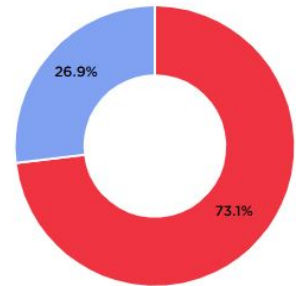
● No
● Yes

Regional (Greater London)



● No
● Yes

National



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Celebrating Children's Mental Health Week

We were delighted to participate in Place2Be's Children's Mental Health Week. This year's theme was Belonging, a concept our pupils embraced with wonderful curiosity and insight.

Throughout the day, the children explored the deeper meaning of what it means to belong. They shared heartfelt stories about their families, friendships, and the various places, both near and far, that hold a special significance in their lives.

To bring these ideas to life, the children created beautiful 'My Place' maps. These creative projects served as a vibrant showcase of their individual journeys and the diverse communities that shape their sense of identity. It was truly inspiring to see them reflect so thoughtfully on their connections to the world around them.



Ramadan Kareem

We wish all our families celebrating Ramadan a happy and peaceful month.

Children in Year 5 and 6, who wish to fast, are required to complete a permission slip. You can collect this slip from the school reception during the upcoming parents' meetings.

Thank you



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HAPPY WORLD BOOK DAY

West Drayton Academy
Friday 6th March 2026



Recreate a Book Cover Competition

To enter this competition, send your picture to your class email or bring your picture into school, with your name and class, by **Thursday 5th March 2026**.



Story in a Box Competition

Can you fit a story inside a box?
To enter this competition, choose a story to represent inside a box. Bring your box into school by **Thursday 5th March**








World Book Day Costumes Dress up on Friday 6th March

Do you have a favourite story book character? In every year group, the best costume will be chosen to win a prize! Winners will be announced following the parade!



Healthy Eating Tips

-  Eat lots of fruit and vegetables. It's recommended to eat at least 5 portions of a variety of fruit and vegetable, every day. They can be fresh, frozen, canned, dried or juiced.
-  It's recommended to base your meals on higher fibre starchy carbohydrates. They include potatoes, bread, rice, pasta and cereals and they should make up just over a third of the food you eat.
-  Fish is a good source of protein and contains many vitamins and minerals. It is suggested to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.
-  Cut down on saturated fat. You need some fat in your diet. There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood. Therefore, it is advised to avoid food containing saturated fats such as fatty cuts of meat, sausages, butter, hard cheese, cream, cakes, biscuits, lard and pies.
-  Cutdown on sugar! Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Many packaged foods and drinks contain surprisingly high amounts of free sugars. Avoid, sugary cereals, pasteries & puddings, sweets & chocolates, and cakes & biscuits.

This information is courtesy to nhs uk/live well



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SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always talk to you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.





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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

Aadhvik N
Ayla R
Emilia M

Year 2

Margaret Ann M
Nila T
Krishav K

Year 3

Amyra M
Kevin P
Ranveer

Year 4

Noah D
Nishwanth T
Jessica S

Year 5

Chimelum A
Olivia C
Jamal S

Year 6

Jana K
Stefan G



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