

## Principal's update

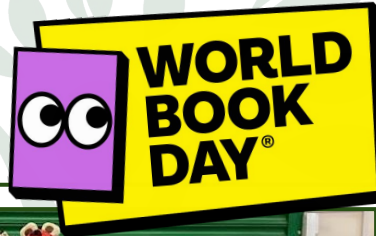
What a fantastic World Book Day we had this week! Seeing the school buzzing with characters from across the literary world was a wonderful reminder of the magic found between the covers of a book.

While the costumes are fun, the real impact lies in the habit. Reading isn't just a school requirement; it is the ultimate superpower. Research shows that children who read for pleasure daily develop stronger empathy, sharper critical thinking, and broader vocabularies. These are the very tools they will need to navigate their future careers and lives.

Let's keep the momentum going - happy reading!

Have a great weekend.

Richard Yates  
Principal



Our Breakfast Club today was attended by so many interesting characters! It was heartwarming to see them excited and ready to celebrate the World Book Day. Watch this space next week for all the fun activities.

## Dates for your diary

### 10th March

3A Visit to National History Museum

### 11th March

Book Fair  
Football home game

### 13th March

3P Visit to National History Museum

### 16th March

Y6 Assessment Week

### 17th March

3D Visit to National History Museum

### 23rd March

Y6 Assessment Week

### 24th March

Reception Zoolab  
Strictly Speaking Finals

### 26th March

End of term Nursery

### 27th March

End of term

## Attendance

The class with the best attendance this academic week is:

1st place: Pear with 99.6%

2nd place: 2B with 99%

3rd place: 6C with 98.8%

**It will be a non-uniform day for Pear on Friday 13th March. Well done!**

## Maha Shivaratri Performance

Our students participated in a special performance to honour Maha Shivaratri with a stunning performance of *Rudra Varenyam*. They performed beautifully on the traditional compositions from the 12th-century Kakatiya dynasty. Guided by their teacher (guru) they truly stole the show!

These young performers showcased remarkable discipline and mastery receiving resounding applause and admiration from everyone present.

A big shout out to Ayathi, Devanshi, Diya S, Diya V, Kiara, Sanvi, Sunena, Shriya, Tanushreya, Shravani! We are immensely proud of each one of them for their brilliant performance, delivered with passion and excellence



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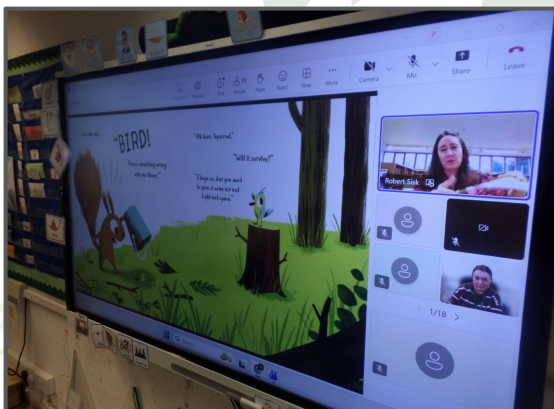
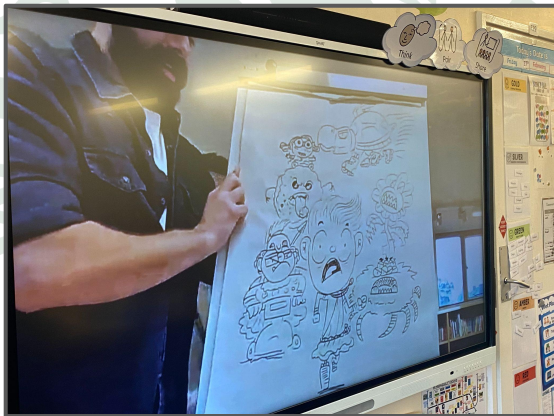
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## Virtual Author Assemblies

Last week, children attended three bespoke virtual assemblies featuring professional authors. These sessions were tailored specifically for KS1, KS2, and Year 6. It provided an opportunity to the students to hear firsthand how the professional writing and illustration process happens, providing an insight how every great book starts with a single and simple idea.

The sessions were interactive where with the guidance from the author, children participated in illustration activities too. They drew some sketches and came up with interesting characters. It was heartwarming to see how children were engaged and how much they enjoyed these activities.

Sessions like these truly help children to think out of the box, and play a vital role in building confidence in them and strengthening their belief in their own creative potential.



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## Year 2 Trip to West Drayton Library

Year 2 visited West Drayton Library for their latest 100 Club experience! From learning how books are organized to discovering the many libraries across Hillingdon, our mini-readers became true library experts. We topped off the visit by diving into some new books and enjoying a cozy read-aloud session together. Huge thanks to the library team for a wonderful morning!



## Votes for School

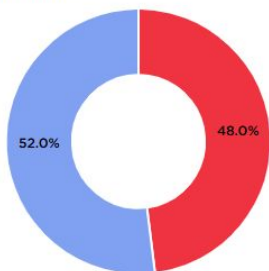
**This week, during Votes for School, we discussed:**

Do we need more career role models? (KS2)

Do you want to learn more about different jobs? (KS1)

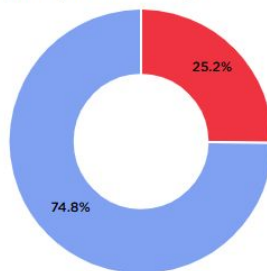


Your School



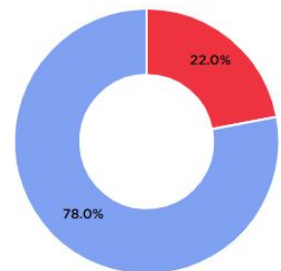
● No  
● Yes

Regional (Greater London)



● No  
● Yes

National



## Coming up:

Should schools have active uniforms?

Children will have an opportunity to discuss the practicality of the school uniforms.



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Every book you buy earns **FREE BOOKS** for our school!

# COME TO OUR BOOK FAIR

AND FIND YOUR NEXT FAVOURITE READ!

**10th March - 16th March**

Book covers shown include: Dog Man: Big Jim Believes, Diary of a Wimpy Kid: Party Pooper, Mega Evolution Handbook, Casper's Creations, The Scarecrow's Wedding, and Tom Gates: Pesky Pets Parties.



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## FOOD LABELS

Nutrition information labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars. Most pre-packed foods have a nutrition information label on the back or side of the packaging. You can use nutrition information labels to help you eat balanced diet.

### NUTRITION INFORMATION LABELS ON THE BACK OR SIDE OF PACKAGING

All nutrition information is provided per 100 grams or per 100 millilitres and sometimes per portion of the food or drink.

### HOW DO I KNOW IF A FOOD IS HIGH IN FAT, SATURATED FAT, SUGAR OR SALT?

There are guidelines to tell you if a food is high in fat, saturated fat, salt, sugar or not. These are:



**TOTAL FAT**  
**HIGH: MORE THAN 17.5G**  
**OF FAT PER 100G**  
**LOW: 3G OF FAT OR LESS**  
**PER 100G**

**SUGARS**  
**HIGH: MORE THAN 22.5G OF**  
**TOTAL SUGARS PER 100G**  
**LOW: 5G OF TOTAL SUGARS OR**  
**LESS PER 100G**

**SATURATED FAT**  
**HIGH: MORE THAN 5G OF**  
**SATURATED FAT PER 100G**  
**LOW: 1.5G OF SATURATED FAT OR**  
**LESS PER 100G**

**SALT**  
**HIGH: MORE THAN 1.5G OF SALT**  
**PER 100G (OR 0.6G SODIUM)**  
**LOW: 0.3G OF SALT OR LESS PER**  
**100G (OR 0.1G SODIUM)**

This information is courtesy to nhs/live well, you can read more about it by following the link here: [NHS/ Live Well](https://www.nhs.uk/live-well/)

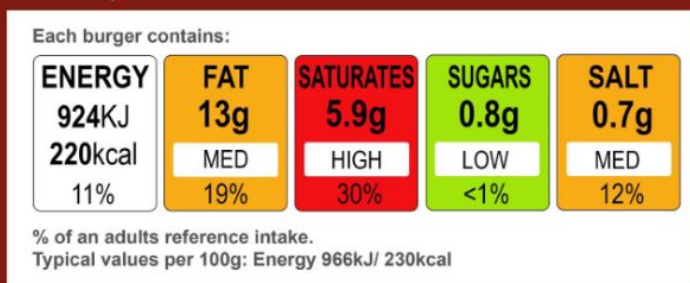
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## NUTRITION LABELS ON THE FRONT OF PACKAGING

Many supermarkets and food manufacturers now also highlight the energy, fat, saturated fat, sugars and salt content on the front of the packaging, alongside the reference intake for each of these. This is very useful when you want to compare different food and drink products at a glance.

### RED, AMBER AND GREEN COLOUR CODING



Some front-of-pack nutrition labels use red, amber and green colour coding.

Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

- red means high
- amber means medium
- green means low

In general, a food or drink that has all or mostly green on the label is a healthier choice.

Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time.

But any red on the label means the food is high in fat, saturated fat, salt or sugars, and you should limit your intake of these foods and drinks. Try to eat these foods less often and in small amounts.

### REFERENCE INTAKES

Nutrition labels can also provide information on how a particular food or drink product fits into your daily recommended diet.

Reference intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet.

### INGREDIENTS LIST

Pre-packed food products must have a list of ingredients with allergens highlighted on the packaging or an attached label.

The ingredients list can also help you work out how healthy the product is.

Ingredients must be listed in descending order of weight, so the main ingredients in the packaged food always come first.

That means that if the first few ingredients are high-fat ingredients, such as cream, butter or oil, then the food in question is likely to be a high-fat food.



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## 10 Top Tips for Parents and Educators

# CREATIVE WAYS TO ENCOURAGE READING

Reading regularly has a life-long impact, yet recent data from the National Literacy Trust shows a decline in reading for pleasure among 8- to 18-year-olds, with just 32.7% enjoying it in 2025. Despite growing distractions, there are practical ways adults can spark a love of reading. This guide offers strategies and resources to help inspire young readers.

### 1 VALUE ALL READING

When we think about reading, it's very easy to picture a young person reading a fictional novel; however, reading is so much more than this. To help them understand, why not show them how to create a 24-hour reading diary? Jot down all reading and then discuss this with them. By doing this, you can demonstrate the many ways we turn to reading.

### 2 WIDEN THE SELECTION

Once we know reading can be varied, we need to think about the selection of reading material they can access. Visit a shop selling magazines, the library and a bookshop, and consider the range of material that is available within them. Then consider how you might broaden their reading choices, so all young people have access to a wide and varied selection.

### 3 GIFT A BOOK

One simple way to encourage reading is to make books feel special. Gifting a book adds value and shows it's something to be treasured. Whether it's as a reward or for a celebration like a birthday, let the young person choose a title or pick one you know they will enjoy. You could also include a personal note inside.

### 4 CONNECT WITH AUTHORS

Meeting authors can certainly spark an interest in their reading material. This might be through a live event in a school/bookshop or by using the wealth of online material that is now available. Encourage young people to look at ways to connect with authors using free resources such as Authorly and Just Imagine's Children's Authors Live.

### 5 BUILD YOUR KNOWLEDGE

Access training about reading for pleasure to widen your understanding of this topic and, more importantly, how to develop it. Explore a wide range of free resources that can be found online. The more you know, the better placed you are to inspire a love of reading in others.

### 6 TALK BOOKS

There are times when we need silence to read and focus on our book; however, we know that reading is a social experience, so we must also factor in discussion time. Reading the same book gives two people a connection and the opportunity to voice their thoughts and questions about it. Why not buy two copies of a book and read it together? Start the connection.

### 7 RECOMMENDATIONS

As well as talking about the content of books, we can share what we are reading or have read recently. This can often act as a trigger for someone else to explore it. How often have you watched a film or series because someone else has recommended it? It's the same with books. If you know the young person well, you can tailor your recommendations and share why you think they'll enjoy it.

### 8 GO DIGITAL

With the rise in online digital material, we can easily focus on the negatives; however, it also brings a wealth of opportunities. Resources can aid and enhance the reading experience for young people. They can read along with audiobooks, translate, and track their reading goals with resources like PolyIno and apps like Goodreads for older children. Augmented reality books also bring books to life and offer a great way for engagement.

### 9 RECONNECT

There can come a time when a love of reading seems to disappear. It does not mean it's gone forever; it generally means they have lost the connection. How do we get it back? Find the next piece of reading material that sparks their current interests. The National Year of Reading focus of 'Go All In' captures this well as it is their key theme. As children grow and change, so do their interests. A visit to the local library is a great way to support the reconnection.

### 10 LEAD BY EXAMPLE

Let them see you reading. If you make time to read, you send a strong message to children: reading matters. Share why you enjoy it. Is it to relax, escape the world, learn something new or to be entertained? When children see reading as a normal and valued part of everyday life, they are more likely to adopt it themselves.

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# West Drayton Academy Newsletter

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6th March 2026  
Edition 23

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# West Drayton Academy Newsletter

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6th March 2026  
Edition 23

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