

Principal's update

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

Teaching diversity is crucial for preparing our children for a diverse world, fostering empathy and understanding, and building a more inclusive and tolerant society. Sometimes, children do not show empathy towards others. When this happens, between home and school, we support them to become more tolerant and empathetic.

What pupils learn in their formative years will influence them long after they have left education, even in ways they may not realise. As teachers and educators, there is a duty to prepare children for the world ahead of them. It is important to teach children to understand how our differences do not define us but how we treat others.

We are very proud of our diverse school and our diverse community. Keep talking to your children about respect and tolerance - we are all different and we all approach life differently.

Richard Yates
Principal



Dates for your diary

23rd March

Y6 Assessment Week
Mother's Day Celebration

24th March

Reception Zoolab
Strictly Speaking Finals

26th March

End of term Nursery

27th March

Nursery Open Day
No clubs
End of term
School closes early
Reception & KS1 1:50pm
KS2 2:00pm

13th April

School reopens for
summer term

15th April

Y1 Visit to synagogue

Attendance

The class with the best attendance this academic week is:

1st place: 5S with 98%
2nd place: 3P with 97%
3rd place: 3D with 96%

It will be a non-uniform day for 5S on Friday 27th March.

Well done!

St. Patrick's Day!

The Nursery has been a sea of green this week as we celebrated St. Patrick's Day! Our little leprechauns have been busy exploring the wonders of the "Emerald Isle" through a mix of sensory play, storytelling, and comparing their local environment to that of the beautiful island of Ireland. The children were fascinated to see photos of the Giant's Causeway and the rolling green hills, comparing them to our own parks and streets.



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HEALTH

Top 100 Recommended Read Books

To continue our drive to promote and develop a love of reading at WDA we have launched the 'Top 100 Recommended Read' reading program. Over the last few weeks each year group received their first 'Top 100 Recommended Read' book and booklet to tick each book as they enjoy. These books cover a selected range of books that every child within a year group can read over the course of the year. There is a wide selection of books to enable children to select texts or authors that interest them and help them to develop a 'love of reading'. Please spend some time with your child discussing their book choice and try to find time each day to listen to them read.



As we approach the Easter Holidays please note the following '100 Recommended Read' Book notices. From **Monday 23rd March could all Year 1 and Year 2 begin returning their 100 Recommended Read book.** We need to collect all these books before the holiday. If your child is in Years 3 - 6, from Monday 23rd March, we will be carrying out a book check on their '100 Recommended Read' book. Please could all Years 3 - 6 return their book and it will either be renewed if they are still reading or we will change it for another to enjoy over the Easter holidays.

Votes for School

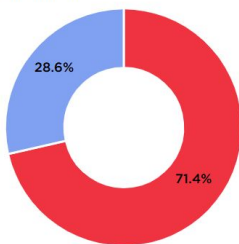
This week, during Votes for School, we discussed:

Have you found recent news overwhelming? (KS2)

Is it easy to manage big feelings? (KS1)

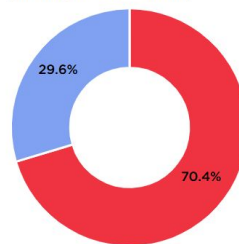


Your School



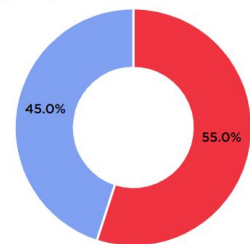
● No
● Yes

Regional (Greater London)



● No
● Yes

National



Coming up:

Is there a too much focus on appearance (KS2)

Do you know how to listen to your body? (KS1)

Next week, pupils will discuss about body image- in age appropriate way, including how social media can influence the way we think about our appearance.



Celebrating You

We know how much the wonderful women in our pupil's lives do every single day. To celebrate International Women's Day and Mother's Day, we are hosting a special "Celebrating You" Tea and Cake event!

Whether you are a Mum, Grandmother, Aunt, or a special Carer, we want to invite you into school to share a sweet moment with your child. Come and enjoy some tea, delicious cake, and a chance to relax while we celebrate you.

Monday 23rd March

TIME:

YEAR 2 9:00 - 9:30

YEAR 1 9:35 - 10:05

RECEPTION 10:10- 10:40

YEAR 5 & 6 1:30 - 2:00

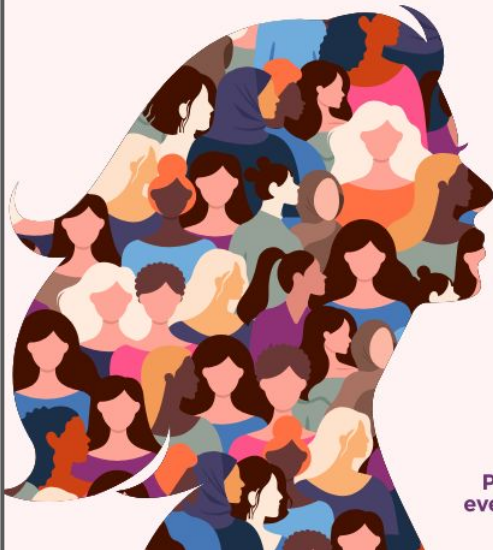
YEAR 4 2:05 - 2:35

YEAR 3 2:40 - 3:10

COST: £2 PAYABLE VIA PARENTPAY

PLEASE LOG ON TO PARENTPAY BY WEDNESDAY 18TH
MARCH TO SECURE YOUR SPOT.
WE CAN'T WAIT TO SEE YOU THERE.

Please Note: To ensure we have enough space and cake for everyone, we kindly ask that only one significant adult attends per child.



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MENINGITIS

According to NHS Meningitis is an infection of the protective membranes that surround the brain and spinal cord (meninges). The overall risk of Meningitis B (MenB) to people outside the Kent area remains low. (copied from NHS website: <https://www.nhs.uk/conditions/meningitis/>)

HOW WE ARE MANAGING IN SCHOOL

- Tissues are available in all spaces with safe disposal encouraged.
- Rooms are being ventilated to help refresh the air
- We are reinforcing good hand hygiene - reminding children to wash with soap and scrub hands
- Frequently touch points continued to be cleaned as part of our routines cleaning.

GUIDANCE FROM LOCAL AUTHORITY

There is currently no action that schools and early years settings in London are being asked to take.

Families should continue to come forward as standard for their normal routine vaccinations. Information on vaccinations can be found here [Meningitis - Vaccination - NHS](#). Vaccinations offer some protection against certain causes of meningitis but not all. It is therefore always recommended that everyone:

- Knows the signs and symptoms of Meningococcal disease and knows how to protect themselves and others.
- Check that they are up to date with all their routine vaccinations

Further information on meningococcal disease is available from:

The NHS: <https://www.nhs.uk/conditions/meningitis/>

[What is meningitis? Symptoms, risks and how to protect yourself - UK Health Security Agency](#)

Symptoms of meningitis and sepsis include:



High temperature

Cold hands and feet



Vomiting

Confusion



Breathing quickly

Muscle and joint pain

Pale, mottled or blotchy skin, or spots or a rash



Headache

Stiff neck



Dislike of bright lights

Fits (seizures)

Very sleepy/hard to wake

LUNCHBOX RECIPES

Lunchbox roll-ups

Ingredients

1 tortilla wrap

For the smoked salmon and cream cheese wrap

1 tbsp cream cheese

½ small cucumber, peeled into ribbons

100g/3½oz smoked salmon (about 4 slices)

black pepper (optional)

For the rainbow veggies wrap

2 tbsp hummus

30g/1oz carrot, grated

30g/1oz red pepper, finely diced

30g/1oz red cabbage, finely shredded

handful spinach

For the pizza wrap

2 tsp mayonnaise

2 tsp sun-dried tomato pesto

3 squares ready-sliced mozzarella

6–7 slices salami

handful large basil leaves



Prepare

Less than 30 mins

Cook

No cooking required

Serve

Serves 1 (each wrap)

Dietary

Egg-free | Nut-free

A wrap is a great alternative to the standard packed lunch sandwich. These easy lunchbox roll-ups can be made the night before to beat the morning rush!

Method

1. To make the smoked salmon wrap, spread the cream cheese over the wrap, then grind over some black pepper, if using. Lay the cucumber ribbons over the cream cheese and top with the smoked salmon. Roll up, then cut into six pieces.
2. To make the rainbow veggies wrap, spread the hummus over the wrap, then top with the carrot, red pepper and red cabbage, pressing them lightly into the hummus. Top with the spinach and roll up, then cut into six pieces.
3. To make the pizza wrap, stir together the mayonnaise and tomato pesto, then spread over the wrap. Top with the cheese, trimming it to fit, followed by the salami, then the basil leaves. Roll up tightly, then cut into six pieces.

Recipe tips

Ready-made pesto may contain cashews as well as pine nuts. This will make it unsuitable for people with nut allergies or school lunches where there is a nut-free policy in place. Check the label to make sure the pesto only contains pine nuts (a seed which is not an allergen).

WWW.BBC.CO.UK/FOOD/RECIPES/LUNCHBOX_ROLL-UPS_89787



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West Drayton Academy Newsletter

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BELIEVE • EMPOWER • ACHIEVE

What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as reportharmfulcontent.com.

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via childline.org.uk.

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



West Drayton Academy Newsletter

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20th March 2026
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MULTI-SPORTS CAMP

SPORTS PLUS HOLIDAY CAMP

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APRIL**

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9AM TO 3PM

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E: WESTLONDON@SPORTSPLUSSCHEME.COM

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