



West Drayton Academy Newsletter

www.westdraytonschool.com
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17th April 2026
Edition 27

Principal's update

To begin, I would like to thank you, our parents, for all your support during the spring term. When parents are involved in their children's education, children do better on a wide range of measures. These positive effects include: confidence, self-esteem, higher attendance rates, enthusiasm, behaviour and achievement. You're doing a brilliant job and your contributions make a significant difference.

During the Easter holidays, our Y6 children were involved in SATS booster sessions (including pizza!). This term, Y4 parents will be invited to a 'multiplication tables' session. Keep supporting these additional activities - they will benefit your child's learning.

In addition, my thanks to all West Drayton staff - what a committed, unwavering and resolute group they are! I am always grateful and proud of the work they do. Whenever you get the opportunity, please thank them - it means a lot.

We have had a brilliant spring term at West Drayton - 'jam packed' with events, trip and fun activities to complement the children's learning. Every week, we see our newsletter overflowing with amazing reports on what the children have been doing at school. The last week of spring term was no exception.

I hope you all had a lovely Easter break and now are ready to take on the summer term with great enthusiasm and a commitment to learning.

Richard Yates
Principal

Dates for your diary

22nd April

Group Expressions

24th April

Y5 Visit to Living Rainforest
Culture Club Meeting

28th April

Y2 Owl and Raptor Centre
Visit

Y3 visit to Watford Temple

30th April

Y4 Viking Visit

Coffee Morning: Visit from
London Borough of
Hillingdon representative

11th May

Y6 SATS week

13th & 14th May

Y2 Mini Golf

Attendance

The class with the best attendance this academic week is:

1st place: 6C with 99.2%

2nd place: 5R with 97.8%

3rd place: 5S with 97.5%

It will be a non-uniform day for 6C on Friday 24th April.

Well done!

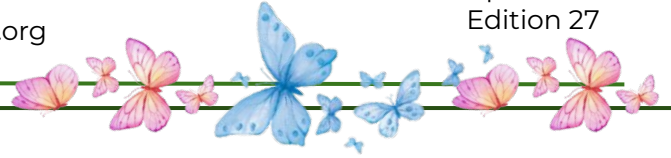
Get ready for
Photography Day on

Wednesday 22/04/2026

Please contact the school office if you would like your child to opt out of the class photograph.

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Butterflies in Nursery

Last term in Spring 2 the nursery children became mini-scientists as they welcomed a brood of caterpillars into their classroom. By observing them daily, the children got a front-row seat to the wonders of life cycles. They watched them closely as they munch through their food, grew bigger by the day, and eventually built their cosy chrysalis. The grand finale was the releasing of their new butterfly friends into the garden! It is a wonderful, hands-on way for the children to learn about growth, change, and caring for living things.



Votes for School

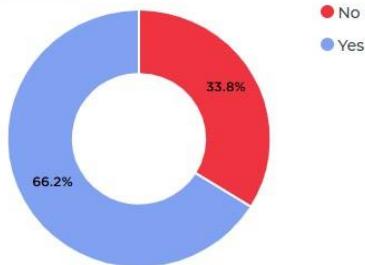
This week, during Votes for School, we discussed:

Would you like to see wildlife on UK banknotes? (KS2)

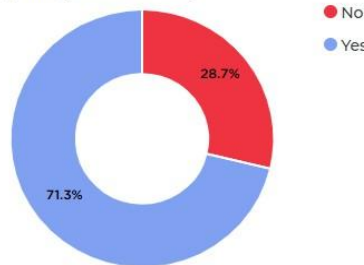
Should there be pictures of animals on banknotes? (KS1)



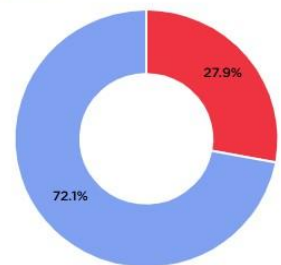
Your School



Regional (Greater London)



National



Coming up:

Is space travel inspirational? (KS2)

Does space travel inspire you? (KS1)

Children will have an opportunity to discuss NASA's Artemis II mission - they will discuss and weigh up the benefits of space exploration or using resources closer to home.



HEAD



HEART



HANDS



HEALTH



Federation Netball Tournament

Congratulations to our Year 5 and 6 girls, who represented the school brilliantly at the Federation netball tournament, this week!

The team displayed fantastic skill and sportsmanship throughout the day, securing an impressive 3rd place finish overall. It was wonderful to see their hard work in training pay off on the court—well done to all the players for a superb achievement



Well done!

Triple Titans



We are incredibly proud of our extraordinary sparring stars! Our seasoned duo, Emma and Erik, who have already competed brilliantly on both the local and international stage, have now been joined by Ben. Together, they have become a true triple titans for sparring. Their dedication to the sport is inspiring, as they continue to win the competitions; we cannot be more proud of them!



Smart Savings, Sustainable Style!

We are delighted to announce the launch of our Pre-Loved Uniform Shop, now open in the school office. Help the planet and your pocket by giving quality uniform a second life!

Visit Us

School Office

Opening Hours: 10 am – 2 pm daily

Suggested Donations

We believe in keeping things affordable. Our suggested prices are:



£3



£1



£2



£2

Why buy pre-loved?

It's a fantastic way to reduce waste, support the school community, and grab a bargain for those inevitable growth spurts!

All items are laundered, quality-checked, and ready for a new home.

How sugar affects our health

Sugar is a natural source of energy, but most people in the UK consume too much “free sugar”—the type added to foods and drinks, as well as sugars in honey, syrups and fruit juices.

NOT ALL SUGARS ARE THE SAME

- Free sugars (limit these): Found in sweets, cakes, fizzy drinks, juices and processed foods.
- Natural sugars (generally fine): Found in whole fruit, vegetables and milk, and don't need to be reduced.

WHY TOO MUCH SUGAR IS A PROBLEM

Excess sugar intake is linked to several key health issues:

- Weight gain: High-sugar foods add extra calories, increasing the risk of obesity.
- Serious diseases: Being overweight raises the risk of conditions such as type 2 diabetes, heart disease and some cancers.
- Tooth decay: Sugar is a major cause of dental problems, especially when consumed frequently between meals.

WHERE SUGAR HIDES

Many everyday foods contain added sugar, including:

- Breakfast cereals and flavoured yoghurts
- Biscuits, cakes and chocolate
- Fizzy drinks and fruit juices
- Even a single sugary drink can exceed the daily recommended limit.

TIPS TO CUT DOWN

- Swap sugary drinks for water, milk or sugar-free options
- Limit fruit juice and smoothies to 150ml per day
- Choose lower-sugar versions and check food labels
- Reduce added sugar in tea, coffee and recipes gradually

Source: NHS UK/ Live Well . Content adapted and edited with the assistance of AI.

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Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy MLK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.



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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

Amina S

Jayaditya D

Cameron S

Year 2

Ananya S

Hirthikram P

Oshane J

Year 3

Amara C

Zarwa K

Year 4

Reign B

Junaid S

Year 5

Samuel B

Year 6

Nifemi F

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