

## Principal's update

During the last 12 months, WDA has continued to review its curriculum. A school curriculum is broadly defined as 'the whole programme of education offered to pupils' - this includes experiences and opportunities given to our children that will help them to thrive now and in the future.

Our values, the 'Four Pillars' are embedded and are woven throughout everything that we do. To further embed the Four Pillars, we have been applying the '100 Club' - 100 opportunities for your child to engage in a range of experiences, essential life skills and to grow their knowledge. Our aim is to further prepare our children for adolescence and adulthood.

Please take a moment to look at the 100 Club opportunities that have been allocated to your child's year group [here](#). Although children have the opportunity to complete their passport of opportunities at school, you are encouraged to complete activities at home. When you complete one of the 100 activities, send a picture of your child to the class email and they will receive a stamp on their passport.

Richard Yates  
Principal



## Dates for your diary

### 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

### 14th May

Live Workout with Joe Wicks

### 13th & 14th May

Y2 Mini Golf

### 20th May

Y3/4 Quadkids Event



## Attendance

The class with the best attendance this academic week is:

1st place: 6M with 100%

2nd place: 6C with 99.2%

3rd place: 4OR with 98.6%

**It will be a non-uniform day for 6M on Friday 1st May. Well done!**

YOU'RE INVITED!



Coffee  
Morning

We are delighted to invite you to our upcoming Coffee Morning, on **Thursday 30th April**, where we will be joined by a special guest speaker from the **London Borough of Hillingdon!**

We know that school attendance can sometimes feel like a maze of rules and responsibilities. This is a relaxed, informal opportunity for you to get clear answers directly from the experts. Whether you have a specific concern or just want to understand the system better, we'd love to see you there.

## Thursday 30.4.2026

Why should you attend?

**Understanding Absence:** What counts as authorized vs. unauthorized, and how the school defines being absent.

**Parental Responsibility:** A clear look at what the law expects from parents and how we can work together to meet those standards.

**Term-Time Leave:** Thinking about taking a trip? We will discuss the potential implications, from the impact on your child's learning to the formal processes involved.

**Support & Advice:** If you are struggling to get your child into school, this is a safe space to ask for advice on the support available to you.

RSVP Mrs Malik on 07718492006 by Monday 27<sup>th</sup>



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# West Drayton Academy Newsletter

🌐 [www.westdraytonschool.com](http://www.westdraytonschool.com)  
☎ 01895 442904  
✉ [wdaoffice@theparkfederation.org](mailto:wdaoffice@theparkfederation.org)

24th April 2026  
Edition 28

## Enhancing our Family Support: A new way to connect

At our school, we believe that a happy, settled home life is the foundation for every child's success. We are incredibly proud of the vital work our staff does to bridge the gap between home and school. Whether working directly with our pupils to build their confidence or providing parents with a listening ear our Family support team is always willing to help.

### Delivering the Support You Deserve

To make sure we are giving every family the high-quality, focused care they deserve, we are moving to a new request and booking system to ensure that your concerns are heard in a calm, private, and meaningful way, rather than in a rushed conversation during a busy school day.

### How it Works

- Please complete our new **Family Support Access Help form**. It is simple to use and ensures no request is missed:
- All requests are reviewed every single day so we can prioritise your needs.
- You will be offered a dedicated booked appointment for in-depth support.

**Introduction of same-Day Triage (2:00 PM – 2:45 PM)**, for quicker check-ins, these 15 minute slots help us understand how to best support you and determine if a longer follow-up is needed.

**Urgent Matters:** If you have an emergency, please continue to contact the school office directly, we are always here to ensure immediate support is put in place.

Thank you for partnering with us in this new way. By working together, we are ensuring that every family gets the time, care, and specialised attention they deserve.

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



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## Y5 Visit to Living Rainforest

On Friday, Year 5 had an amazing trip to The Living Rainforest. This is offered as part of our 100 Club, as well as linking to our work in Geography. After a long coach journey, we were excited to experience a rainforest habitat. Inside the rainforest glass house, it was very humid and warm. We had an opportunity to explore the rainforest ourselves, as well as following an interesting and informative guided tour.

We saw many exotic plants, such as papaya, banana plant and different types of orchids, and learned about how they have adapted to live in such warm and humid conditions. There were also many animals who were adapted to the rainforest conditions. Some pupils enjoyed seeing the insects, such as a tarantula and some stick insects. There were free-roaming birds (roul-roul partridge) and some colourful toucans. Also, there were reptiles such as an iguana, some tortoises and some snakes (a python and a boa). The favourite animals for many children were the two Goeldi's monkeys. We were also lucky enough to spot Cinnamon (the sloth), although she was hiding up high in the trees and sleeping.

All of Year 5 had an excellent time and thoroughly enjoyed the trip. It was an excellent opportunity to bring their learning about biomes to life, as well as to learn more about the rainforest habitat.



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EYFS and KS1 enjoyed hopping along at their annual Easter Bonnet Parade! Children and teachers had so much fun showing off their beautiful, creative bonnets and cheering one another on. Here are this year's winners of the Bonnet making contest! Well done to all of the children!

## Votes for School

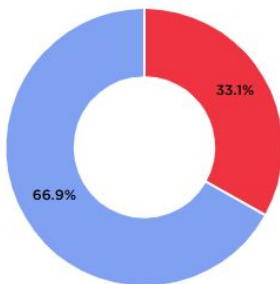
This week, during Votes for School, we discussed:

Is space travel inspirational? (KS2)

Does space travel inspire you? (KS1)

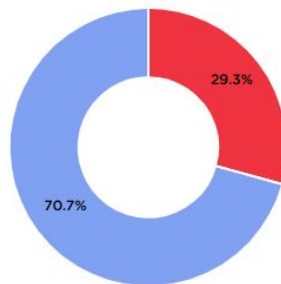


Your School



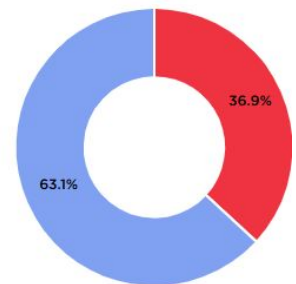
● No  
● Yes

Regional (Greater London)



● No  
● Yes

National



## Coming up:

Do you know what a healthy relationship feels like?

This topic has been developed in partnership with The Children's Society, children will discuss this appropriate to their age groups.



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## Healthier Food Swaps

Improving your diet doesn't require a total overhaul; small, consistent swaps are the most effective way to reduce sugar, salt, and saturated fat. Start your day by replacing sugary cereals with wheat biscuits or porridge topped with fresh fruit. For lunch and snacks, swap crisps for plain popcorn and fizzy drinks for water or lower-fat milk. When cooking dinner, use lean mince and replace salt with herbs and spices to boost flavor safely. By choosing "Good Choice" products and using the NHS Food Scanner app, you can easily identify healthier alternatives that support long-term physical and mental well-being.

## Lunchbox and lunchtime swaps

When lunchtime rolls around, it's easy to eat more sugar or salt than we might realise.

Try some of our simple swaps, and remember to check out our page for [loads more lunchbox inspiration](#).



### Swap from

- ✗ Split pot yoghurts and pudding pots
- ✗ Cake bars and cereal bars
- ✗ Muffins and chocolate
- ✗ Crisps
- ✗ Juice pouches and fizzy drinks
- ✗ Tinned soup
- ✗ Ham and cheese sandwiches



### Swap to

- ✓ Lower-sugar fromage frais or plain natural yoghurt
- ✓ Sugar-free jelly
- ✓ A fruited teacake
- ✓ Fresh or tinned fruit (in juice, not syrup)
- ✓ Plain popcorn, plain rice cakes or raisins
- ✓ No-added-sugar juice drinks, or water with berries and chopped fruit
- ✓ Homemade [spiced chicken and vegetable soup](#) or [harvest vegetable soup](#)
- ✓ Our delicious [beefed up sarnies](#)

## Brighten up water!



Add a pop of colour with chopped fruits like frozen berries, kiwi and apple to make water taste and look interesting.

Or buy a plain re-usable water bottle and let your kids decorate it with some coloured markers. The more they like their bottle, the more likely they are to drink from it!

## Snack and pudding swaps

Whether it's fighting the after-school tummy rumbles or rounding off dinner with a tasty pud, sugar is the main watch-out here.

But even if they don't taste of it, some of these snack foods can contain a lot more salt (and fat) than you might realise too!

Give these easy swaps a go, then head to our [healthier snacks](#) page for loads more ideas, suggestions and tips.



### Swap from

- ✗ Biscuits
- ✗ Chocolate
- ✗ Cake bars
- ✗ Chocolate pudding pots
- ✗ Doughnuts
- ✗ Muffins
- ✗ Crisps
- ✗ Salted peanuts
- ✗ Split-pot and higher-sugar yoghurts



### Swap to

- ✓ A fruited teacake
- ✓ Fresh or tinned fruit (in juice, not syrup) or fruit salad
- ✓ A crumpet
- ✓ Sugar-free jelly
- ✓ Crackers topped with lower-fat cheese
- ✓ Bread or toast with lower-fat spread
- ✓ A bagel topped with sliced banana
- ✓ Plain popcorn or rice cakes
- ✓ Unsalted mixed nuts
- ✓ Chopped veg with lower-fat hummus
- ✓ Lower-sugar yoghurts or lower-sugar rice pudding

## Healthier Food Swaps

These simple food swap ideas can help cut down on sugar, salt and fat in your and your family's diet, plus discover easy ways to make a swap when you next shop.

Even just 1 or 2 everyday swaps can really make a difference and go a long way to making each day healthier – but the more you make, the better!

### Drink swaps

A quarter of the sugar kids have every day comes from sugary drinks – help them cut back by making these easy swaps, and remember to keep juice drinks to mealtimes only to help prevent tooth decay.



#### Swap from

- ✗ Cola and other fizzy drinks
- ✗ Juice drinks
- ✗ Milkshakes
- ✗ Whole milk



#### Swap to

- ✓ Water
- ✓ Sugar-free drinks
- ✓ No-added-sugar drinks
- ✓ Lower-fat milks

### Dinner swaps

Salt and saturated fat can really add up at dinnertime without us noticing – there can be a surprising amount of both in everyday foods.

Give some of these dinner swaps a go, or browse our [dinner recipes](#) for loads of tasty, healthier meal ideas.



#### Swap from

- ✗ Sausages
- ✗ Pizza
- ✗ Salt and soy sauce
- ✗ Ketchup
- ✗ Brown sauce
- ✗ Mustard
- ✗ Gravy



#### Swap to

- ✓ Low-fat mince – try our [spaghetti bolognese](#) or [meatballs and sauce](#) recipes
- ✓ Our [cheats' pizza calzone](#)
- ✓ Different herbs, spices and seasoning, like paprika, oregano or lemon juice
- ✓ Reduced-salt and reduced-sugar versions of sauces

### Breakfast swaps

Sugar and fat are the biggest things to watch out for at breakfast time – try some of these easy swaps, or see our [breakfast recipes](#) to help you start the day smart!



#### Swap from

- ✗ Chocolate cereal
- ✗ Frosted flakes
- ✗ Honey crunch cereal
- ✗ Croissants
- ✗ Cereal bars



#### Swap to

- ✓ Wheat biscuit cereal
- ✓ Shredded wholegrain cereal
- ✓ No-added-sugar muesli
- ✓ Porridge
- ✓ Wholemeal toast
- ✓ Plain natural yoghurt topped with chopped fruit

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 Small steps in your daily diet can be a giant leap toward a healthier future



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## What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways - from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.



**WHERE IS IT FOUND?**

**SOCIAL MEDIA**

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

**GAMING**

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

**STREAMING**

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

**ADVERTS**

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history; so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

## 18 Advice for Parents & Carers

**TALK IT THROUGH**

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

**CONNECT, DON'T CORRECT**

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake - but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

**BLOCK, REPORT, CONTROL**

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

**GET SPECIALIST HELP**

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

**STAY CALM**

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.



# 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.



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24th April 2026  
Edition 28

## 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

Karnan S

Nav S

### Year 2

Ali M

Ira P

### Year 3

Sakina A

Aiden W

### Year 4

Zarlasht A

Armelle B

Scarlett R

### Year 5

Imaan J

Mia M

Aaliyah H

### Year 6

Hashir S

Dania A

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**DYNAMOS  
CRICKET**



**Power  
your  
play**

[dynamoscricet.co.uk](http://dynamoscricet.co.uk)

Join us at:  
Harefield Cricket Club

Session dates:  
10th May - for 8 Sundays

Session timings:  
11am till Midday

Contact:  
[hcc.colts@gmail.com](mailto:hcc.colts@gmail.com)

**It all starts with...** **ALL STARS CRICKET**

**We all play at:**  
HAREFIELD CRICKET CLUB

**Session dates:**  
EVERY SUNDAY FROM SUNDAY 10TH MAY TO 28TH JUNE

**Session timings:** 10AM TILL 11AM

**Ages:** 5 - 8 YEARS OLD (GIRLS ONLY)

**Contact:**  
STEPHEN CROFT - [stephencroft22@gmail.com](mailto:stephencroft22@gmail.com) or [hcc.colts@gmail.com](mailto:hcc.colts@gmail.com)

Including a FREE personalised t-shirt, bat, ball and backpack

Sign up today at [allstarscricket.co.uk](http://allstarscricket.co.uk)

# Uxbridge Cricket Club



## Junior Cricketers!

Interested in getting out and having fun this summer season?

Our cricket club has a variety of junior cricket teams ready to take on new & returning members!

We have an age under-10 through to under-17 team for you!

Training:  
7 to 14 years old - Every Friday 5pm to 6pm, Starting 28th April  
15 to 17 years old - Wednesday 6pm to 8pm, Please contact Abrar to get start dates

Contact Abrar Dar at [Abrarcricket@sky.com](mailto:Abrarcricket@sky.com) or call 07990 647744



Club website

<https://uxbridgescricketclub.hitscricket.com>

Made With **Flyerwiz**.app



## Uxbridge Cricket Club Launches Girls Cricket

Starting 22nd April  
Every Wednesday 6pm to 8PM

*All Abilities welcome / No experience needed*



Please contact Abrar on 079906464776  
[Uxbridgenewcolts@gmail.com](mailto:Uxbridgenewcolts@gmail.com)

Location | Uxbridge Cricket Club  
Getting way | U28 1HL

