



# West Drayton Academy Newsletter

www.westdraytonschool.com  
01895 442904  
wdaoffice@theparkfederation.org

8th May 2026  
Edition 30

## Principal's update

At home and school, children are taught that all people are not exactly the same but that our differences are not necessarily as important as our similarities. At West Drayton, we recognise the importance of celebrating diversity.

On Friday 12th June, West Drayton Academy will once again celebrate our community Diversity Day. More information will be shared in the coming weeks.

Home and school working together is a crucial component that improves academic achievement, boosts social development, and increases school attendance. Maintaining harmonious relationships creates a consistent, supportive environment. This partnership empowers children, helping them feel safe, motivated, and engaged, allowing them to reach their full potential.

Good luck to our Y6 children who are sitting the SATS tests this week! Pupils and staff have worked tirelessly and deserve the best possible outcomes.

Richard Yates  
Principal

## Dates for your diary

### 11th May

Y6 SATS week

### 13th May

Y1 Phonics Workshop at 2:30

### 13th & 14th May

Y2 Visit to Mini Golf

### 14th May

Live Workout with Joe Wicks

### 20th May

Y3/4 Quaddkids Event at Hillingdon

### 25th May

Half Term

### 1st June

School reopens for pupils  
Y5 Trip to Windsor Castle

### 8th June

Phonics screening week

### 9th June

Health and Fitness week

### 12th June

Diversity Day

## ROAD SAFETY: Quick safety reminders

- **No Double Parking:** Don't stop alongside parked cars; it creates dangerous bottlenecks.
- **Keep Pavements Clear:** Leave sidewalks for pedestrians and strollers.
- **Respect Driveways:** Never block our neighbours' access, even "just for a minute."
- **Curb-Side Only:** Always let children out on the sidewalk side of the car, never into traffic.
- **No Middle-Road Stops:** Do not drop off in the center of the road; find a safe, legal spot to pull over.
- **Be Prepared:** Have bags and coats ready so children can exit quickly and safely.
- **Slow Down:** Children are unpredictable. Keep your speed low.

## Attendance

The class with the best attendance this week is:

1st place: 4W with 99.6%  
2nd place: 5Z with 98.7%  
3rd place: 6B with 98.15%

**It will be a non-uniform day for 4W on Friday 15th May. Well done!**

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**SHSSN Judo Taster Session:** Children during their PE lessons took part in judo taster session, where they were being introduced to basic judo techniques by professionals from South Hillingdon Schools Sports Network. Children displayed impressive discipline and thoroughly enjoyed the session.

## Earthquakes and Volcanoes Workshop: A Journey to the Extreme Earth!

Our KS2 students recently went on an unforgettable adventure without even leaving the school hall! Led by an intrepid "Earth Explorer," the children journeyed to some of the world's most volatile natural disaster sites in a high-energy workshop hosted by the Freshwater Theatre Company. From tracing the explosive stages of a volcano to uncovering the powerful forces behind earthquakes, the session was packed with storytelling, role-play, and hands-on activities.

It was fantastic to see the pupils so engaged, building their subject knowledge while stepping into the shoes of explorers and scientists. A huge well done to all our young adventurers!



HEAD



HEART



HANDS



HEALTH

## Nursery Farm Visit

Our Nursery transformed into a mini-zoo this week as we welcomed a very special visit featuring both traditional farmyard favourites and fascinating reptiles. Whether they have fur, feathers, or scales, our visitors provided a fully immersive, sensory experience, where they learnt how to feed and look after them. Beyond the fun, this visit helps our children develop empathy, scientific vocabulary, and a deep respect for living things. It's an unforgettable way to bring our "Understanding the World" curriculum to life!



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LET'S  
WALK TO  
SCHOOL

WE'RE TAKING PART IN

Walk to School Week, 18-22 May



## Walk to School Week (18th -22nd May)

We are excited to participate in **Walk to School Week (18-22 May)**. This year's "Mission Move" challenge encourages pupils to walk, wheel, scoot, or cycle to school daily to earn stickers, log journeys on a classroom wallchart, and complete daily activities around daily themes.

How you can help: We ask parents and carers to support their children in traveling actively to school this week to help reduce local congestion and pollution. If you live too far to walk the whole way, please consider "Parking and Striding"—parking just ten minutes away and walking the final leg. Together, we can build healthy habits for life, and help the environment at the same time.



HEAD



HEART



HANDS



HEALTH



### Global Tamil School Annual Day celebration

We take immense pride when our children participate on different platforms to showcase their talents. On May 3rd, our students achieved a remarkable milestone by participating in a World Record event conducted by the Global Tamil School during their Annual Day celebration. Congratulations to all our participants! You have made us incredibly proud!

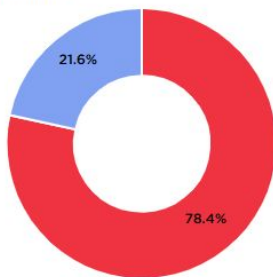


### Votes for School

**This week, during Votes for School, we discussed:**  
Should the UK send its rubbish to other countries?

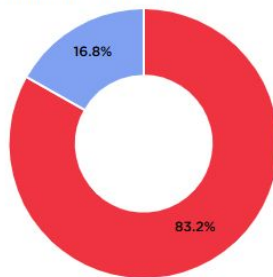


Your School

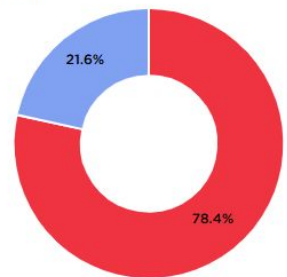


● No  
● Yes

Regional (Greater London)



National



● No  
● Yes

### Coming up:

Do tests affect your mental health? (KS2)

Do tests change how you feel? (KS1)

Pupils will have an opportunity to reflect on how school tests affect their mental health

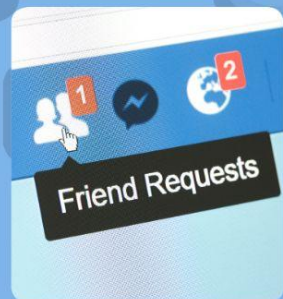


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## What parents need to know about SOCIAL PRESSURES LINKED TO 'FRIENDS & FOLLOWERS'



### POSSIBLE 'FRIEND ENVY'

Children may compare the number of friends or followers that they have with their own online friends and people they know. In some cases, this could lead to 'friend envy', particularly if they see this as a sign of popularity. This could lead to your child showing signs of jealousy and resorting to sending friend requests to people they don't know that well, or even strangers, in a desperate bid to increase their own status online.



### OPEN DOOR POLICY

Another way that children can increase their following is by leaving their accounts open so that they can be easily found, and anybody can view their posts. This is in the hope that other users will like their posts and decide to follow them, therefore increasing their numbers. Once again, this can leave your child vulnerable to being followed by strangers or people who have dishonest intentions.



### FEELINGS OF REJECTION

Just like increasing friends and followers can bring a sense of happiness and satisfaction, so the loss of friends and followers can cause children to suffer feelings of sadness and rejection. Depending on how invested your child is in their social media activities, this could influence their attitude and behaviour offline and potentially have a negative impact on their mental health and wellbeing.



### COLLECTING 'FAKE' FRIENDS

Children who feel under pressure to increase their friend count or want to increase their following as quickly as possible can be vulnerable to collecting 'fake' friends. They may, for example, accept friend requests from people they don't know very well or from complete strangers, inadvertently leaving themselves open to online bullies, trolls or even the possibility of being groomed.



### CONSTANT NEED TO PLEASE

As children start to gain more friends or an increasing number of followers, they might start to feel an added level of pressure to provide them with more interesting and likeable content. Almost as if they now have an audience waiting, this constant need to please may be an extra burden that pushes your child into oversharing personal information or posting material that is inappropriate or offensive, inaccurately portraying what they're actually like in the offline world.



## Safety Tips for Parents

### BE THEIR FRIEND OR FOLLOWER

The best way to know who your child is friends with online or who follows them is to be their friend or follower yourself. This will allow you to see who your child is engaging with most online or open up discussions about how they know certain people they've added to their network who you haven't heard them speak about before or you yourself don't know.

### TURN ON PRIVACY CONTROLS

All social media platforms have their own privacy controls which can be used to help protect children online. For instance, removing the ability for strangers to comment on public posts or having a screening process for friend or follow requests is good practice which can help to ensure your child's experience online is a safer one.

### TALK ABOUT STRANGERS

If privacy measures have been put in place, then usually your child will receive a notification if somebody tries to befriend them online. Talk to your child about making sure they don't open up their personal life to people they don't know and that if they are ever in any doubt, they should never accept a friend request from a stranger.

### BEHAVE ONLINE AS THEY WOULD OFFLINE

Your child's behaviour online should always be treated as an extension of their behaviour offline. Discuss with your child the pitfalls of trying to be somebody they're not and that trying to please everybody will only make them unhappy. Tell them that they should be proud of who they are and that they should always behave in an appropriate and responsible way when posting content online.



### TALK TO THEM ABOUT THE VALUE OF REAL FRIENDSHIP

Social media can often distort what true relationships and friendships should actually be like. It's important to teach your child the value of true friendships and that meeting and speaking to people face to face in the real world, offline, is often a better way to build a more trusting and confident relationship with someone rather than just speaking to them online.



### DISCUSS WHAT BEING POPULAR ACTUALLY IS

A higher number of followers can be a measure of popularity but can also lack substance beyond just the number itself. Discuss with your child that popularity can come and go and that a large number of followers doesn't necessarily mean a large number of friends, particularly online where the real value in a relationship cannot be accurately determined.



HEAD



HEART



HANDS



HEALTH

## No-pastry mini mushroom quiches recipe

Light mini quiches without the pastry, served with a crunchy green salad.

Prep: 20 mins  
Cook: 15 mins  
Serves 4



### Ingredients

#### Quiches

- 1 teaspoon lower-fat spread to grease tin
- 1 tablespoon vegetable oil
- 100g button mushrooms, cut into quarters
- 1 small onion, finely chopped
- 2 eggs, beaten
- 50ml semi-skimmed milk
- large pinch of black pepper
- large pinch of nutmeg
- 10g reduced-fat cheddar, finely grated

#### To serve

- quarter of an iceberg lettuce, shredded
- half a green pepper, diced
- 1 celery stick, sliced
- quarter of a cucumber, chopped
- a few stems of fresh chives, chopped

### Method

1. Grease the bottom and sides of 4 holes of a muffin tray. Cut 4 circles of baking paper and place in the bottom of each hole.
2. Heat the oil in a small frying pan, add the onions and cook for a couple of minutes until softened, then add the mushrooms and cook for a further few minutes. Transfer to the muffin tray.
3. Mix the eggs with the milk, black pepper and nutmeg. Pour into the muffin tray and sprinkle on the cheese.
4. Bake in a preheated oven (180C, 160C fan, gas mark 4) for 15 minutes until risen and brown.
5. Leave in the tin to cool for 10 minutes. Remove by running a knife around the edge of the tin and then serve with the green salad.

Experiment with different vegetables – using 160g of thawed frozen vegetables instead of the mushrooms and onion saves time as there's no need to pre-cook them.

Try them hot with some grilled tomatoes and toast for a delicious weekend brunch. These are also a good packed lunch option – just add some crusty bread.

*Healthy Eating: Lunch Box Recipes*



# 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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## 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

Thansi V

Franoy F

Preksha D

### Year 2

Zion G

Hrisko B

### Year 3

Diya V

Vihan A

Anaam H

### Year 4

Joshua M

Alexander C

Nikita A

### Year 5

Ayva S

Isra B

Riya G

### Year 6

Avani S

Maliha K

Layla-Mae M

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