



# West Drayton Academy Newsletter

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

26th June 2026  
Edition 36

## Principal's update

As we navigate this period of exceptionally hot weather, I want to thank you for your continued support. The soaring temperatures have significantly disrupted our children's learning this week.

Although we have put several measures in place to make the school more comfortable; fans, increased ventilation, reduced activity, wearing PE kits, increased hydration breaks, these are temporary fixes for what is becoming a recurring challenge. Leadership are reviewing the long-term value of installing air conditioning. We know this is an expensive option. Like most schools, our capital funding allocation is frustratingly small, and a project of this scale would require careful financial planning.

That said, we cannot afford for the weather to dictate our children's education. The 10 day weather forecast remains very warm. Safeguarding, well-being and academic progress are our highest priorities. We will keep you updated as these discussions progress.

In the meantime, please ensure your child comes to school with a refillable water bottle, a hat, and sun cream applied.

Warmest regards,

Richard Yates  
Principal

## Dates for your diary

### 29th June

2Browne visit to Transport Museum

Non uniform day for Tombola donations

### 30th June

Y6 First Aid Course

### 1st July

Y5 Visit to West End

Y2 Visit to Cinema

### 3rd July

Lark in the Park

School finishes 2:30 pm

### 6th July

2 Soundars visit to Transport Museum

### 7th July

Transition Day

### 8th July

Y6 Federation Athletics

## Attendance

The class with the best attendance this week is:

1st place: 4W with 89.6%

2nd place: 2CS with 86.9%

3rd place: 3A with 86.3%

**It will be a non-uniform day for 4W on Thursday 2nd July.**

**Well done!**

## Never miss out on what's happening in the school!

Download the Piota App for all school updates and be sure to follow us on Instagram for weekly updates

@WestDraytonAcademy



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



# 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



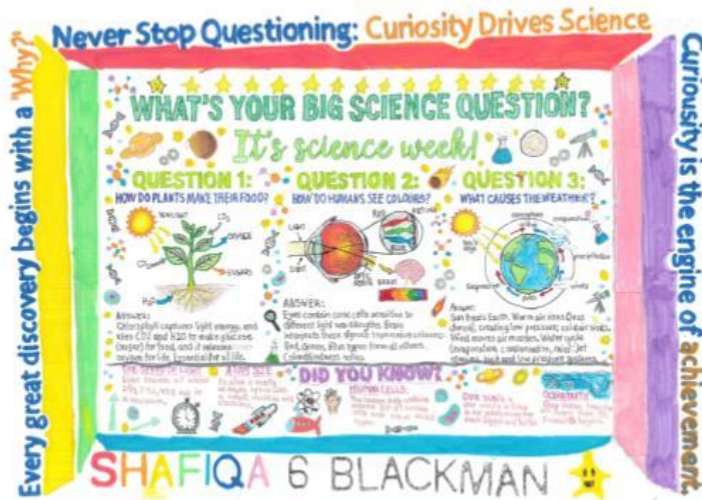
£2

## 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!

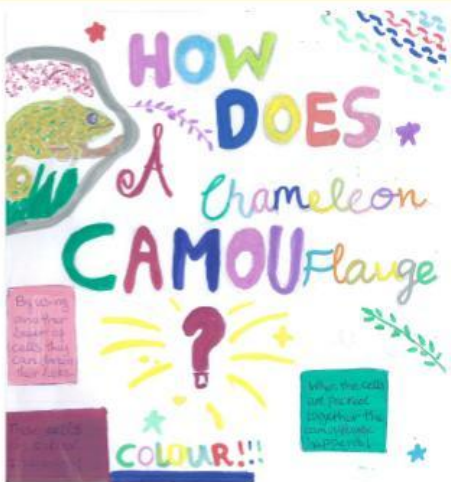
All items are laundered, quality-checked, and ready for a new home.

The winner of this year's Science Week Poster Competition is...

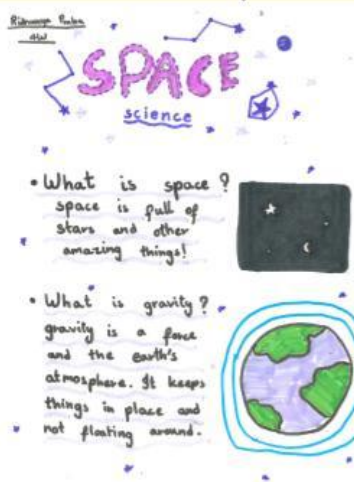


Shafiqah 6B

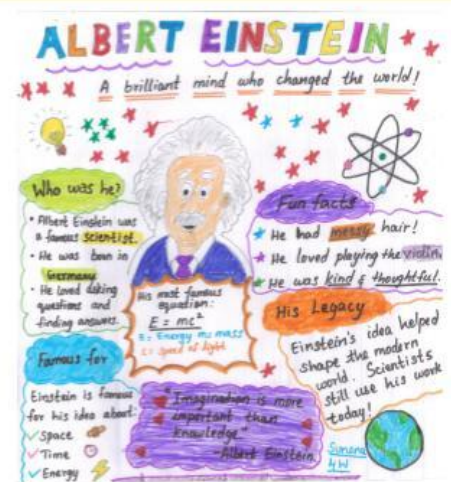
Runners up...



Lyra 6B



Ridhanya 4W



Sunena 4W



HEAD



HEART



HANDS



HEALTH



## Celebrating Resilience



Today we are especially proud to celebrate and share the extraordinary achievement of our wonderful Nursery teacher, Mrs. Merrett.

Mrs Merrett took part in the Brighton Bike Ride, which is considered to be one of the most gruelling and demanding cycling challenges. Mrs Merrett had shown true resilience and completed the challenge; setting a high standard for our children to look up to.

Thank you Mrs. Merrett, for inspiring our community, and showing our students what can be achieved through determination and hard work; you have made us all incredibly proud!

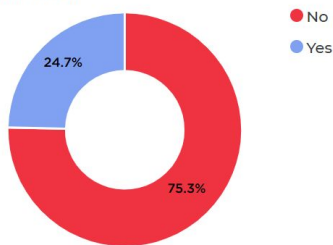
### Votes for School

This week, during Votes for School, we discussed:

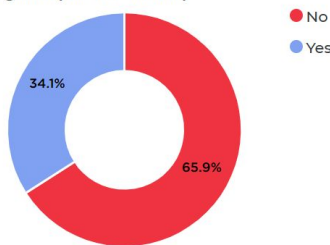
- Will the social media ban work? (KS2)
- Does banning things work? (KS1)



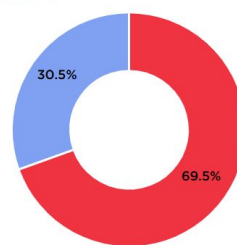
Your School



Regional (Greater London)



National



### Coming up:

Should we talk more about the risks of gambling? (KS2)

Is it too easy to spend money? (KS1)

Children will have an opportunity to discuss about the risks of gambling and younger children will talk about spending habits, and when it is too easy to give away your money.

# TOMBOLA DONATIONS

## OWN- CLOTHES DAY

**29<sup>TH</sup> JUNE**

**OUR SUMMER FAIR IS NEARLY HERE! PREP IS UNDERWAY AND WE NEED YOUR HELP FOR OUR POPULAR TOMBOLA AND TOY STALLS**

**NURSERY: ANYTHING IN A BOTTLE**

**RECEPTION, YEAR 1 AND YEAR 2:  
NEW OR GENTLY LOVED TOYS**

**YEARS 3 & 4: CHOCOLATE AND SWEETS**

**YEARS 5 & 6 : GIFT WRAPPED TOILETRIES  
AND COSMETICS**



HEAD



HEART



HANDS



HEALTH

JOIN US FOR OUR  
**LARK IN THE PARK**

**FIRDAY**  
**3RD JULY**  
**2:30PM TO 5.00PM**

BBQ

RAFFLE

POPORN

FOOD STALLS

GAMES

TOMBOLA

WEST DRAYTON ACADEMY  
SUPPORTING  
**actionaid**  
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**SUMMER FAIR**

**MORE DETAIL TO FOLLOW!**

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**DIVERSITY DAY**  
Friday 3<sup>rd</sup> July

A celebration of our differences, our community and what makes us unique!

At West Drayton Academy, we are proud to celebrate the rich diversity within our school community. Children will take part in a range of exciting activities that explore different cultures, traditions and experiences from around the world.

### ACTIVITIES WILL INCLUDE:

- Exploring different cultures and traditions
- Experiencing and learning about British Sign Language (BSL)
- Welcoming grandparents into school as part of our celebration
- Taking part in activities linked to our GRADES values



Grandparent information to follow.

### WHAT SHOULD CHILDREN WEAR?

Children are warmly invited to come to school wearing:

- Cultural clothing that represents their heritage or culture
- Colours that celebrate their identity or culture
- Special celebration clothes



We look forward to a wonderful day of learning, sharing and celebrating the diversity that makes our school community so special.

TOGETHER WE  
**CELEBRATE** ♥ **RESPECT** ♥ **LEARN**  
 FROM ONE ANOTHER



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BELIEVE • EMPOWER • ACHIEVE

Since the dawn of video games there have been questions asked about their potential link to violent or disruptive behaviour in people, and in particular, young people. These questions certainly haven't been without merit; violent content and graphics seemingly get more and more common as technology progresses. But what's the truth when it comes to the science? Thankfully, in today's age we actually have a much more solid idea of what the link between the two looks like, and whether or not we should be concerned. In this guide, we'll look at the arguments both for and against the idea that video games cause violent behaviour.

Do Video Games Actually Cause

## VIOLENT BEHAVIOUR?

FOR

AGAINST

### VIOLENT AND MATURE THEMES

There's no getting around the fact that yes, some video games do carry violent or more mature themes and to the casual observer, they can be quite startling. Use of weapons, bad language, mature content or scary images are worrying things to introduce to a young mind at the best of times, and even more so when they can be interacted with.

Realistically this comes down to the judgement of carers as to whether they think it's appropriate for their young ones, but a great place to start is the ESRB (Entertainment Software Rating Board) rating of a game. Not only do these ratings carry a recommended age, but also give an idea of what kinds of things will be in the game.

### ANGER EXHIBITED DURING OR AFTER PLAYING GAMES

Many parents notice an increase in their young one's anger or agitation after playing a video game. This is very common. However, it shouldn't be forgotten that video games are an interactive medium and, unlike a film or TV show, you have direct control over what is happening on the screen, making it much more personal.

In 2011, a study into The General Aggression Model (GAM) suggested that video games can stimulate and encourage feelings of violence and aggression in players, and gives players an opportunity to learn and practice aggressive tendencies, which translate over into the real world. While this study was debunked due to its flawed process, parents should still be vigilant if they see a child exhibiting signs of aggression while playing, and encourage frequent breaks from screen time.

### RELATIVELY UNKNOWN LONG-TERM EFFECTS

Because gaming is such a new form of media, not many studies can confidently predict what the long-term effects of gaming on young minds will be. While it's widely assumed by scientists and researchers that there will be very few negative side-effects, it's still one of the great unknowns. Despite this, gaming should be treated the same as any other new media, and enjoyed in regulated amounts.

**NOS** National Online Safety  
#WakeUpWednesday

### HISTORICAL HYSTERIA

Modern video games are a cultural phenomena, and we're still getting to grips with gaming as an entertainment medium. If we look back through history however, there's an emergent pattern of media blaming new technologies for a whole host of things.

For instance, when radio first became popular, people would blame it for earthquakes and droughts. It's good to keep an open mind when something new and popular appears on the scene like gaming. Just because it isn't understood, it doesn't necessarily mean it's dangerous.

### ALMOST EVERY MODERN SCIENTIFIC STUDY

As studies into whether video games make people violent become more common, we've come to understand a great many things about how the processes and measuring the outcomes should be carried out. As such, almost every modern study on the subject has turned up an inconclusive outcome finding a link.

In a thorough joint 2019 study between the Universities of Oxford and Cardiff in Royal Society Open Science, scientists concluded that "there was no evidence for a critical tipping point relating violent game engagement to aggressive behaviour". The study asked both teenagers and their parents to monitor and feed back on their aggressive thoughts after playing video games in an attempt to give a well-rounded result.

### MISUNDERSTOOD OUTSIDE FACTORS

It's easy to see why people link violent video games with real world aggressive behaviour, and there is certainly some truth in the fact they can make young people upset in the short-term. After all, nobody likes the feeling of losing whether it's in the real world or a virtual one. But we shouldn't mistake causation for correlation when assessing what this means.

Sometimes outside factors can contribute to shifts in behaviour that could be exacerbated by gaming, but not caused by it. If you're concerned over recent mood swings or aggressive tendencies in loved ones, there's no substitute for talking it out and trying to get to the route of the problem. A lot of people use video games as an escape from everyday life, and taking this away without proper thought could make things worse.

### SHOULD WE STOP BLAMING VIDEO GAMES FOR VIOLENT AND AGGRESSIVE BEHAVIOUR?

Weighing up the pros and cons before letting our young ones play a video game should always be at the forefront of our minds, but the evidence of the negative impressions they leave has been debunked time and again in recent years.

It's likely that the argument around violence and video games will continue for some years, and there's certainly work to be done on both sides when it comes to researching the actual repercussions. While modern scientific studies have started to lean heavily towards there being zero or minimal connections, it's still vitally important to listen and do your own research with an open mind. If there's concern about growing behavioural issues in your kids, talk to them and encourage breaks, or play with them and try to experience the games yourself. You might just find something you like in the process!

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## Saturated fat

We all know too much fat is bad for us. But we do not always know how much or what type of fat we're eating – and there can be a surprising amount of saturated fat in the everyday food and drink we buy!

We're here to help you and your family understand the difference between healthy and unhealthy fat, and give you tips and ideas to help you make healthier choices.

### How to eat less fat

It can be really difficult to make healthier choices when it comes to food – and this is especially true of fat because of the different types.

But don't worry: we're here to help you and your family understand the difference and know what's what so you're able to make better choices at home and when you're buying food!

Here are some easy tips and quick wins to help you eat less saturated fat.

#### Cut back on fat at home



##### Make fish your friend

Processed meats like sausages, burgers and bacon are high in sat fat. Choose more fish – especially oily fish, like mackerel or salmon, for some healthy unsaturated fat – or try peas, beans and lentils instead.



##### It's all about that base

Cream and cheese-based sauces are likely to be high in fat (as well as salt), so opting more regularly for tomato or vegetable-based ones can make a big difference.



##### Cook clever

Avoid adding extra oil or butter when cooking – try grilling, baking, steaming or poaching instead. And if you are using oils, pick unsaturated ones like olive or sunflower oil.

### Foods high in saturated fat

We're all eating too much sat fat, but kids in particular are getting a lot of theirs from these high-fat foods.



Butter, cheese and other dairy



Cakes, pastries and ice cream



Burgers, sausages and pizza



Chocolate biscuits



### Keep meat lean

Choose lower-fat mince and skinless poultry, and always trim any visible fat from your meat before cooking. This is where most of the sat fat is.



### Swap out the snack fat

After school, swap biscuits and muffins for healthier snacks like fruit, plain rice cakes, toast with lower-fat spread, fruited teacakes or bagels.



### Dairy to be different

Choose dairy products with less fat – like lower-fat milk, cheese, spreads, and low-fat lower-sugar yoghurts.



### Amazing avocado!

Avocado is rich in unsaturated fats. Spread it on toast, put it in a sandwich or mash it into a delicious dip. Half an avocado counts as 1 of your 5 A Day!



### Start smart

Pastries and croissants are full of sat fat. Swap for plain cereal, toast with lower-fat spread, fruited teacakes or a bagel with some banana slices.

### Fat facts and recommended daily amounts

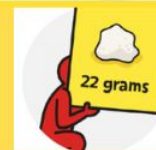
There are 2 main types of fat in the food we eat: saturated fat and unsaturated fat.

Saturated fat is the one you need to watch out for, while having unsaturated fat (found in things like oily fish, avocado, unsalted nuts and seeds) can help lower blood cholesterol to protect your heart.

The maximum recommended daily amounts of saturated fat are:



4 to 6 years old: 18 grams



7 to 10 years old: 22 grams



11 and older: 28 grams



HEAD



HEART



HANDS



HEALTH



THE READING AGENCY

UNIVERSAL  
UNIVERSAL MUSIC GROUP  
UNITED KINGDOM

# READ to the BEAT

## Summer Reading Challenge 2026

Join FREE at any Hillingdon Library!



[summerreadingchallenge.org.uk](https://summerreadingchallenge.org.uk)

ARTS COUNCIL ENGLAND Supported using public funding by ARTS COUNCIL ENGLAND

GO ALL IN. National Year of Reading 2026

Illustrations © Harry Woodgate 2026. Read to the Beat © The Reading Agency 2026, registered charity number 1085443 England and Wales.

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**BRITISH CYCLING**

FIND US  
Hayes Hawks BMX Club  
@hawksbmxclub

# BMX RACING

FOR ALL ABILITIES  
TRAIN. PROGRESS. RELAX.

**OLYMPIC SPORT**  
We are an inclusive club. BMX Racing is for all abilities of riders. You are welcome to come along and try it.

**TRAINING SESSIONS**  
Training with our British Cycling qualified Coaches is on a Sat starting at 9.00am. For more info, scan the QR code.

- EXPERT COACHING
- ALL ABILITIES WELCOME
- DEVELOP SKILLS
- RACE & HAVE FUN!
- HELMETS MUST BE WORN
- E BIKES NOT PERMITTED

**£12** NON MEMBERS  
**£10** MEMBERS

**PER SESSION**  
Includes hire of bike, helmet & gloves

**HELMET & GLOVES MUST BE WORN**

**SCAN THE QR CODE TO BOOK A SESSION.**

**HAYES HAWKS BMX CLUB**  
LAKE FARM PARK, DAWLEY ROAD, HAYES, UB3 1EJ

Scan the QR code and when you book mention "West Drayton Primary" to get a free session for BMX Coaching.

**Vitality** **WM**  
WESTMINSTER MILE

## THE DAILY MILE WAVE

Free for Daily Mile schools and their families

**09:45 on Saturday 26 September 2026**

Register here:  

 Be a Daily Mile champion and run, jog, walk, or wheel one mile in the heart of the capital.  
**Free Daily Mile T-shirts for all children!**

the Daily Mile



HEAD



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HANDS



HEALTH



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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

Farhan

Daniel

### Year 2

Eliza

Mariam

Amna

### Year 3

Tejesh

Vlad

### Year 4

Kiara

Mahitha &  
Rayansh

Mahzala

### Year 5

Isaac

Ananya

### Year 6

Sreemanth

Sarah

## BELIEVE • EMPOWER • ACHIEVE

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