

Principal's update

Diversity Day & Summer Fair

A massive thank you to everyone who made our combined Diversity Day and Summer Fair such a terrific success! The vibrant celebration brought our school community together for an unforgettable day of culture, fun, and connection.

Thanks to your incredible generosity and support, all proceeds raised from the event will be equally shared between Action Aid and the school's PTA to help fund future projects. We will let you know how much money was raised in due course.

This wonderful day wouldn't have been possible without the hard work and teamwork of our amazing staff and parents who organised everything behind the scenes. Thank you for making it a day to remember! Particular thanks to Miss Tinning, who organised Diversity Day, and Mrs Sall, who organised the Summer Fair.

Best wishes,

Richard Yates
Principal

Dates for your diary

13th July

Y5 Gurdwara Trip
Nursery Sports & Graduation

15th July

Y1 Visit to Whipsnade Zoo
Y6 dress rehearsal

16th July

Reception Sports Day
Y6 Production 1:30pm & 6:00pm

17th July

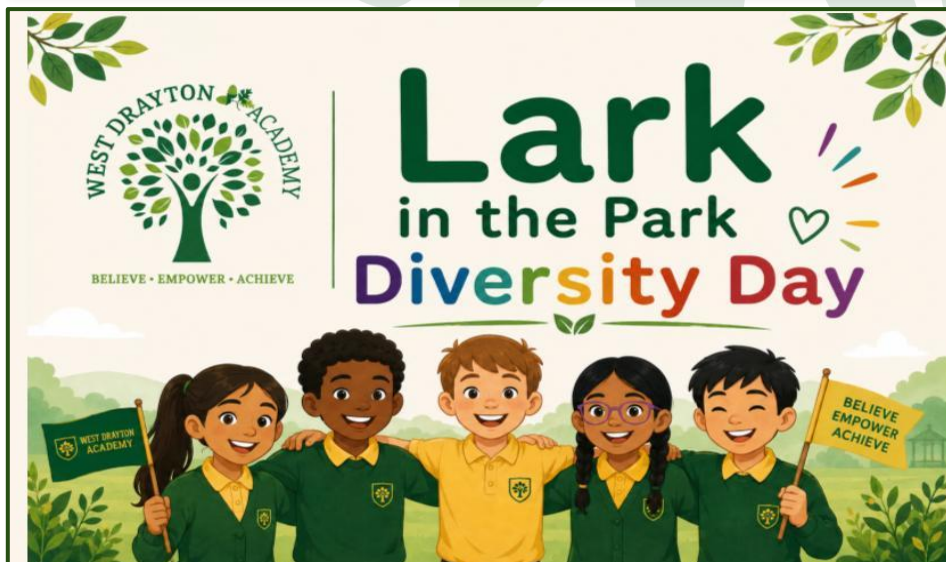
Y6 Leavers' Disco
Celebration Assembly

20th July

Y6 Prize giving assembly
Last day of Nursery

21st July

Leavers' assembly
End of term



Attendance

The class with the best attendance this week is:

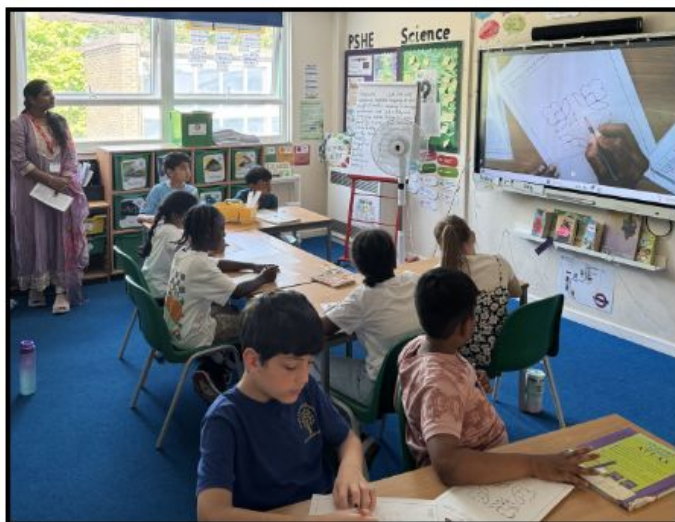
1st place: 6M with 99.2%
2nd place: Peach with 98.6%
3rd place: 4W with 97.5%

It will be a non-uniform day for 6M on Friday 17th July.

Well done!

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LARK IN THE PARK & DIVERSITY DAY 2026



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HEALTH



Year 4 had an unforgettable day at Go Ape in Black Park, where the children showed incredible bravery as they tackled the high ropes course. Despite the soaring temperatures, they embraced every challenge with enthusiasm, encouraging one another and stepping well outside their comfort zones. It was wonderful to see their confidence grow as they climbed, balanced and zipped through the trees. The children represented the school brilliantly, demonstrating our Head and Hands pillars, making us all incredibly proud. A fantastic day was had by everyone! A massive thank you to our parents and staff who accompanied us and made our day successful.

Y4 GO APE



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June 2026

London

CULTURAL PERFORMANCE AT HOUSE OF LORDS



A captivating traditional performance at the heart of UK Parliament.

We are incredibly thrilled to share that our talented Year 4 students Kiara, Saanvi, and Sunena had the honour of performing at the UK Parliament (The House of Lords)!

The special event was held in celebration of World Day for Cultural Diversity, showcasing multiculturalism and heritage on a national stage. Our students were invited to perform by their teacher, Mrs. Vinjamuri, from the Sanskruti Centre of Cultural Excellence. Children delivered a captivating traditional performance that beautifully represented their cultural roots. They completely mesmerized the audience, which included distinguished diplomats such as the High Commissioners of Mauritius and Barbados, the Acting High Commissioner of Seychelles, the Ambassadors of Uruguay and Guatemala, and the Deputy Head of the Ethiopian Embassy.

Y5 Visit to West End

On Wednesday 1st July, Year 5 had an exciting trip to London's West End! We took a train into London to see Matilda at the Cambridge Theatre in Covent Garden. We were so lucky to have amazing seats with a perfect view of the stage! The show was amazing: the acting, singing, dancing and visual effects impressed all of the children. At the end of the show, there was a huge applause with confetti which we all found very exciting! After the show, we saw the actors who played the children leaving the theatre and were able to congratulate them on their amazing performances. We boarded a coach back to school after a long but enjoyable trip. It was an excellent trip for everyone involved and the children represented our school brilliantly.



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Votes for School

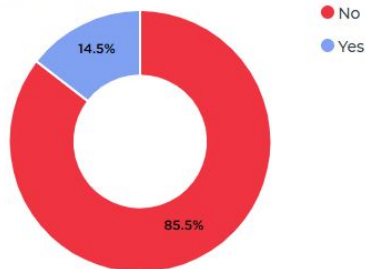
This week, during Votes for School, we discussed:

Is it easy to be Prime Minister of the UK? (KS2)

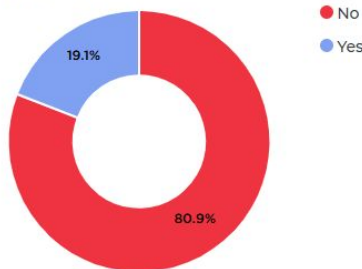
Is it easy to be a leader? (KS1)



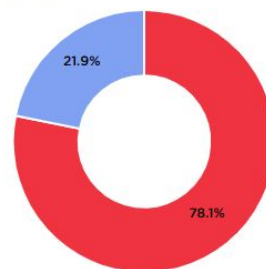
Your School



Regional (Greater London)



National



Coming up:

Should school trips be used as a reward? (KS2)

Should you have more school trips? (KS1)

Children will have an opportunity to discuss the school trips and whether they should be used as a reward, and younger children will think whether they benefits from school trips.

What does and does not count for 5 A Day?

Almost every type of fresh, frozen, tinned and dried fruit and veg you can think of counts towards your 5 A Day.

So do fruit or vegetables in ready-meals or shop-bought sauces. However, always check the packaging and watch out for high amounts of salt, fat and sugar.

But some things you might not expect to count actually do, and some things you would expect (or hope) to count actually do not – looking at you, potatoes!

Here is a quick guide to some of the things people ask about most often.

Fruit and vegetables found within other foods and ready-made products, although they may only be in small amounts, still count towards your 5 A Day.

For example, the chickpeas in hummus and falafel, the fruit in fruit yoghurts, the lentils in dhal, and the vegetables in guacamole and salsa all contribute.

However, these foods may be high in fat, salt and sugar so always check the label.

Counts as 5 A Day

- ✓ Unsweetened 100% fruit juice, vegetable juice and smoothies – maximum 150ml, once a day
- ✓ Onions, leeks and shallots
- ✓ Garlic
- ✓ Peas and sweetcorn
- ✓ Mushrooms
- ✓ Sweet potatoes
- ✓ Tinned tomatoes
- ✓ Tomato purée – 1 heaped tablespoon is 1 portion
- ✓ Baked beans or spaghetti hoops in tomato sauce – choose versions lower in salt and sugar
- ✓ Chickpeas, lentils and kidney beans
- ✓ Olives – but they can be high in salt
- ✓ Tinned fruit and veg, like pineapple or sweetcorn – pick versions in natural juice or water
- ✓ Frozen fruit and veg, like berries, peas or spinach
- ✓ Dried fruit (30g is 1 portion) – but it sticks to teeth so keep it to mealtimes
- ✓ Ready-made salad – go for dressings lower in salt, fat and sugar
- ✓ Ready-made soups and sauces – but these can be high in salt, fat and sugar so check the label

Does not count

- ✗ Potato
- ✗ Yam
- ✗ Cassava
- ✗ Plantain
- ✗ Ketchup
- ✗ Nuts
- ✗ More than 1 serving of juice or smoothie per day
- ✗ More than 1 serving of beans or pulses per day

Why potatoes do not count

Potatoes and other starchy foods like yams, cassava and plantain are usually eaten as the carbohydrate part of a meal, like rice, pasta or bread are.

They're a great source of fibre and nutrients so are still an important part of a balanced diet – they just do not count towards your 5 A Day.

Sweet potatoes, parsnips, swedes and turnips all do count though!



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Top Tips for Adopting

SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

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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

Hafsa
Gowripriya
Zaydan

Year 2

Noah
Mofe
Alice

Year 3

Ameela
Mariam
Sarah

Year 4

Jegath
Madeeha
Yasmin

Year 5

Arya
Isaac

Year 6

Dhruva
Pranika
eorge G



HEAD



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HEALTH

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Year 1

Mailana

Athira

Navil

Year 2

Amna

Sid

Hudson

Year 3

Ranveer

Vihaan

Harry

Year 4

Wilson Class

Emilie

Eliana

Year 5

Theo

Aniyah

Year 6

Srinika

udra

R

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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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