

# West Twyford Primary School Newsletter

Tel: 020 8965 6858 Email: [admin@west-twyford.ealing.sch.uk](mailto:admin@west-twyford.ealing.sch.uk) [www.west-twyford.ealing.sch.uk](http://www.west-twyford.ealing.sch.uk) ([calendar link](#))

Friday 9th February 2024

## Children Mental Health Week

This week at school we have been learning about the importance of looking after our mental health by expressing ourselves. On Thursday we all expressed ourselves by wearing our favourite colours for everyone to see. We all read the book, "Have you Filled your Bucket Today?" where we learned the power of kindness and the very positive effect this has on others but also on ourselves – when we fill someone else's (invisible) bucket (say or do something to make them happy) then we are also filling our own buckets because being kind to others makes us feel good too. Try it out at home too, it really works!

## Our New OPAL Programme

West Twyford school is starting a programme to improve opportunities for physical activity, socialisation, cooperation, coordination, resilience, creativity, imagination and enjoyment through improved play. Children today don't have the same freedoms many of us once did, so we want to give children back time to really enjoy and learn from play.

The Outdoor Play and Learning (OPAL) Primary Programme is the result of over 20 years of testing and development in over 800 schools and has been used in Spain, Canada, France and New Zealand. The programme has also been adapted and used in successfully schools in many different countries. In 2018, OPAL won first prize in an EU-funded award for the best active school's programme in Europe and two UK national playwork awards. In 2019, OPAL was awarded a quarter of a million pounds by Sport England to bring the programme to more schools. OPAL is based on the idea that children learn when they play. As 20% of their time in school is playtime, we want to make sure that this amount of time (equivalent to 1.4 years of primary school) is as good as possible.

As the school improves play opportunities for your children, you may find the school is asking you for resources and is making changes about how the children use the school grounds. They may use more of the grounds, for more of the year. Your children may get a bit messier, be exposed to more challenges and have greater freedoms to play where, with whom and how they like. The experiences the school is fostering are essential for children's physical and mental wellbeing and are in line with all current good practice advice on health and safety, wellbeing and development.

The school will be supported by OPAL for 18 months and there will be an opportunity to come and talk to the OPAL mentor at your child's school. If you would like to learn more about the OPAL Primary Programme, please have a look at the OPAL website ([www.outdoorplayandlearning.org.uk](http://www.outdoorplayandlearning.org.uk)), where you will find lots of useful information and several videos about the programme.

## Uniform Reminder

Please remember that we expect all children to be in the correct uniform everyday. This is an important part of coming to school and includes everyday uniform and correct PE kit. We have become concerned that some children are missing out on PE due to the not being in PE kit that day. In year 5 and 6 children who come to school regularly without the correct PE kit, will be given PE kit in school to change into.

## Role Models of the Week

Well done to the following children for their outstanding learning and behaviour in school this week!

**Behaviour Award:** Atharv & Wali (Year 1), Talia & Alinda (Year 2), Arianna & Yakut (Year 3), Sobhan & Zeina (Year 4), Sirine & Hussain (Year 5), Yafa & Evelyn (Year 6)

**Learning Award:** Sara & Haneen (Year 1), Aria & Moataz (Year 2), Afan & Jad (Year 3), Tia & Yusuf (Year 4), Nisreen & Ali (Year 5), Asha & Alieza (Year 6)

## Attendance Certificates of the Week!

Well done to all our classes who have achieved 96% or above attendance this week:

**Year 5 Silver Birch 97.7%, Year 5 Aspen 97.3%, Year 4 Elder 96.6%, Year 3 Maple 96.3%, Year 1 Willow 96.3%, Year 3 Elm 96%**

**Punctuality Cup:** most punctual children this week! **Year 4 Elder**

**Lunchtime Stars:** best behaved class at lunchtime this week: **Reception Horse Chestnut**