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Headteacher: Mrs Farzana Hussain

Thursday 27<sup>th</sup> April 2023

Dear Parents and Carers,

### **Mental Health & Wellbeing (Article 24)**

It is that time of year again when parents and teachers are preparing children for national testing. Tests and exams can be a challenging part of school life for children and their parents or carers, but there are ways to ease the stress.

Pressure to do well in exams can be overwhelming and affect children's mental health. Please find below some useful resources to help keep you and your children calm, focused and mentally healthy during the exam period.

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/#:~:text=Remind%20your%20child%20that%20it's,the>



### **Safeguarding- Important Tick Tock Alerts-**

Safer Schools have made us aware of a new challenge circulating on popular social media platform, Tiktok. Known as the 'Foopah' challenge, it involves users attempting to trick TikTok's moderation systems by flashing their bodies.

A play on the phrase 'faux pas' (an embarrassing public act), the trend encourages users to upload 'blink and you'll miss it' nudity. This aims to get around the platform's detection and moderation by being hidden in plain sight. Using screens, mirrors, and other reflective surfaces are just some of the ways people have taken part in the challenge.

#### Next Steps and Further Advice

- To avoid seeing age inappropriate content, ensure your child has entered the correct date of birth on the platforms they use.
- To help young people make informed choices, discuss challenges and hoaxes with them in a friendly, casual way.
- To encourage healthy discussion, try not to panic if they name the challenge. Be inquisitive, listen to what they say and remind them that even creating a reaction video or using the hashtag as clickbait still puts them at risk of unwanted contact from strangers or exposure to harmful content.
- To avoid a situation where your child loses control of their image or video, remind your young person of what is appropriate to share and what isn't. Ensure they know the consequences that can come from sharing an explicit image.
- In the event that your child has posted an image or lost control of it, remain calm and reassure them that there are things you can do to help such as reporting it to the Internet Watch Foundation.

Use the link below for an online tool to support you to engage with children online:

<https://app.ollee.org.uk/#/welcome>



### **Managing Your Money- Redbridge Institute of Adult Education**



**Managing  
your  
money**



Come along to Redbridge Institute of Adult Education for a free 'Managing your Money' taster session for adults at the Stem Lab in Redbridge Central Library, Clements Road, Ilford, on Friday 28<sup>th</sup> April, 10am to midday.

The session will cover family budgeting and financial planning.  
To book a place email [MultiplyProject@redbridge-iae.ac.uk](mailto:MultiplyProject@redbridge-iae.ac.uk)

For more tips on managing your money check out our cost-of-living website <https://orlo.uk/3GBaw>

**FREE two hour workshops for adults**

## Picture News (Article 28)

Through the weekly Picture News assembly, children learn about our world, develop independence, resilience, respect and unlock their own drive and passion for learning. The weekly Picture News is shared on our website:

<https://www.glade.redbridge.sch.uk/newspictures>

Please spend some time asking your child about what they have learnt and discussed during their Picture News session. Each week, there is a link to British Values and the UN rights of a child. In the story this week, children learnt that an educational television programme for young people, banned from schools in Afghanistan, has been launched by the BBC World Service.

This week's question asks children: 'How do you learn best?'



**British Values**

**Rule of Law**

Different countries have different rules and laws about school and education. In the UK, all children must be provided with an education from age 5 to 18.

**Protected Characteristics**

In Afghanistan, girls over 11 years of age are not allowed to attend school. Being a boy or a girl should never stop us from doing something or cause us to be treated unfairly.

Sex, Race, Religion or Belief, Age, Disability, Gender Reassignment, Marriage and Civil Partnership, Pregnancy and Maternity, Sex, Race, Religion and Belief

**UN Rights of a Child**

We all have the right to an education. Primary education should be free. Secondary and higher education should be available to every child. We should be encouraged to go to school to the highest level possible.

**28**

ACCESS TO EDUCATION

## Article of the Week (Articles 5 and 18)

There are many different reasons why children might not be looked after by their parents. In these circumstances, several articles of the Convention can help guide everyone to ensure that the child or young person's best interests remain central to the decisions taken.

This week, we linked four articles which closely relate to a child's situation when a decision is made that results in them being cared for by people other than their parents. However, there are many other articles that could apply.

Children reflected on the following:

- Who shows you that they care about you?
- What feelings do you have when you know you are cared for?
- How do you show care to other people in your life?
- Why does care matter?
- Can you show your appreciation to those who care for you?



## NEU Teacher Strikes

As you may be aware, the next NEU Teachers strike is on Tuesday 2nd May. Our school will be closed to all pupils except Year 6 as they are so close to their National SATs examination. We apologise for the inconvenience this will cause you.

## Uniform

Please ensure children are wearing correct school uniform, including the right shoes, everyday. Please visit our school website for information about correct uniform:

<https://www.glade.redbridge.sch.uk/school-uniform>

A polite reminder that children wearing earrings should only be wearing small studs. Children wearing non-approved jewellery will be asked to remove it and it will be returned to the parent when the child is collected at the end of the day. This rule is in place to ensure the health and safety of all pupils.



## Attendance- Article 28

Regular school attendance is an important part of giving children the best possible start in life. The aim should be to attend 100% of the time. Pupils who miss school frequently can fall behind with their work and do less well in exams.

Last week's attendance is lower than usual due to Eid on Friday. Well done to **Nursery** for the highest attendance!

Year group	W/B 17.03.23
Nursery	89.76%
Reception	83.67%
Year 1	84.58%
Year 2	85.76%
Year 3	85.67%
Year 4	82.14%
Year 5	85.17%
Year 6	83.00%
Whole school	84.55%



## Times Tables Rock Stars

Well done to the top 3 children on our TTRS leader board.

Position	Name	Class
1st	Noel	5A
2nd	Ali	4W
3rd	Zubayr	5U

## Awards

Congratulations to the following children:

<u>Bronze Merit</u>		<u>Silver Merit</u>		<u>Gold Merit</u>	
1C- Dayyaan and Rayaan 2M- Zamir 3H- Ada and Shadrach		RM- Zara, Inayah and Eesa 1C- Kyran 4N- Iba, Leo, Mohammed, Satyam, Saijen, Emaan. K, Ayub, Imiyah and Soumaya 6S- Presha and Elizabeth		RM- Joanne and Khadijah 6D- Waniya and Mahveen 6S- Kleon	
<u>Platinum Merit</u>		<u>Reading Rockets Bronze</u>		<u>Reading Rockets Silver</u>	
6D- Zaviyar 6S- Amelia		RM- Kubra 1C- Zayn		RM- Zara	
<u>Lexia Certificates</u>		<u>Star Reader</u>		<u>Free Readers</u>	
4N- Aaron and Ismael		RM- Safiyah		6J- Rayyan Kazam, Safaa M, Sumaiyah, Casey, Kleon and Harley.	

## Stars of the Week- Article 29

Well done to the 'Stars of the Week'



<u>Stars of the Week</u>	
Nursery am- Gavrina	Nursery pm- Rayyan
RQ- Pragun	RM- Mozamil
1C- Abubakr	1S - William
2R- India	2M- Patrick
3H- Charlie	3A- Kaiden
4N- Leo	4W- Eesa
5A- Yasna	5U- Jessica
6D- Parashuram	6S- Dillon

## Writers of the Week- Article 29

Congratulations to our 'Writers of the Week'



<u>Star Writers</u>	
RQ- Cillian	RM- Zara
1C- Kyrie	1S - Mariya
2R- Miya	2M- Zamir
3H- Teresa	3A- Hannah
4N- Emaan. K	4W- Ali
5A- Riya	5U- Kashwik
6D- Dhruv	6S- Oliver

Yours Sincerely,

*F Hussain*

Mrs F Hussain  
Headteacher

