



Glade Primary School
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Tel: 0208 708 0200

Email: parentinfo@glade.redbridge.sch.uk Website: www.glade.redbridge.sch.uk
Headteacher: Mrs Farzana Hussain

Thursday 27th January 2022

Dear Parents and Carers,

Mental Health & Wellbeing

Here are some reminders of helplines. Keep this information handy, in case it is needed:

Call Samaritans : 116 123
Call Childline: 0800 1111
Mental Health Line: 0300 555 1201 Out of hours number when deemed in distress
Young Minds Crisis Messenger: text YM to 85258 24/7, free.
Papyrus website and helplines <https://www.papyrus-uk.org/>
Parents Guide to Depression <https://www.cwmt.org.uk/parents-guide>
Kooth for the student, www.kooth.com
Young Minds Parents Helpline 0808 802 5544

Happiness Chemicals and how to hack them

<p>DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> • Completing a task • Doing self-care activities • Eating food • Celebrating little wins 	<p>OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none"> • Playing with a dog • Playing with a baby • Holding hand • Hugging your family • Give compliment
<p>SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none"> • Meditating • Running • Sun exposure • Walk in nature • Swimming • Cycling 	<p>ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none"> • Laughter exercise • Essential oils • Watch a comedy • Dark chocolate • Exercising

Safeguarding

GROUNDWELL PROJECT **MOTHERS FOR CHANGE**
FREE COURSE!
LIMITED PLACES

Mothers' online Safeguarding course

4 week starting Tuesday March 1st 10:00-12:00

- Learn about issues that affect young people and children such as online safety, extremism, hate crime, loneliness, self esteem, social media, cyberbullying and more!
- Feel equipped and confident to challenge online harms
- Workshops are interactive and delivered by experts in the field and take a nuanced perspective on the lives of young people and children today
- Meet other mothers who are also interested in understanding these important issues
- Every Tuesday and Thursday online in March
- Certificates awarded for completion

EMAIL Maeve@groundswell.world

London Borough of **Redbridge**

The free Prevent Project: 'Mothers for Change,' is an online safeguarding course for mothers. The 4-week training begins on Tuesday 1st March 2022. If you are interested in attending this very worthwhile training, please email Maeve@groundswell.world to book your place.

It is vital that parents engage in these training sessions to upskill themselves, so you can help safeguard young and vulnerable children. Upon completion of the course, you will receive a certificate.

Safer Internet Day: 8th February

With Safer Internet Day on the horizon, we wanted to let you know about the support that will be available. This year's focus is 'Exploring respect and relationships'. Children will discuss and challenge thoughts such as, 'I can say whatever I like online.'

Join the Parent Zone Digital Parents Evening to find out everything you should know about online gaming on Tuesday 8th February at 4.30 pm:
<https://parentzone.org.uk/home>

Woodford Green Library- Story and Rhyme Time Free Session

Woodford Green Library are offering an after school session, every Monday, starting from 31st January at 4:00pm - 4:30pm. If you are interested in attending, please call 02087087444 and book a slot for your child/ren in advance. **All primary school students are welcome to attend.**

Picture News

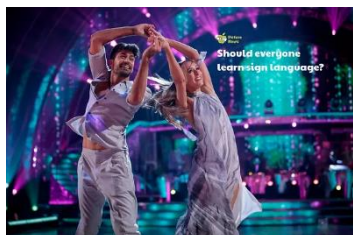
Through the weekly Picture News assembly, children learn about our world, develop independence, resilience, respect and unlock their own drive and passion for learning. The weekly Picture News is shared on our website:

<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.

The story this week explores how Rose Ayling-Ellis, profoundly deaf winner of Strictly Come Dancing, has called for change regarding BSL's legal status in the UK and said she had spoken to Labour MP Rosie Cooper about her Bill in Parliament.

This week's question asks children if they think everyone should learn sign language.



Outdoor Learning- Year 1

As part of our topic this term, 'Houses and Homes,' Year 1 have been exploring the houses in our local area. The children went on a walk around the school to see what different types of houses we had around us. They made rough annotations on the things they could see. They then used their rough sketches and labels to make observational drawings of Atherton Road. Children will use their pictures to make comparisons to houses from the past.



Race and Equality Awareness

As you may recollect, last year we started our journey on a scheme led by Redbridge, entitled REA - Race and Equality awareness. This has encompassed all the work that we have done (and plan to do in the future) based on diversity and representation across the curriculum. The people leading the scheme would be interested to hear your views. Please use the link below to complete the survey:

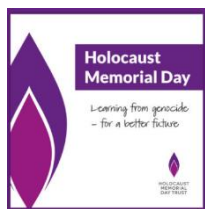
<https://forms.gle/31gCk3JbVahRxnMi7>

1-Minute Maths

'White Rose Maths' have created an excellent app to help you support your child with maths at home.

To download the app, go to Google Play (Android) or App store (IOS) and search for White Rose Maths.

Holocaust Memorial Day- 27th January



Holocaust Memorial Day is the day for everyone to remember the millions of people murdered in the Holocaust, under Nazi Persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur. Children in school are learning about events that took place, through age-appropriate lessons, to learn more about the past and take action to create a safer future. It is an opportunity to remind one another that prejudice, discrimination and the language of hatred must be challenged by us all. I will share the children's work in next week's newsletter.

Facebook

Please follow and like our regular posts on our Facebook page:
<https://www.facebook.com/Glade-Primary-School-106748128434375>

We currently have **28 pupil vacancies across our school**. These are mainly in Reception, Year 3, Year 4 and Year 5. Please share our Facebook page and school website to promote and encourage local friends and family to send their children to Glade Primary.



Our school website is <https://www.glade.redbridge.sch.uk/>

National Story Telling Week: 31st January- 6th February



As next week is National Storytelling Week, please spend time this weekend sharing stories with your children. This could be by visiting the library, reading your child a bedtime story, retelling a story you loved as a child, watching the CBEEBIES bedtime story or making up an exciting family story whilst on a car journey. Whatever you choose to do, I am sure your children will benefit from the power of a good story, well told.

Attendance

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. We want all children to have the best possible attendance at school to enable each and every child to reach their full potential.

Well done to **Year 1 and Year 2** for achieving above the national attendance target last week.

Our whole school attendance target remains 96%.

Year group	W/B 17.01.22
Nursery	83.75%
Reception	92.08%
Year 1	96.84%
Year 2	97.50%
Year 3	94.90%
Year 4	94.35%
Year 5	93.57%
Year 6	93.29%
Whole school	94.05%

Times Tables Rock Stars

Times tables are a very important part of mathematical knowledge. Through knowing their times tables, children will start to notice patterns and will then be able to apply this knowledge to more advanced work.

The Multiplication Tables Check (MTC) is a Key Stage 2 assessment, taken by pupils at the end of Year 4 (in June). The purpose of the MTC is to make sure the times tables knowledge is at the expected level. A good way to prepare is to start early and build a daily routine practising the times tables.

Times Tables Rock Stars is a carefully sequenced programme of daily times tables practice. We encourage and expect all children from Year 2 to be active on TTRS. If you do not know your child's login details, please ask the class teacher.



Well done to this week's three most accurate classes on TTRS.

Position	Class	% of Accuracy
1st	2M	97.01
2nd	3A	96.86
3rd	6D	95.98

Awards

<p><u>Bronze Awards- Merits</u></p> <p>2M- Janna 2C- Ayaan and Parmeet 3Y-Selin, 4N-Aneeqa, Jayden, Mustafa, Subhaan, Zakariya and Isla. A 4W-Ayesha, Jamal and Maryam 5U- Presha</p>	<p><u>Silver Award- Merits</u></p> <p>3A- Emaan 4W-Ahmed 4N- Aadam, Anayah, Chenaya, Harjot and Osarugue 5U- Amelia 6D- Ibrahim, Siobhan and Meera 6J- Dharam, Halil, Jaynil and Sanjidan</p>	<p><u>Gold Award- Merits</u></p> <p>4N- Shuaib 5A- Elizabeth, Saarah and Sameeha 6J- Yahya</p>	<p><u>Pen Licence</u></p> <p>3A- Saijen 4W-Dheekshita 5A- Zaviyar, Mahreen, Aisha and Tomas 5U- Aliza</p>
			<p><u>Free Reader</u></p> <p>6J- Farhan</p>
<p><u>Reading Rockets- Bronze</u></p> <p>1R- Isabella</p>	<p><u>Reading Rockets- Silver</u></p> <p>RM- Shari</p>	<p><u>Reading Rockets- Gold</u></p> <p>RP- Aren and Dean</p>	<p><u>Star Reader</u></p> <p>RM- Adam and Ameerah RP- Aren and Michelle</p>

Stars of the Week

Well done to the 'Stars of the Week.'



Stars of the Week	
Nursery am- Raees	Nursery pm- Zainab K
RP- Aaban	RM- Musa
1H- Micah	1R - Millie
2C- Nusaybah	2M- Hannah
3Y- Zahaa	3A- Ariana
4N- Zoha	4W- Basim
5A- Zafir	5U- Aliza
6D- Sandeep	6J- Abdul A

Writers of the Week!

Congratulations to our 'Writers of the Week.'



Yours Sincerely,

F Hussain

Mrs F Hussain
Headteacher

Star Writers	
RP- Dean	RM- Can
1H- Emillia	1R - Ruth
2C- Ada	2M - Naomi
3Y- Rajveer	3A- Diyen
4N- Osarugue	4W- Riyah
5A- Sameeha	5U- Oliver
6D- Ibrahim	6J- Farhan

