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Headteacher: Mrs Farzana Hussain

Thursday 18<sup>th</sup> January 2024

Dear Parents and Carers,

## Mental Health & Wellbeing- The Benefits of Meditation (Articles 12 and 24)

There are many types of meditation but the thing they all have in common is that, over time, they can help lower stress levels. By releasing physical tension held in the body, meditation can help us release worries buried in the mind, easing anxiety, stress and low mood, and even helping you get deeper, more restful sleep. Meditation can also bring a sense of calm that enables us to respond to life events in a measured way, rather than reacting with our emotions.

For the best results, try to build regular meditation into your daily routine. Use this beginners' guide and video to learn how to meditate and about the benefits of meditation.

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-meditate-for-beginners/>

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-meditate-for-beginners/#7-steps>

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-meditate-for-beginners/#guided-meditations>



## Safeguarding Safety in the home – Burns and Scalds

Almost half of all serious burns are to children under two and 70% are to children under five.

It comes as a surprise just how easily a young child can badly burn themselves. But because their skin is thinner and more delicate than an adult's, a baby or toddler is at greater risk of serious burns.

Most young children are burnt at home, when they take parents and carers by surprise, for example by reaching for a hot drink or grabbing hair straighteners.

In fact, a cup of tea could be the most dangerous thing in your lounge. A hot drink can scald a baby even 15 minutes after it's been made.

Find out why young children are more at risk, how you can stop these accidents and what to do in an emergency.

<https://capt.org.uk/burns-scalds/>

### What to do in an emergency



## Picture News (Article 17)

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 a study from the University of Valencia in Spain, found that print reading could boost skills by six to eight times more than digital reading on a screen.

This week's question asks children: 'Is an e-reader better than a book?'



### Individual Liberty

We are all provided with the opportunity to learn to read. Sometimes learning to read can take perseverance and resilience, which we can be responsible for.

### Protected Characteristics

What, when, where and how we choose to read can form part of our life choices and how we live our lives. We should never be treated unfairly because of our beliefs.



### UN Rights of a Child

We all have the right to get information from the internet, radio, television, newspapers, books and other sources.

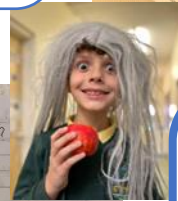
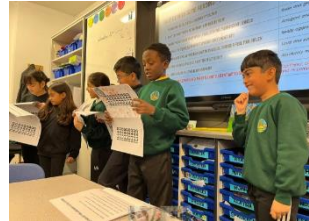


# History at Glade

At Glade Primary School, we provide a creative curriculum based around the National Curriculum for History. Through our History Curriculum, we aim to make all children aware of the actions of significant people in history and enable children to know about significant events in British and World history, whilst appreciating how things have changed over time.

'I enjoyed learning about Black History Month. We learnt about famous artist Abi Ola, who created art using different shapes and sizes. History has been really fun this year!'

**Olivia 5K**



'I enjoyed learning about Greek gods and myths. I particularly enjoyed our lessons with Jonny Walker because we were able to act out the Iliad stories. Greek day was also very fun!'

**Isaiah 4M**

'I enjoyed learning about Valerie Bloom and Sonia Boyce as part of Black History Month. I created a fantastic poem in the style of Valerie Bloom, turning the autumn season into a human using personification.'

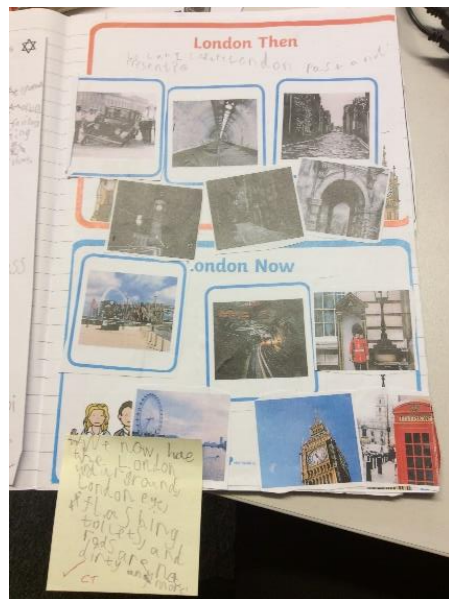
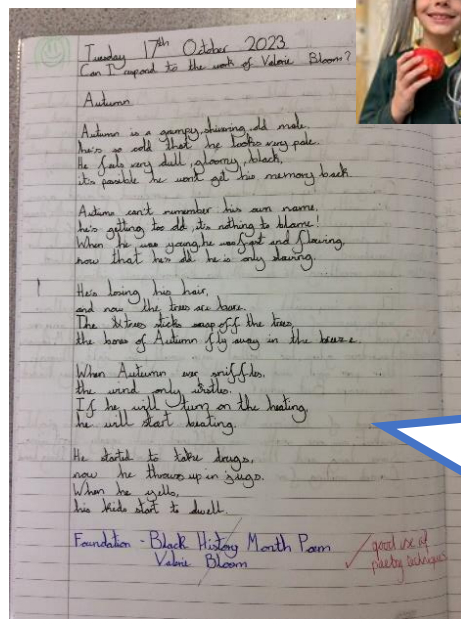
**Zara 4M**

'We explored creating stone age menus. We compared stone age foods to the foods eaten today.'

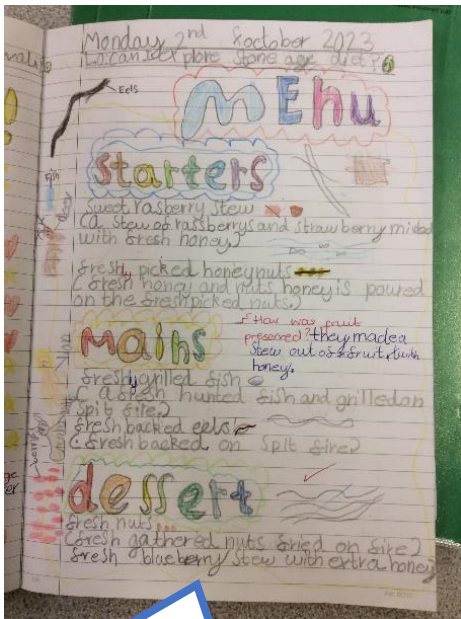
**Jacob and George 3A**

'I love learning about the past and how it affects the past and teaches us lessons. It relates to me because I live in London'

**Yousuf 2M**



We aim to incorporate history into various pieces of cross curricular writing, as well as across the different areas of the curriculum. Pupils are given opportunities to access topics at a deeper level, which can be showcased through a variety of tasks.



## Year 6 visit to the Imperial War Museum

Year 6 children had an excellent day last Monday when they visited the Imperial War Museum to enhance their study of World War 2. They were impressed by the range of exhibits in the galleries, especially the imposing submarine and the planes used by the British and those by the Germans. The vast range of maps, letters and other artefacts which told the many stories of the conflicts were amazing and enabled the children to gauge a deeper awareness of the terrible time that people lived through during both the world wars



## Outdoor Learning- Reception

This week in Reception, we have been looking at changes in the seasons. We know it is freezing but we are not worried about the cold in early years! We have had fun experimenting with ideas and made predictions about what happens to water when left over night. Try it yourself at home!

In Maths, we took our equipment outside and compared the mass of natural resources. We tried to make the scales balance by using a heavy stick on one side and a lot of leaves on the other!



## Attendance (Article 28)

Good attendance at school is not just valuable, it's essential. Going to school is directly linked to improved learning outcomes which should in turn lead to further opportunities and better job prospects. As well as this, going to school helps to develop:

- Friendships
- Social skills
- Team values
- Good mental health
- Life skills
- Cultural awareness
- Career pathways



Year group	W/B 08.01.24
<b>Nursery</b>	<b>98.01%</b>
Reception	95.38%
Year 1	96.33%
Year 2	91.25%
Year 3	97.93%
Year 4	96.83%
Year 5	95.08%
Year 6	96.25%
<b>Whole School</b>	<b>95.73%</b>

Well done to Nursery for the highest attendance, last week!  
Our whole school attendance target remains 96% (almost there!)

## Times Table Rock Stars

Times Tables Rock Stars is a maths programme that takes the worry out of learning times tables and has a proven track record of boosting children's fluency and recall in multiplication and division. Every child in KS2 has their own login so that they can access TTRS from home. We encourage children to use TTRS as part of their daily homework.

Year Group	Name of Child
Year 3	India 3S
Year 4	Shailen 4M
Year 5	Janaid 5J
Year 6	Zubayr 6JM

Well done to the most active children on TTRS:

## Awards

Well done to the following children:

Bronze Merits	Silver Merits	Gold Merits
RM- Hannah RQ- Aliza 3S- Maaya, Nischal, Menula and Iqraa 6B- Mustafa	RM- Kaiyan and Emily 6JM- Aiden and Jessica	6B- Shuaib

## Stars of the Week- Article 29

Well done to the 'Stars of the Week'



Stars of the Week	
RQ- Ali	RM- Ayoub
1M- Sophia	1S- Lorenzo
2R- Musa	2M- Kyrie
3A- Joshua	3S- Nischal
4W- Parmeet	4M- Juwayriah
5K- Aadam	5J- Oliver
6JM- Zubayr	6B- Anayah

## Writers of the Week- Article 29

Congratulations to our 'Writers of the Week'

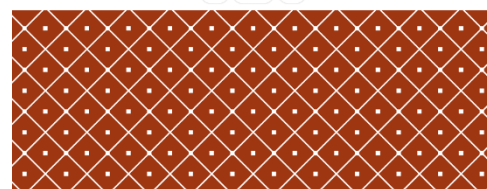


Star Writers	
RQ- Khadija	RM- Emily
1M- Manha	1S- Israel
2R- Zayn	2M- Harry
3A- Zainab	3S- Riley
4W- Shadrach	4M- Sara
5K- Wasi	5J- Maryam
6JM- Anaaya	6B- Maisey

## Glade at a Glance

To see our autumn term Glade at a Glance, please visit our school website:

<https://www.glade.redbridge.sch.uk/glade-at-a-glance>



GLADE @ A GLANCE | Autumn 2023

Yours Sincerely,

*F Hussain*

Mrs F Hussain  
Headteacher

