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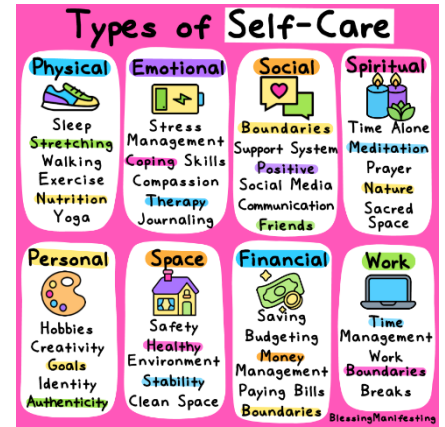
Thursday 13th 2023

Dear Parents and Carers,

Mental Health & Wellbeing (Article 24)

This week, I am sharing some reminders about useful resources to help you to support yourself and your family. Remember, we all have mental health and even during good times, it is important to develop healthy self-care habits that will help you to appreciate and enjoy life even more. For ideas, tips and resources on self-care for parents and carers, please use this link: <https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

To access some excellent podcasts and top tips on how you can support your child's mental health, please choose 'Explore Mental Health,' from the tool bar on: www.mentalhealth.org.uk



A wonderful resource to restore a little calm and mental wellbeing; Cosmic Kids. This can be accessed through YouTube. There are quite number of resources to choose from including short yoga activities: https://www.youtube.com/watch?v=K7FUBTac_ds

Safeguarding- NSPCC Online Safety Workshop



As part of our commitment to support parents with Online Safety, we have booked an online E-safety session for parents to attend via Zoom with the NSPCC today (13th July) from 5-6pm.

We request that parents and carers register their interest through ParentMail with your name and the year group your child is in.

This is a fantastic opportunity to keep up to date with Online Safety and know how to support your children should an issue arise. Please sign up and we look forward to seeing you there.

Staffing Changes

At the end of term, we will be saying goodbye and good luck to Mrs Dhadwal, Mrs Amey, Miss Ullah, Miss Nazarali, Mrs Goldman, Mrs Leat, Mrs Brown, Mrs Ward, Mrs Seth, Miss Braham, Mrs Khetani, Mrs Shah, Mrs Kassem and Mr Suttlng. Thank you to them for their many years of service to the school.

We would like to say a warm welcome to Mrs Khatun, Miss Bobat, Miss Javed, Mr Mckean, Miss Sohail, Mrs Begum and Mrs R. Hussain. We would also like to officially welcome Ms A. Hussain as our new Inclusion Lead.

Picture News (Articles 17 and 29)

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 the world-famous Wimbledon tennis tournament is currently underway.

This week's question asks children: 'Should you always want to win?'



Mutual Respect and Tolerance

Our behaviour, actions and words affect others. We can show respect to ourselves and each other, whether we win or lose.

Protected Characteristics

Tennis players from all over the world compete at Wimbledon. Someone's colour, nationality or ethnic or national origins should never be the reason they are unable to compete.



UN Rights of a Child

Our education should help us to fully develop our personalities, talents and abilities. Whilst doing this, there will be times when we win and times when we lose. We can learn so much from both!



Learning Outside the Classroom

As part of our Art work, Year 3 went outside to draw from their own observations. They then applied their sketching and shading techniques for the outcome. Also, for their transition to Year 4, they have been engaging in many team-building exercises. This week, Year 3 went to the forest on a treasure hunt and worked in groups to find various natural objects.

"We are having a lot of fun getting to know our new classes." - Nida 3A

"I love the team-building and finding out new things about others." - Bradley 3H



Christian Education Project- Prayer Space

Last week, Christian Education Project (CEP) ran a prayer and reflection space in the Lloyd Hall. They consulted with a group of Glade pupils and were given the theme 'Hopes and Dreams'.

Prayer and reflection spaces are a chance for pupils of all religions and beliefs to pause and think about some of the deeper things in life and then respond to these questions in fun and tactile ways. Although pupils may want to pray about some of the things they're considering, this would be private and the space isn't directed towards the beliefs or traditions of any particular religion.

So what might you find in a "Hopes and Dreams" prayer and reflection space?

- Some helium balloons and the opportunity to tie your hopes onto them to watch them rise up.
- Some scratch art (an ever popular choice) where pupils revealed colour underneath darkness, symbolising the light that's always there even behind the clouds!
- A chance to think about what makes us unique and what the pupils like about themselves.
- Some people cut-outs where the pupils could draw and write about the kind of person they wish to be in the future
- And lots more!

We collected feedback and it was really positive- with pupils saying they felt it was good for their well-being: they felt calm and were able to stop and think about big ideas whilst having fun.



Muddy Memories for Year 6

Fun, muddy and challenging: three words that sum up Year 6's day at the Muddy Nuclear Obstacle Course at Kelvedon Hatch. They enjoyed the 'Sewer Climb' the most as they had to wade through muddy tunnels and climb up a massive, extremely slippery slope using a rope.

Although it was the scariest obstacle on the course, all the children loved the thrill of sliding down the massive 'Death Slide' and landing with a splash straight into a big lake.

It was a fabulous day out and many commented that it was the best trip ever that they had had in all their years at Glade.



Year 5 visit to Cambridge

On Tuesday, the Year 5 children embarked on an enrichment visit to Cambridge University. During this visit, they actively engaged in various activities aimed at enhancing their comprehension of maps, navigation, and spatial awareness. They were given the valuable opportunity to observe and analyse tangible geographical elements found in the real world, including rivers, buildings, and urban landscapes.

‘Our trip to Cambridge was great. We saw lots of interesting artefacts and beautiful weapons and armour. We also entered St. Mary’s church and the Museum of Archaeology and Anthropology.’ Veer – 5U

The visit was led by Jonny Walker from Otherwise Education and was part-funded by The Classical Association.



Benefits of Learning a Musical Instrument

The most important of these has to be enjoyment! There has been lots of research to show that learning an instrument can improve a child’s cognitive abilities across all subjects. This is probably due to a number of factors, including the discipline of practice and perseverance that learning an instrument develops, increased confidence and also right-left brain co-ordination. There are spaces available for instrument tuition from Sept 2023-weekly lessons take place at Glade during the school day.

Year 2 – Year 6 through visiting specialist teachers from Redbridge Music Service in: piano, violin, viola, cello, flute and clarinet (Cost from £26.50 monthly direct debit – 12 monthly payments plus hire charge of instrument – approx £6 per month)

Year 3 to Year 6- Drumming lessons through JPF Drum Tuition (£6 per session (2-1) £11 per session 1-1 15 minute lessons

If you are interested in piano, violin, viola, cello, flute and clarinet please sign up at:

<https://visionrcl.org.uk/theatre-and-music/redbridge-music-service/music-service-sign-up/>

If you are interested in drumming, please email Mrs Robinson davida.robinson@glade.redbridge.sch.uk

Winners of the Glade Sunflower Competition

I am delighted to announce the winners of the Sunflower Competition:

Position	Name	Class	Height of sunflower
1st	Oliver	6S	80cm
2nd	Zahra	1C	33cm
3rd	Amara	2M	29cm

Well done to everyone who took part in the competition!! It is wonderful to see the cycle of the sunflower seeds from Glade’s own sunflowers from two years ago. Now you know to keep the seeds for next year!



Ballet Performance



Eva in 3H took part in a ballet performance of ‘Peter Pan’ for her dance school's show at The Harlow Play House.

It is lovely to see children participating in extra-curricular activities as it boosts young people's confidence to interact socially with others; extends their social networks; and provides them with new skills and abilities. It also offers an important space to have fun and relax in a productive way. Well done Eva- we are very proud of you!

Attendance- Article 28

It is the **legal responsibility** of each parent/carer to ensure that their child attends school. Attending school aids intellectual, social and emotional development. All children whose attendance is poor will be treated as vulnerable.

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 4** for the highest attendance.

Year group	W/B 03.07.23
Nursery	84.83%
Reception	92.09%
Year 1	92.57%
Year 2	86.49%
Year 3	95.48%
Year 4	97.02%
Year 5	96.05%
Year 6	95.83%
Whole school	93.16%

Awards

Congratulations to the following children:

<u>Gold Merit</u>	<u>Platinum Merit</u>	<u>Headteacher's Award</u>	<u>Star Reader</u>	<u>Lexia Certificates</u>
RM- Adam B	RM- Joanne 4W- Ameila, Isabella, Selin and Baktash	Rajveer, Momina	1C- Yousuf, Yaqoub and Kyran	4N-Ismael and Ayyub 5U- Darcey and Paisley

Stars of the Week- Article 29

Well done to the 'Stars of the Week'



Stars of the Week	
Nursery am- Everly	Nursery pm- Jamie
RQ- Logan	RM- Maryam
1C- Priya	1S - Arhaan
2R- Maryam B	2M- Samah
3H- Jayden	3A- Aleena
4N- Soumaya	4W- Diyen
5A- Billy	5U- Amaya
6D- Yusuf	6S- Aliza

Writers of the Week- Article 29

Congratulations to our 'Writers of the Week'



Star Writers	
RQ- Adam	RM- Eesa
1C- Gracie- May	1S - Twahir
2R- India	2M- Ameer
3H- Raifa	3A- Eliza
4N- Arsema	4W- Ariana
5A- Mustafa	5U- Nala
6D- Fatima, Parashuram, Ayaan	6S- Sarah, Sky, Kleon, Zainab, Dillon

Yours Sincerely,

F Hussain

Mrs F Hussain
Headteacher



Artsmark
Silver Award
Awarded by Arts
Council England

