



Glade Primary School
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Thursday 8th June 2023

Dear Parents and Carers,

Mental Health & Wellbeing (Article 24)

We hope that you enjoyed the half-term break. Welcome back to the last half term of this year; a half term that we know will fly past with all of the exciting lessons, activities and trips that we have planned.

This week we would like to remind you of the following website:
www.nhs.uk/every-mind-matters

Every Mind really does matter! Discover some simple steps to help you look after your own wellbeing. Here you can make your own free personalised action plan.

Do you have a lot of anxiety? Going for a walk while listening to upbeat music can be very beneficial! Research suggests the following statistics:

- 75 minutes of walking each week is said to add two years to your life
- 40 minutes three times a week helps to protect the brain and memory
- 30 minutes a day will help to reduce depression by 36%
- 60 minutes a day can cut the risk of obesity by 60%.



Safeguarding- Safe2Talk

Safe2Talk is a non-judgmental space for women and girls who have experienced sexual assault, harassment, or abuse to come and speak one-to-one with female experts including a police officer, a domestic abuse specialist, a Redbridge housing officer and an immigration lawyer from Ashiana Network.



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>

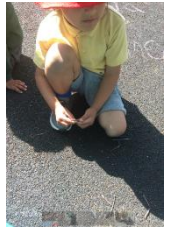
Please spend some time asking your child about what they have learnt and discussed during their Picture News session. Each week, there is a link to British Values and the UN rights of a child. In the story this week, children learnt that a new report from the United Nations Environment Programme has announced that countries could cut plastic pollution by 80% by 2040. This coincides with World Environment Day (Monday 5th June).

This week's question asks children: 'Is it better to reuse or recycle?'



Learning Beyond the Classroom

In Nursery we took our writing outside. We used the chalks and natural materials to see if we could write the letters of our names. Miss Miller was super impressed with us! We also learnt the number 20 and some of us tried to write that too.



Karate Grading

Over the half term break, Dayen, Diyen and Aahil had their Karate grading. Congratulations to all three boys, who not only passed, but were also received trophies for their achievements.

Diyen was awarded 2nd place for his fighting in karate against 8 other children. Dayen was awarded 2nd place for most improved since his last grading in December 2022 and Aahil was awarded student of the week!



Healthy Snacks

When sending in snacks, please ensure that they are healthy. Staff have seen an increase in children bringing in unhealthy snacks.

Some suggestions for healthy snacks are:

Fresh fruit - grapes, melon, a banana, strawberries, a tangerine, a pear, a peach, a plum or an apple.

Fresh vegetables - tomatoes, celery, carrot and cucumber sticks, sliced peppers or sugar snap peas.

Some other choices - bread sticks, crackers or a bagel.

No energy drinks or Prime should be brought into school. Only water should be drunk in class but; juice is permitted as part of a packed lunch.

Sports Week and Sports Days 2023

Sports Week will be taking place from Monday 19th June – Friday 23rd June 2023. During this week, each phase group will have their own Sports Day.

<u>Phase Group</u>	<u>Day & Time</u>
Reception	Monday 19th June at 10.00- 11.30
Year 1 & 2	Tuesday 20th June at 9.30- 12.00
Year 3 & 4	Thursday 22nd June at 9:30- 12.00
Year 5 & 6	Friday 23rd June at 9:30- 12.00

Please note that there will be a Sports Day for Nursery children later in the term.

Children will need to wear their PE kit all week. On their Sports Day they will need to come in wearing the correct colour for their team. Please find the names of the house teams and relevant colours below:

Foxes - Blue

Hedgehogs - Green

Squirrels - Red

Owls- Yellow

Children will also need to make sure they have a water bottle on this day. These need to be labelled with the child's name. If the weather is hot, please ensure your child has sun cream on and has a sun hat.

Parents/carers are welcome to attend their child's Sports Day. A polite reminder that parents should only take photographs of their own child.

As there will be races for parents/carers, we are encouraging parents/carers to come wearing trainers and something they may be comfortable to run in.



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 last week.

Year group	W/B 22.05.23
Nursery	89.41%
Reception	89.50%
Year 1	92.86%
Year 2	96.55%
Year 3	95.33%
Year 4	97.45%
Year 5	95.25%
Year 6	95.00%
Whole school	94.22%

Awards

Congratulations to the following children:

<u>Bronze Merit</u>	<u>Silver Merit</u>	<u>Gold Merit</u>	<u>Platinum Merit</u>
Artiom 1S	Deen 1S Samuel 1S Illinca 5A Leo 5A Maisey 5A	Dawoud RM Zakariya RM Ayla 5A	Mohammed 4N Olivia 4N Fatima 6D Yusuf 6D
<u>Reading Rockets Bronze</u>	<u>Reading Rockets Gold</u>	<u>Pen Licence</u>	
		4N – Mohammed 4N – Dayen 4N- Aadam 4N – Aaron 3A – Humna 3A – Sophia.B	

Stars of the Week- Article 29

Well done to the 'Stars of the Week'



Stars of the Week	
Nursery am- Ayman	Nursery pm- Ibrahim
RQ -Mikael	RM- Eesa
1C- Aren	1S – Twahir
2R- Grace	2M- Iqraa
3H- Eva	3A- Atharv
4N- Dayen	4W- Momina
5A- Yasna	5U- Jamal
6D-Aisha	6S- Hershne

Writers of the Week- Article 29

Congratulations to our 'Writers of the Week'



Star Writers	
RQ- Deen	RM- Kubra
1C- Anna	1S - William
2R- Samah	2M- Maryam. B
3H- Jayden	3A- Rida
4N- Iba	4W- Selin
5A- Osarague	5U- Hamzah
6D- Yusuf	6S- Amelia

Times table Rockstars



Top of the leader board	Class	Name
1st	5A	Noel
2nd	4W	Ali
3rd	5U	Zubayr

Well done everyone! Year 4 will be sitting their Multiplication tables check next week so please ensure that they get some practice in over the weekend!

Key dates for the term

<u>Date</u>	<u>Event</u>
Tuesday 13 th June	EYFS new intake information evening
Tuesday 13 th June	Year 4 and 5 Maths more able event
W/B Monday 19 th June	Sports' week: Monday – EYFS sports' day Tuesday – KS1 sports' day Thursday – LKS2 sports' day Friday – UKS2 sports' day
Wednesday 26 th June	Green week (WWF) Friday 30 th – Wear it wild dress up day
Thursday 29 th June	Year 3 and 4 Able writers' day
W/B Monday 3 rd July	Prayer Space event
Wednesday 5 th July	Year 6 performance times TBC
Thursday 6 th July	Year 6 transition day for Beal and Caterham
Monday 10 th July	INSET day – School closed to children
Tuesday 11 th July	Year 5 Cambridge visit
Tuesday 11 th July	Year 6 Nuclear Obstacle Course, Kelvedon Hatch
Wednesday 12 th July	AM – Children meeting their new class teachers
Friday 14 th July	Reports out to parents Year 3 visit to the National Gallery
Tuesday 18 th July	Year 6 water fight & pizza on the field

Wednesday 19th July

Year 6 leavers' breakfast and assembly.

Yours Sincerely,

Mrs F Hussain
Headteacher



Artsmark
Silver Award
Awarded by Arts
Council England



PROUD TO BE A
MUSIC MARK
SCHOOL

