



Glade Primary School
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Headteacher: Mrs Farzana Hussain

Thursday 25th May 2023

Dear Parents and Carers,

Mental Health & Wellbeing (Article 24)

At last we are enjoying some beautiful sunny weather. We were beginning to think summer would never arrive! Sunshine can improve our physical and mental health in many ways. Being outside in the sun for twenty minutes each day increases our serotonin levels and helps us stave off Seasonal Affective Disorder (SAD). Sun exposure can also help people with anxiety and depression; and promotes a rise in Vitamin D, which is vital in protecting our bones, teeth and enhances many other bodily functions. Sunshine raises our serotonin levels. Serotonin is a feel good hormone, which can improve mood and will also help to promote quality sleep and help to lower blood pressure. So remember your sun protection and ensure that you take every opportunity to go outside and get your daily dose of sunshine!

This week we are introducing you to the Kids Inspire charity. They provide a range of therapeutic and community activities to promote resilience, self-awareness, and relationship building to empower more positive life choices. Find out how to reduce trauma symptoms in young people to improve their capacity for learning, joy, resilience, self-regulation, and social relationships.



Please follow the link below to find free training sessions to learn how to recognise behaviours triggered by traumatic experiences, understand how our brains keep us safe, how we respond to trauma and gain knowledge of tools for regulation and stabilisation:

<https://www.kidsinspire.org.uk/>

Safeguarding- Devices before Bedtime

Given the importance of sleep for a child's mental and physical health, ensuring that children are consistently getting enough sleep at night is critical. Experiments confirm that the blue light emitted by electronic screens can reprogram the brain to delay the onset of sleep. If you are concerned about the impact of your child using a device before bedtime and the effect it may be having on your child's sleep, there are a number of steps you and your child can take.



Start by trying the following interventions:

- 1) Set a technology curfew. Establish a nightly routine that involves ceasing the use of technology at least one hour before bedtime. Plan in other calming activities like reading or colouring.
- 2) Create technology-free zones. Store phones and other devices outside of the bedroom. It reduces the temptation to use devices before going to sleep and eliminates the possibility of being woken up by texts, calls and other alerts.
- 3) Alter settings. Many electronic devices include options for 'night mode' or 'dark mode' that change the screen background to black, reducing blue light exposure.

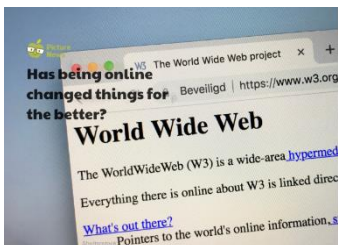
Picture News (Article 17)

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 30 years ago, on 30th April 1993, Swiss science company CERN opened the World Wide Web to the world, free-of-charge.

This week's question asks children: 'Has being online changed things for the better?'



Individual Liberty

Having access to information is a right we all have. Using the World Wide Web can have many benefits but also risks. We can manage the risks and help to keep ourselves safe whilst using it.

Protected Characteristics

We should all be able to access the World Wide Web, no matter what age we are. Sometimes there may be age restrictions in place but they are to help keep us safe.



UN Rights of a Child

We all have the right to get information from the World Wide Web and other sources. Adults should make sure we are safe when using the World Wide Web.



Article of the Week (Article 15- Freedom of Association)

Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights. Article 15 is about the right of association which is having the opportunity to gather with others for different purposes.



This week, children reflected on why it is important that young people should have the opportunity to meet, spend time together and share ideas?

Read for Good - Sponsored Read

Thank you for all of your efforts with the sponsored read. We can now confirm that a whopping total of £826.40 has been raised by our children. A small percentage of this will go towards purchasing new books for our school library and most of it will be donated to Great Ormond Street Hospital, to purchase new books and storytelling sessions. Well done to all of our children for taking part and promoting a love of reading.

King's Coronation Celebration Day

We had a wonderful King's Coronation day of celebration last Friday. Thank you to parents who dressed their children in royal attire and sent food in for our picnic on the school field. Thank you to our PTA volunteers for setting up their bouncy castle for our children to use throughout the day.



Year 5 Macbeth

Well done to Year 5 for an outstanding performance of Macbeth this week. The children impressed the audience with their confident acting and singing skills.



Rabbi Visit



Rabbi Jordan from South West Essex Reform Synagogue in Newbury Park led a whole school assembly today where he spoke about Jewish traditions. He even brought his guitar along and led us in song!

Health and Safety- Cycle and Scooter safety

Just a reminder that children should not be riding bikes or scooters on the playground. Please ensure that children wear a helmet when using their bikes. Bicycle helmets reduce the risk of head injuries by 48%, severe head injuries by 60%, and facial injuries by 23%. **78% of bike-related head injuries experienced by children could be prevented with a helmet.**

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 Years 3, 4 and 5 for the highest attendance last week.

Year group	W/B 15.05.23
Nursery	88.14%
Reception	95.50%
Year 1	94.41%
Year 2	96.90%
Year 3	98.67%
Year 4	98.55%
Year 5	98.31%
Year 6	95.17%
Whole school	96.27%

Times Tables Rock Stars



Well done to our top three fastest classes on the TTRS Leader board.

	Class	Average Speed
1 st	6S	1.7 seconds
2 nd	5U	1.9 seconds
3 rd	2R	2 seconds

Awards

Congratulations to the following children:

Bronze Merit	Silver Merit	Gold Merit	Platinum Merit
1S- Aayan 2M- Aren	RQ- Sibtain, Logan, Abrish, Deen and Cillian 3A- Amna	RM- Zara 1S- Eesa	4W- Emaan F and Rajveer
Reading Rockets Bronze	Reading Rockets Gold	Lexia	
RM- Haasini	RM- Dawoud	2R- Deen 3H- Yeresa 6D- Yusuf	

Stars of the Week- Article 29

Well done to the 'Stars of the Week'



Stars of the Week	
Nursery am- Theea and Timea	Nursery pm- Jude
RQ- Adam	RM- Adam B
1C- Anna	1S - Arhaan
2R- Maryam M	2M- Azeem
3H- Sofia	3A- Humna
4N- Tusem	4W- Rajveer
5A- Whole class	5U- Whole class
6D- Kaiden	6S- Harley

Writers of the Week- Article 29

Congratulations to our 'Writers of the Week'



Star Writers	
RQ- Hari	RM- Inayah
1C- Yaqoub	1S - Musa
2R- Inaara	2M- Anabia
3H- Donka	3A- Hannah
4N- Zahaa	4W- Oliver
5A- Riya	5U- Stanley
6D- Fatima	6S- Casey

If you are buying school uniform over the holiday, please visit our school website to ensure you are adhering to the school uniform policy: <https://www.glade.redbridge.sch.uk/school-uniform>

Wishing you a restful half term break, next week. School will close tomorrow, Friday 26th May, at normal time and re-open on Monday 5th June.

Yours Sincerely,

F Hussain

Mrs F Hussain
Headteacher

