

Thursday 17<sup>th</sup> November 2022

Dear Parents and Carers,

### Mental Health & Wellbeing- Article 24

Creating an environment at home where children feel safe and comfortable enough to express their thoughts and feelings can be a step towards helping them understand the importance of developing healthy habits. Parents and carers can use simple tactics such as helping their child to overcome their worries by effective problem solving to demonstrating positive behaviours.

1. Encourage your child to openly talk about their feelings and thoughts.
2. When your child is worrying help them to effectively problem solve.
3. Support them to connect and build positive relationships with others.
4. Encourage them to look after their physical health (sleep, food, exercise).
5. Help them to stay focused on the present moment using mindfulness.
6. Highlight the importance of looking after both physical and mental health.
7. Be a mental health role model. Demonstrate positive behaviours.
8. Praise, encourage, motivate and regularly support your child to build their self-esteem.
9. Work together to learn some coping skills such as deep breathing.
10. As your child grows up encourage and support autonomy.

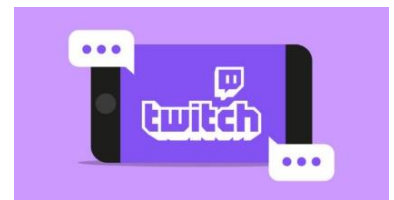


For parents of pupils with SEND, please follow the link below for information on what is available from our Redbridge outreach services. We have been asked to share this link with our families as the more often this website is visited, the more funding and support SEaTSS will receive:

<https://www.youtube.com/c/RedbridgeSEATSS>

### Safeguarding- Article 19 and 34

Twitch is a popular livestreaming platform for children and young people that launched in 2011. It describes itself as a place “where millions of people come together live every day to chat, interact, and make their own entertainment.”



While it is not used exclusively for playing online games, Twitch has become popular for gamers livestreaming themselves playing specific games, such as League of Legends, Fortnite, Minecraft and Apex Legend. **Twitch has an age restriction of age 13 under the supervision of a parent or legal guardian** who agrees to be bound by Twitch’s Terms of Service if the user is under 18.

The online safety centre has increasing concerns that users can continue to broadcast inappropriate and harmful content on livestream. One way to support your child is to talk about how they could identify whether the livestream is appropriate or not i.e., swear words or slurs in the title and thumbnails (a small image of the livestream) with inappropriate content indicate that the content is NOT appropriate.

### Article of the Week- Article 45



#### EXPLORING ARTICLE 45

This World Children's Day, think about the different ways UNICEF helps children around the world to access their rights? Can you think of things they do?

Have a think and write down some answers.



World Children’s Day is UNICEF’s annual day of action for children, by children. It takes place each year on the 20th November, the date when world leaders adopted the Convention in 1989.

Article 45 says non-governmental organisations, such as UNICEF and other United Nations bodies, can provide advice and assistance on children’s rights.

## Picture News- Articles 17 and 31

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 pupils in schools should not be unfairly singled out for having afro hair, the Equality and Human Rights Commission (EHRC) has said in new guidelines for schools.

This week's question asks children: 'Should we ever have to change our appearance?'



**British Values**

**Rule of Law**

There may be rules we follow in school about how we wear our hair. Rules are often in place to protect us and keep us safe but we must ensure they are fair and do not discriminate.



**UN Rights of a Child**

We all have rights no matter who we are, where we live, what language we speak, our religion, what we think, what we look like, if we are a boy or a girl, if we have a disability, if we are rich or poor, who our families are or what our families do or believe. We should never be treated unfairly for any reason.



## Lest we forget



Children had a special assembly on Friday 11<sup>th</sup> November, where a 2 minute silence was observed and everyone had the chance to reflect on past conflicts and those still going on in the world today. In addition to the soldiers, they thought about others impacted by war - children, wives and animals.

Children in Nursery watched a short Cbeebies clip: <https://www.bbc.co.uk/cbeebies/watch/poppies>. Then they used an apple and paint to make poppy prints. We were very proud of how the Nursery children could explain Remembrance Day and talk about how the rabbit in the video clip was feeling.

## Year 5- Mirror Project

This week, children in Year 5 started a new project with Jonny Walker, using a complex wordless picture-book called 'Mirror'. Mirror tells two stories side-by-side, of a family in Morocco and a family in Australia. Over the next six weeks, this project will celebrate the uniqueness of our families and identities; children will be fusing reading, poetry, drama, paint and photomontage across the project.



## School Book Fair

We are excited to announce that a Book Fair will be taking place next week from 23<sup>rd</sup> - 29<sup>th</sup> November from 3.30pm - 4pm, in our school library.

Please come along with your children to support the school and purchase new books at reasonable prices. You will be able to pay either with cash or online on the day. As we are mindful of the current economic crisis, we will not be offering the 'wish-list' option.

Let's provide our children with the best start in life and continue to develop a reading-rich environment!



## Road Safety Week

Next week (21<sup>st</sup> November to 25<sup>th</sup> November) is Road Safety Week. During the week, children will be participating in different workshops and activities. Friday 25<sup>th</sup> November is 'Day Glow Day'; children can come to school on that day dressed in something bright (Be bright- be seen). Please be mindful if your child has PE that day and ensure they are wearing something safe they can still do PE in. They can also decorate their bikes and scooters nice and brightly. There will be some small prizes for the children who have the brightest bikes and scooters.



## Year 6- Junior Citizenship Event

Last week, Year 6 took part in an exciting Junior Citizenship event at the Army Reserve Centre. They learnt about general life skills such as: Road safety, E- safety, Fire safety, First-aid and Stranger Danger. The children thoroughly enjoyed the experience and it has definitely prepared them for their transition to secondary school.



## 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 6** for the highest attendance!

**Our whole school attendance remains 96%.**

| Year group          | W/B 07.11.22  |
|---------------------|---------------|
| Nursery             | 86.83%        |
| Reception           | 90.21%        |
| Year 1              | 93.75%        |
| Year 2              | 95.97%        |
| Year 3              | 94.13%        |
| Year 4              | 97.17%        |
| Year 5              | 97.54%        |
| <b>Year 6</b>       | <b>98.82%</b> |
| <b>Whole school</b> | <b>95.02%</b> |

## Times Table Rock Stars

Well done to everybody who has been participated in the Maths Week TTRS competition. Results will be announced in next week's newsletter.

## Awards

Congratulations to the following children:

| <b>Bronze Merit</b>  | <b>Silver Merit</b>  |
|--|--|
| RM- Kumail and Zakariyya B<br>RQ- Safa, Ismael and Adam<br><br>1S- Yahya<br><br>5A- Aleeza, Anayah, Aneeqa, Ayla, Ilinca, Isla, Leo, Neha, Youcef and Zoha.<br>5U- Basim, Jessica, Ciara, Ahmed, Maryam, Dawud, Stanley, Arfa, Hamzah, Nala, Riyah, Daniel, Darcy, Sophia, Aden and Huzaifa<br><br>6D- Selena<br>6S- Harley, Muhammad, Safaa M, Dillon, Nancy and Zainab | 5U- Arham, Zubayr and Veer<br>6D- Zaviyar<br>6S- Angie, Sanvi, Nadia and Amelia<br><br><p style="text-align: center;"><b><u>Reading Rockets</u></b></p> 2M- Aren |

## Special Award

Adam Dudhia – For detailed work on shapes and their properties  
 Ameera Athman – For excellent engagement in Reading and Comprehension  
 Amaan-Abbas Shah – For wonderful artwork – making a poppy

### Stars of the Week- Article 29

Well done to the ‘Stars of the Week’



| Stars of the Week |                   |
|-------------------|-------------------|
| Nursery am- Amina | Nursery pm- Dawud |
| RQ- Sally         | RM- Kubra         |
| 1C- Zahra         | 1S - Olivia       |
| 2R- Grace         | 2M- Zamir         |
| 3H- Parmeet       | 3A- Ebube         |
| 4N- Wasi          | 4W- Aahil         |
| 5A- Aleeza        | 5U- Stanley       |
| 6D- Elizabeth     | 6S- Mueez         |

### Writers of the Week- Article 29

Congratulations to our ‘Writers of the Week’

| Star Writers |               |
|--------------|---------------|
| RQ- Teddy    | RM- Khadijah  |
| 1C- Ava-Rose | 1S - Adam     |
| 2R- Hamza    | 2M- Aamilah   |
| 3H- Amna     | 3A- Janna     |
| 4N- Maria    | 4W- Oliver    |
| 5A- Ayla     | 5U- Jessica   |
| 6D- Simran   | 6S- Rayyan Ka |

Yours Sincerely,

Mrs F Hussain  
Headteacher



Artsmark  
Silver Award  
Awarded by Arts  
Council England

