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Headteacher: Mrs Farzana Hussain

Thursday 25<sup>th</sup> April 2024

Dear Parents and Carers,

## **Mental Health & Wellbeing- Supporting a Young Person with Mental Health (Article 24)**

If you are worried about the mental health of a child or young person, it can be hard to know what to do to help them. You may also feel like you need support for yourself. We have therefore compiled a bank of contacts and resources that you are able to draw upon.

<b>Young person</b>	YoungMinds: Parents A-Z mental health guide	<a href="https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/">https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/</a>
	CAMHS	<a href="https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/#WhatisCAMHS">https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/#WhatisCAMHS</a>
<b>Adult</b>	YoungMinds: The parents' guide to looking after yourself	<a href="https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/">https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/</a>
<b>All</b>	Talking to the GP	<a href="https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-your-gp/">https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-your-gp/</a>
	Urgent Mental health helpline	<a href="https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline">https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline</a>
	Samaritans	<a href="https://www.samaritans.org/how-we-can-help/contact-samaritan/">https://www.samaritans.org/how-we-can-help/contact-samaritan/</a>

## **Safeguarding (Article 19)**

### **Does your child have a PlayStation?**

If so, have you set up appropriate parental controls? Some examples of the parental controls available are:

- Set age restrictions,
- Set daily limits,
- Control chat and messaging,
- Set spend limits.



### **How can I block/report other players?**

If your child is playing with other players, then please ensure they know how to report/block other players and to tell a trusted adult if they do come across anything upsetting or that they are unsure of. This link details how to do this based on the device they have: <https://www.playstation.com/en-gb/support/account/block-players-psn/>

### **What games are suitable for my child?**

Whilst age ratings do allow you to see if a game may be appropriate, it is also important to review the game yourself and see if it includes additional features such as chat. This will allow you to make an informed decision as to whether it is suitable and if you need to apply further parental controls. PlayStation have included a list of games along with their age rating to help you find a game that may be appropriate for your child to play. <https://www.playstation.com/en-gb/editorial/great-ps4-games-for-kidsand-families/>

## **Article of the Week- Earth Day (Articles 6 and 24)**

Children continue to explore Earth Day as part of Article of the Week.

### **Article 6 (life survival and development)**

Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.

### **Article 24 (health and health services)**

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.



## 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 Scottish runner, Jasmin Paris, has become the first female runner and one of only twenty to complete what is thought to be the world's toughest race; the Barkley Marathons in Tennessee, USA.

This week's question asks children: 'Can you learn to persevere?'



### Individual Liberty

We each have unique talents, interests and goals. We all have the right to choose the dreams we wish to pursue.

### Protected Characteristics

Jasmin Paris was the first female to complete the Barkley Marathons. We are all capable of achieving amazing things. We should not be limited by others, or ourselves, because of our sex.



### UN Rights of a Child

Children are all different and have their own unique interests and talents. Education should aim to nurture and develop the talents of every individual child.



## House Token Winners

Children receive house tokens for showing the SMART values. Sensitive, Motivated, Attentive, Responsible, Truthful. At the end of the each term, the house tokens are counted up and the winning team receive a treat. A big well done to last term's winners - Owls!

The children in the Owls house team received their movie treat last week!

Currently, as a school, we are working to develop good manners in children. Please speak to your child about the importance of this at home, including saying please and thank you and holding doors open for others etc.

Name of House	Total Points
Squirrels	239
Foxes	283
Owls	335
Hedgehogs	239

## Years 3 and 4 Learning Disability and Hate Crime Awareness Workshop

Last week, children in Years 3 and 4 had a very informative learning disability and hate crime awareness workshop, led by a group of adults with learning disabilities, known as the 'Training Stars.' They spoke about overcoming difficulties and how their challenges had not prevented them from achieving amazing things. The children listened and responded very well and had some very thoughtful questions.



## 100% Attendance Assembly

We celebrated the attendance of children who achieved 100% attendance in the spring term. This means that they came to school every day from January to March. The assembly was led by Miss H Sohail, our Attendance Officer, who presented children with their certificates and attendance pencils.

By attending school regularly, children have access to a wide range of exciting opportunities to learn new skills, develop interests, meet new friends, enjoy new experiences and above all, achieve and succeed which helps all children build their confidence and self-esteem.

At the end of the summer term, children with 96% or above will be recognised for their achievement.

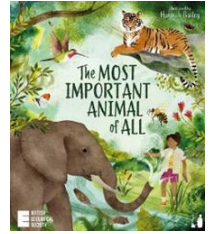


## Book Recommendations

As children (and some parents) have requested book recommendations, each week, one class teacher and a child from the same class will suggest books that they have enjoyed.

**Miss Marks** recommends, 'The Most Important Animal of All' by Penny Worms.

This is a beautifully illustrated book where a teacher challenges her class to decide which is the most important animal of all. The book provides lots of facts about lots of different animals as well as touching on issues of habitat loss and climate change. An informative and inspiring read.



**Zahra in 2M** recommends, 'Winnie the Witch' by Valerie Thomas.

This book is about a Witch called Winnie who lives in a house that is black. She has a cat called Wilbur who is also black. Everywhere she goes around the house something happens with her and Wilbur. Read this funny and fabulous book to find out how Winnie can make things correct. "This story always makes me laugh with how clumsy Winnie is."



## Redbridge Choir of the Year 2024

This year, 24 schools participated in the Redbridge Choir of the Year competition. Six schools got through to the final round, where earlier this week, children performed on stage at Sir James Hawkey Hall. All six schools performed brilliantly. I am delighted to inform you that we won 1st place!

A huge congratulations to our Glade choir and a massive thank you to Mrs Robinson for leading them. The choir is a reflection of her passion and enthusiasm! A sincere thank you to Jason Rose for his continued support- playing the piano for our choir to sing to. One of the songs that our choir performed, Breathe, was composed by Mrs Robinson and Jason - this was a huge success!



## Nursery Eid Celebrations

Last week, Nursery parents joined their children for some Eid fun and games. They decorated crescent moons, designed mehndi patterns and ate delicious home baked cookies. Everyone had a great time!  
"I liked my party," said Anayah.



## Year 5 Writing Session with Jonny

As part of the weekly writing sessions for the Year 5 children working with Jonny, this week, they focussed on non-fiction texts. Jonny used the setting of our forest for inspiration for children's writing. Our children proudly gave a tour of our outdoor area to the other visiting schools.

"I enjoyed the opportunity to stop and listen to the sounds around me. I even saw a woodpecker!" said Hira.

"It was nice to be outdoors, to focus on what we can see and hear," shared Fatimah-Zahra.



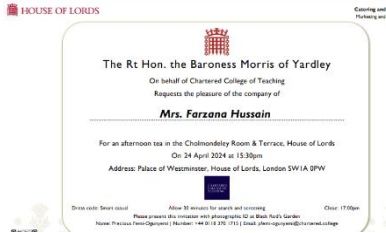
## Bikeability

On Monday and Tuesday this week, Year 3 and 4 children practiced some more advanced bike riding skills such as riding in single file, looking behind them and riding one handed. These skills help them to prepare for riding on the road. India said, "I liked riding in and out of the cones."



## Ethical Leadership at House of Lords

As fellowship members of the Chartered College of teaching, Mr Merchant and I were invited to attend an afternoon tea at House of Lords, Palace of Westminster. We had a brilliant time listening to Dame Alison Peacock (Chief Executive of the Chartered College of Teaching) and other keynote speakers about Ethical Leadership.



## Polling Day- Thursday 2<sup>nd</sup> May

As our school is used as a Polling Station, we will be closed to children on Thursday 2nd May. School is open as usual on Friday 3rd May.

## Goodbye and Good Luck, Ms Debbie

Following on from our farewell assembly, children may have informed you that Ms Debbie is leaving Glade. Having worked at Glade for 13 years, she is moving home and will be too far to commute to school. You may know Ms Debbie for her dressing up and great sense of humour. Please join me, in wishing her all the best for her bright future in her new home. Thank you, Ms Debbie for your dedication and commitment to our school community. You will be missed!



## Attendance (Article 28)

We want all children to have the best possible attendance at school to enable each and every child to reach their full potential. Children are required to attend school for 190 days each year.

Well done to **Reception and Year 5** for the highest attendance! Our whole school attendance target remains **96%**.

Year group	W/B 15.04.24
Nursery	83.17%
<b>Reception</b>	89.13%
Year 1	91.25%
Year 2	93.29%
Year 3	97.59%
Year 4	94.58%
<b>Year 5</b>	93.75%
Year 6	92.19%
<b>Whole School</b>	<b>92.54%</b>

## Happy Passover

The eight-day Jewish holiday of Passover is celebrated in the early spring, from 22<sup>nd</sup> April to 30<sup>th</sup> April. Wishing everyone celebrating, a happy Passover.



## Awards

Well done to the following children:

<b>Bronze Merit</b>	<b>Silver Merit</b>	<b>Gold Merit</b>
2M- Khadija Y 5K- Aadam, Aurora, Arsema, Mohammed, Ismael, Aarav and Rushit	3S- Deyan, Deen and Menula 5K- Soumaya, Usman, Ayub, Emaan and Ellay 5J- Aahil and Shivam 6B- Mustafa and Isla Ali	4W- Charlie and Raifa 6B- Yasna
<b>Bronze Reading Rocket</b>	<b>Gold Reading Rocket</b>	<b>Free Reader</b>
2M- Aman	2M- Abubakr	4W- Anaye

### Stars of the Week- Article 29



<b>Stars of the Week</b>	
Nursery AM- Yusuf A	Nursery PM- Yahya
RQ- Sultan	RM- Amna
1M- Khadijah	1S- Ayah
2R- Hanvitha	2M- Xavier
3A- Amrit	3S- Amara
4W- Alayna	4M- Giulia
5K- Soumaya	5J- Eesa S
6JM- Arham	6B - Subhaan

### Writers of the Week- Article 29



<b>Star Writers</b>	
RQ- Gavrina	RM- Ayman
1M- Sophia	1S- Sophia
2R- Adam	2M- Priya
3A- Maryam B	3S- India
4W- Jayden	4M- Janna
5K- Zahaa	5J- Fatima Zahra
6JM- Ahmed	6B - Yasna

### Mathematician of the Week- Article 29



<b>Mathematician of the Week</b>	
RQ- Roza	RM- Zulaika
1M- Kacey	1S- Adam B
2R- Yahya	2M- Rayaan
3A- Emilia	3S- Rohan
4W- Sophia. B	4M- Shailen
5K- Aarav	5J- Raihan
6JM- Riyah	6B - Ilinca

Yours Sincerely,

*F Hussain*

Mrs F Hussain  
Headteacher

