



Glade Primary School
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Headteacher: Mrs Farzana Hussain

Thursday 11th November 2021

Dear Parents and Carers,

Mental Health & Wellbeing

Did you know that happiness is largely a chemical experience?

Four main neurochemicals, hormones, and neurotransmitters generated in the brain are fundamentally responsible for creating the sensations and emotions we've come to associate with happiness.

This is a great visual to help you stay happy in simple ways, everyday!

Happiness Chemicals and how to hack them

<p>DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> • Completing a task • Doing self-care activities • Eating food • Celebrating little wins 	<p>OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none"> • Playing with a dog • Playing with a baby • Holding hand • Hugging your family • Give compliment
<p>SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none"> • Meditating • Running • Sun exposure • Walk in nature • Swimming • Cycling 	<p>ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none"> • Laughter exercise • Essential oils • Watch a comedy • Dark chocolate • Exercising

Author Visit to Years 5 and 6



Years 5 and 6 had a treat last week, as they virtually met Yassmin Abdel Magied, author of two brilliant books, 'You must be Layla' and 'Listen, Layla'. This visit was organised by Puffin/Penguin (Oxford) publishers, who are promoting the representation of all cultures in stories for children.

Yassmin shared her journey in becoming an author, how it was to be a female engineer in a man's world, and also spoke about how people often stereotype different cultures. She did all this with an amazing sense of humour, which was very engaging and entertaining. We all loved her bubbly personality and how she used different voices for her characters.

The children enjoyed listening to her reading an excerpt from her new book, 'Listen, Layla' and said that they would like us to buy both books for our library.

If you wish to complete a Parents' survey about Diversity in children's literature (for Oxford Publishers), here is the link:

<https://www.surveymonkey.co.uk/r/PVTTQSX>

In this story, Layla can speak Arabic; this is the first book I've heard about that has a Muslim girl as the main character. Ibrahim 6J

I'm really glad she's there to inspire other girls that they can do whatever they want to. Alex

I think the author is inspirational... she amazed me with how she became a mechanical engineer, then a writer and challenged those who questioned her

I feel inspired by her as she wasn't fazed by sexism, and continued to be an inventor, then a writer. Rheyra 6D

I would like to read this book as Layla is a Sudanese girl, who can speak Arabic. Abdul A 6J

I was really inspired by the fact that Yassmin didn't stop trying, even when she was as young as we were, and she achieved so much! Jasmine 6J



Enrichment Lessons with Jonny Walker

Last half-term, Jonny worked with Year 5 pupils looking at Greek mythology. This term he is working on nonsense poetry with Year 3 in the mornings and exploring poetry of migration with Year 6 in the afternoons, where they are learning about the Windrush generation.



Sports for Schools

On Tuesday, we had a fantastic day with Sports for Schools. We met the very inspirational Jessica Fleischer. Jess is a two-times English kickboxing champion and second-degree black belt. She put all the children and staff through their paces! The children really gave it their all and made us proud. There is still time to hand your sponsor money into school via the office or on our online fundraising page. Thank you for the support.



Day Glow Day

On Friday 19th November, we will be joining in with Day Glow Day and learning all about road safety. Children can come into school wearing their normal school uniform and **1 bright item** (hairband, socks, hat, armband etc).

Anti-Bullying Week (15th – 19th November)

THE ONE KIND WORD CALL TO ACTION

Ask if someone's OK. Say you're sorry.
Just say hey.

In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.

Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity. It starts with one kind word. It starts today.

ONE KIND WORD

The theme for Anti-Bullying week this year is 'One Kind Word'.

The children will be carrying out a range of activities: drama, Circle Time, writing and art to establish an even deeper understanding of what bullying means, the effects and seriousness of being bullied and the importance of standing up to bullies. Bullying (including cyber-bullying) is also a key focus in our RSHE curriculum.

Library Books

Due to a problem with our library system at the end of last year, some of the children's returned books were not scanned into the system. These children are now getting a message to say they have overdue books, despite having returned them and are therefore unable to take out new books. We are working on a way to override this automatic message and to allow children to take out books. Please bear with us whilst we work this out and apologies for any disappointment caused to our eager readers.

Remembrance Day



At this time of the year, we unite across faiths, cultures and backgrounds to remember the service and sacrifice of the Armed Forces community from Britain and the Commonwealth. We commemorated the event by leading assemblies linked to the RRSA Article of the Week and used the educational resources provided by the British Legion. Everyone observed a two-minute silence today at 11am.

Limited Access to the Main Office

As there has been a significant increase in the Covid infection rates in Redbridge, **parents are not allowed into the school** unless it is absolutely necessary.

Parents are reminded to call or email the office for queries or messages. Please help to keep our community safe.



Late Collection Fees



Whilst the school appreciates there are genuine reasons for the late collection of children at the end of the school day, the numbers of children being collected late is increasing. In accordance with the school's charging policy, from Monday 15th November, parents who are late collecting their child will incur a charge of £5 for each 15 minutes that they are late.

Recruiting Relief Mid-Day Assistants

We are looking to recruit Relief Midday Assistants to work at our school. The successful applicant will have experience of working with children in a school or a similar environment. The position is offered on a relief basis so you could be called at short notice and asked to work. Our ideal candidate will:

- Communicate well with children and adults
- Demonstrate high quality safe supervision of children
- Promote healthy eating
- Be able to organise and supervise a range of lunchtime games / activities
- Have a commitment to Glade's values and ethos of high expectations.

Start	November 2021
Deadline	19.11.21
Salary	£11.43 per hour
Interview Date	23rd November 2021
Hours	As and when required

If you would like an application pack or want to discuss the role please contact Rachel Banks on 020 8708 0200 or email rachel.banks@glade.redbridge.sch.uk

Attendance

Regular school attendance is an important part of giving children the best possible start in life. The aim should be to attend 100% of the time. Pupils who miss school frequently can fall behind with their work and do less well in exams.

Research suggests that students who attend school regularly could also be at less risk of getting involved in antisocial behaviour or crime. Our target remains to achieve 96% as a school.

Well done to Year 3 for the highest attendance last week.



Year group	W/B 01.11.21
Nursery	86.63%
Reception	94.55%
Year 1	95.97%
Year 2	94.73%
Year 3	97.19%
Year 4	92.54%
Year 5	92.98%
Year 6	93.43%
Whole school	94.03%

Awards

Congratulations to the following children for their achievements:

<u>Bronze Awards- Merits</u> RM- Khadija W, Yves and Musa RP-Aaban, Aman, Kyran, Melina, Rriya, Xavier, Zahra, Yousuf and Kyrie 2C- Nazara 4N- Aadam, Ayla. S, Chenaya, Dylan, Khushi, Noel, Shreya, Shuaib and Yasna 4W- Darcey and Hamzah 5A- Yusuf, Zafir, Zaviyar, Haaniya and Jasveer 6D- Iliya, Siobhan and Manar		<u>Silver Award- Merits</u> 4W – Zubayr 6J- Sarah, Zain
<u>Pen Licence</u> 4N- Harjot and Yasna 6J- Dharamrajveer 	<u>Reading Rockets- Bronze</u> RM- Adam and Deen RP- Xavier, Yousuf and Zahra 2C- Eva, Fabiha, Nazara, Nusaybah and David	<u>Free Reading</u> 5A: Elizabeth, Tomas, Saarah and Kaiden

Stars of the Week

Well done to the ‘Stars of the Week.’



Stars of the Week	
Nursery am- Harvey	Nursery pm- Elliott
RP- Melina	RM- Yves
1H- Mariyah	1R - Zamir
2C- Shahmeer	2M- Sophia
3Y- Yaa	3A- Maria
4N- Maisey	4W- Stanley
5A- Simran	5U- Sumaiya
6D- Tanzim	6J- Zain

Writers of the Week!

Congratulations to our ‘Writers of the Week.’



Star Writers	
1H- Ayesha	1R - Naila
2C- Amelia	2M - Humna
3Y- Zohaam	3A- Hannah
4N- Subhaan	4W- Amaya
5A- Umair	5U- Safa H
6D- Tanzim	6J- Abdul Azmir

Yours Sincerely,

Mrs F Hussain
Headteacher

