



Glade Primary School
Atherton Road, Clayhall, Ilford, Essex. IG5 0PF
Tel: 0208 708 0200

Email: parentinfo@glade.redbridge.sch.uk Website: www.glade.redbridge.sch.uk
Headteacher: Mrs Farzana Hussain

Thursday 19th October 2023

Dear Parents and Carers,

Mental Health & Wellbeing- Self-care (Article 24)

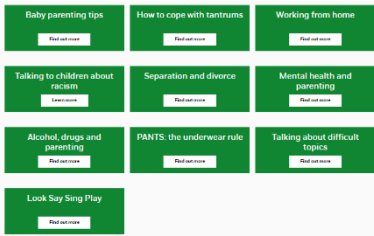
Self-care is a topic we seem to hear about frequently these days. We are told that to have optimal health, both physically and mentally, we need to include self-care in our daily routines. If we don't take time for self-care, we can experience increases in anxiety, anger, fatigue, depression, and physical ailments. Research has shown that self-care can reduce stress and anxiety levels while increasing self-compassion.

Yet, even knowing all the benefits of self-care, on average only 15-minutes a day is spent by people on health-related self-care. We want to try and encourage a culture of self-care and have found some tips we would like to share.

1. Schedule time for self-care.
2. Start out small and simple.
3. Ask for help.
4. Be kind to yourself.

It is important to remember that self-care is not what it looks like, but what it does for you and how it makes you feel.

Safeguarding -Support for parents (Article 16)



Keeping children safe is not always easy. There are so many potential situations we need to be aware of and support them with. This becomes easier when we have greater knowledge.

The NSPCC website is excellent for supporting parents with negotiating difficult conversations and giving advice: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Picture News (Articles 17 and 2)

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 the tree at the centre of the world-famous 'Sycamore Gap' on Hadrian's Wall, England, has reportedly been 'deliberately felled' on the night of 28th September.

This week's question asks children: 'How can we remember things that were important to us?'



Individual Liberty

We can choose whether to care for and protect the places and things that are special to ourselves or others. It is important to remember our actions have consequences.

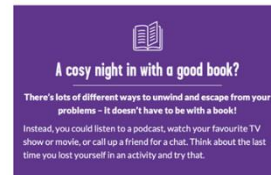
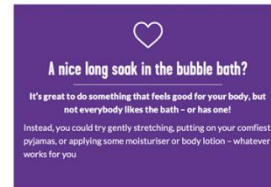
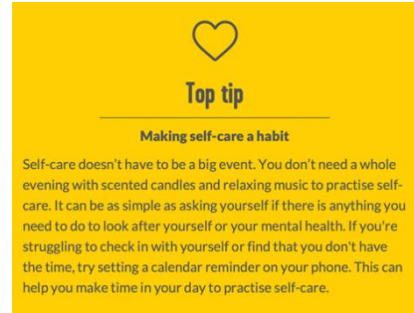
Protected Characteristics

The things that we value can form part of our beliefs and shape how we choose to live. We should never be treated unfairly because of our beliefs.



UN Rights of a Child

We have the right to give our opinions freely on issues that affect us and things that are important to us. Adults should listen and take us seriously.



Article of the Week- Life, Survival and Development (Article 6)

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



E-safety Updates For Parents - Protecting Children from Explicit Content

It is easy for any person, any age, to stumble across inappropriate and explicit content online and for parents this can be challenging. Internet Matters have a range of resources available to help parents including:

- Tips and tools for website/content filtering.
- What to do if your child sees explicit content.
- Resources for further help and support.

You can see all the sections: <https://www.internetmatters.org/issues/inappropriate-content/>

Learning Outside the Classroom – Science Museum (Article 29)

As part of our Science topic, we visited the Science Museum in South Kensington. We explored the Space gallery, where the children took part in activities expanding their knowledge on Space. Children were surprised to learn about the different types of food that astronauts ate in Space and how gravity affected everything we do in Space and on Earth. Children were fascinated by the model of the moon rotating around the Earth. This reinforced our learning in class about the different phases of the moon. Children definitely had an enjoyable trip!



For2Feet

Year 4 completed their pedestrian training which was run by For2Feet. They learned how to use the roads safely and how to be more aware of traffic when walking to school.



Meet the Governors

Governing bodies are the strategic leaders of schools and have a vital role to play in making sure every child gets the best possible education. The purpose of governing bodies is to 'conduct the school with a view to promoting high standards of educational achievement at the school'. Each week, we will introduce to you a different member of our Governing Body.

Imran Sardar, Vice Chair of Governors



After graduating (many years ago) with an Engineering degree from Oxford University, I have spent my career working as a Technology Business Analyst and Project Manager in the Financial Services sector. I have four children, two of whom have graduated from Glade and are now in secondary school, and two currently attending Glade. It has been a privilege to send them to such a unique school with a strong leadership team and active PTA, a warm community feel and wonderful outdoor spaces for learning and exploring.

I joined the Glade Governing Body in 2017 as a co-opted member for Finance and became the Vice Chair in 2022. It is a pleasure to work with such a talented and diverse group of individuals, all passionately volunteering their time to ensure the school can provide the best outcomes for its children.

I spend most of my spare time with my young family, as well as playing football and following the best team in the country - Liverpool FC, of course. I am a keen snowboarder and have enjoyed introducing my children to the sport in recent years.

Attendance (Article 28)

Good attendance at school is proven to lead to good academic results. At Glade Primary we aim for every child to achieve 100% attendance.

Holidays during term-time will not be authorised and parents may receive a fixed penalty notice if they are taken. If you wish to request a leave of absence due to exceptional circumstances, please complete a leave of absence form from the school office.

All medical appointments should, where possible, be organised outside of school hours.

Well done to Year 5 for the highest attendance!

Year group	W/B 09.10.23
Nursery	86.08%
Reception	91.76%
Year 1	93.83%
Year 2	95.64%
Year 3	97.02%
Year 4	97.00%
Year 5	99.48 %
Year 6	95.79%
Whole School	95.40%

Awards

Well done to the following children:

<u>Bronze Merits</u>	<u>Bronze Reading Rocket</u>
4W- Naomi, Charlie, Amalia, Parmeet and Anaye. 5J- Joshua, Maryam and Hadi. 6B- Aleeza, Anayah, Ilinca, Khushi, Noel, Osarague, Shuaib, Yasna and Youcef 6JM- Amaya, Jessica, Arfa, Basim and Mya	1M- Abrish, Joanne and Adem 1S- Zara, Lorenzo and Logan

Stars of the Week- Article 29

Well done to the 'Stars of the Week'



<u>Stars of the Week</u>	
RQ- Leo	RM- Jayan
1M- Sami	1S- Mustafa
2R- Mariya	2M- Lincoln
3A- Ayesha	3S- Monasser
4W- Humna	4M- Eva
5K- Aarav	5J- Ameila
6JM- Arham	6B- Ayla

Writers of the Week- Article 29

Congratulations to our 'Writers of the Week'



<u>Star Writers</u>	
RQ- Roza	RM- Lienna
1M- Khadijah	1S- Safa
2R- Samuel	2M- Aman
3A- Jacob	3S- Aren
4W- Ada	4M- Zara
5K- Usman	5J- Oliver
6JM- Riyah	6B- Zakariya

Happy Half-Term

Wishing you all a happy half-term break.

Reminder that Monday 30th October is INSET day, so school is closed to children. Children return to school on **Tuesday 31st October 2023**.

Yours Sincerely,

F Hussain

Mrs F Hussain
Headteacher

