

Thursday 20th April 2023

Dear Parents and Carers,

Mental Health & Wellbeing (Article 24)

Welcome back after the Easter break. We hope that you enjoyed some precious family time and managed to take advantage of the lovely sunny weather! Please see below for this week's resources to help support wellbeing.

Sleep

Many parents have said that their children are experiencing problems with sleep. This has a great impact on the whole family, especially the child and their ability to cope emotionally; it affects their performance in school too. Please use the link below for a fun and interactive page for children, with information on the importance of sleep and tips for how to get ready for bed:

<https://www.nelft.nhs.uk/camhs-sleep/>



Eating Problems

Children's attitudes to eating are affected by a range of factors and their appetite may change at different ages; this is normal. Problems can start to emerge when a child feels under pressure. They may lose their appetite; or they may turn to food for comfort and eat even when they are not hungry; their worries about food may be related to their size or body shape or can be more about their emotions and self-esteem.

If you're worried that your child may have an eating disorder, or an unhealthy relationship with food, use the link below to access advice and information on where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/eating-problems/>



Safeguarding- Online Risks

Oversharing

Children and young people can sometimes feel pressure to overshare online. Remind them that they shouldn't share private things, such as:

- personal information, like names, phone numbers, links to other social
- media accounts or their school
- live or frequent locations
- other people's personal information
- links to join private group chats
- photos of themselves, photos of their body

Sharing their location

Many apps and games give you the option to share your location. You should help children think about how and when they're sharing it. Some of the ways they may be likely to share location include:

- tagging photos with the geo-location
- checking into venues
- sharing journeys
- location settings on your child's device
- sharing images or videos that contain street names etc.

If shared publicly, their location could be seen by someone they don't know. People could find out where they live or go to school, allowing an accurate picture of their daily routine to be built up.

Remember, you can use the CEOP button at the top of the Glade website to report anything that makes you feel uncomfortable online: www.glade.redbridge.sch.uk



Picture News (Article 24)

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 loud siren-like sounds will be triggered on mobile phones on 23rd April as part of a UK Government test of its new emergency alerts system.

This week's question asks children: 'Can you prepare for emergency situations?'



Individual Liberty

There are many situations in life that can become dangerous. By considering the consequences of our actions and managing risks, we can help to keep ourselves and others safer.

Protected Characteristics

Some people will not receive emergency alerts because they do not have mobile phones or other devices. There are other ways people can be alerted so everyone can be kept as safe as possible.



UN Rights of a Child

We all have the right to live in a safe environment. The emergency alert is one way that can help us stay safe.



The Big Sow

SPRING is finally here! As part of the 'Big Sow' with the RHS. We will have plant sale in June. I hope your seedlings have taken off to a good start and look forward to seeing some donations for our sale. Thank you, to the green fingered people that have already donated!

We are also having a Sunflower Competition. Children can plant their Sunflowers in school or at home for special attention! They can reuse or recycle, e.g. toilet roll, boxes etc. The idea is to be more 'Bee friendly' as some bees have become extinct.

Click this link to find out more:

<https://www.bbc.co.uk/programmes/articles/4cHQPdQgZ3RqbCp84W8F77w/big-bee-challenge-get-involved>

Glade Sun Flower Competition!



Plant the babies of The Mother Sunflower of Glade Primary. Plant the seeds this week. Give it Water, Food, Love and Sun! It will be fun for you to measure the height each week and keep your own record.

Print pictures of your sunflower with your name, class and height of plant and send it to RM.

I will announce Winners on the 4th of July.

Aspirations' week

Before Easter, we held our annual Aspiration week. At Glade, we encourage all pupils to aim high and help them to understand that everyone can achieve success regardless of gender, background or ethnicity. We were once again fortunate to host a range of employers from a wide variety of organisations and companies who were able to inspire our young people to achieve their potential. A big thank you to all those who came in to support, including our Governors and Parents.

Attached with this week's newsletter will be the full report on Aspirations week 2023. The report is also on our school website:

<https://www.glade.redbridge.sch.uk/aspirations>

Learning outside the Classroom

Year 6s had a wonderful time at the Imperial War Museum on Tuesday, investigating a range of artefacts from World War 1 and 2. They enjoyed exploring both types of domestic air-raid shelters, were amazed by being up close to a range of aircraft and missiles and empathised with the many soldiers who sacrificed their lives for the country.



NEU Teacher Strikes

As I am sure you are aware, following a ballot of its membership, the National Education Union (NEU) will be calling on its teacher members to take industrial action on Thursday 27th April and Tuesday 2nd May. The school will be closed to children whose teachers will be striking. I will inform you, early next week, which classes, if any, are expected to be in. I apologise in advance for any inconvenience.



Attendance- Article 28

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.

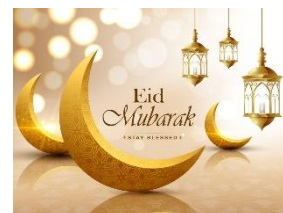
Our whole school attendance **target remains 96%**.

Well done to **Year 4** for the highest attendance!

Year group	W/B 27.03.23
Nursery	88.41%
Reception	88.83%
Year 1	92.88%
Year 2	95.08%
Year 3	90.67%
Year 4	97.14%
Year 5	94.83%
Year 6	95.67%
Whole school	93.30%

Eid ul- Fitr

The holy month of Ramadan is coming to a close with Eid celebrations which could fall on Friday or Saturday this week. As well as wishing our Muslim community Eid ul-Fitr, I also want to let you know the arrangements should it fall on Friday. Muslim pupils will be marked as a religious observance in the register. Many members of staff at the school will also be celebrating and this will mean that classes within year groups will be merged and taught together. If Eid is on Saturday, we expect all children attending school.



For those celebrating Eid, I wish you a very happy Eid Mubarak.

Facebook

We update our Glade Facebook page regularly and share photos of events around the school. Please follow, like, comment and share!

<https://www.facebook.com/profile.php?id=100075916371946>



Yours Sincerely,

Mrs F Hussain
Headteacher



Artsmark
Silver Award
Awarded by Arts
Council England



The  **Bronze**
CPDL Quality Mark



**Redbridge
Education
Partnership**

