

Thursday 4th May 2023

Dear Parents and Carers,

Mental Health & Wellbeing (Article 24)

This week we would like to share some sources of help and support with the cost of living crisis. The HEET project provide energy advice and support to residents of Redbridge, Enfield, and Waltham Forest. They are able to direct clients on low incomes to various grants and support around reducing energy bills. They also provide the Redbridge Handyperson scheme, for vulnerable, elderly and disabled residents to access support with minor repairs in the home.

<https://www.theheetproject.org.uk/>

Energy Advice London delivered by Energy Saving Trust, is service for all Londoners worried about their energy bills or wanting to reduce their energy usage.

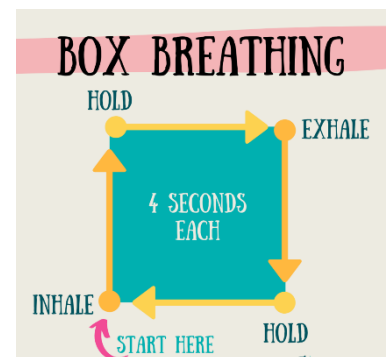
To find out more, visit <https://energyadvice.london/> or call 0808 196 8260.

Box Breathing

Box breathing can reduce stress and improve your mood. Please see box breathing techniques to help you to calm feelings of stress and anxiety that all of us have from time to time. Box /square breathing technique videos:

<https://www.youtube.com/watch?v=tEml1Znux58>

<https://www.youtube.com/watch?v=cOOd-wlMMRg>



Safeguarding

Cyberbullying is bullying online and any form of anti-social behaviour over the internet or via a mobile device. It is an attack or abuse, using technology, which is intended to cause another person harm, distress or personal loss.. This includes trolling, mobbing, stalking, grooming or any form of abuse online. Cyberbullying is most certainly on the increase - more and more cases are being reported by children and by extremely worried parents.

Ensure your child knows that they should try and seek advice and support from a trusted adult, family member or teacher on best ways of dealing with cyberbullying. Family Lives advises the following:

- don't reply
- show the message to someone you trust
- keep the message as evidence
- make a note of the sender's number or details
- contact the service provider

Listening, understanding and supporting children who are displaying bullying behaviour is equally important to help them understand that bullying is unacceptable.



Article of the Week (Article 39 Recovery from Trauma and Reintegration)

Children who have experienced neglect, abuse, exploitation, torture or who are victims of war must receive special support to help them recover their health, dignity, self-respect and social life.

Children at Glade Primary are encouraged to use the Bubble Boxes in their classrooms or speak to a trusted adult if they are worried about anything.

Glade Primary is 'a listening school, we are a telling school.' This means that, if something bad is happening, children know that they can speak to someone at school. We share who the Designated Safeguarding Leads are at our school: Mr Merchant, Mrs Hussain, Mrs Jones and Mrs Graham.

39



RECOVERY AND
REINTEGRATION

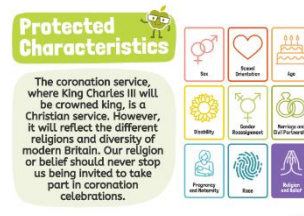
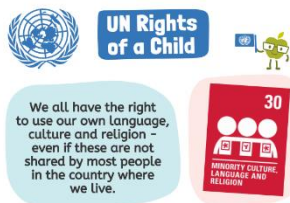
Picture News (Article 30)

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 the coronation of King Charles III will take place at Westminster Abbey on Saturday 6th May.

This week's question asks children: 'How do you choose to celebrate significant events?'



Community Access Scheme

To help families who might find cost or other challenges a barrier to visiting London Zoo, the Community Access Scheme (CAS) provides reduced price tickets to London Zoo, to those who receiving Universal Credit, Working Tax Credit, Child Tax Credit, Employment and Support Allowance, Income Support or Jobseeker's Allowance.

Buy tickets from as little as £3 per person. For further details, please visit:

<https://www.londonzoo.org/plan-your-visit/community-access-scheme>



The Coronation of His Majesty the King

As you are aware, the Coronation of King Charles III will take place on Saturday 6th May. To celebrate the Coronation, Monday will be an additional bank holiday- which will form a special three-day weekend. Therefore, **school is closed on Monday 8th May.**

In school, Miss Ullah led a whole school assembly about the Coronation. Ms Warry has decorated the school with bunting to get our community in the mood for celebrations.

As Year 6 children have their SATs exams, next week, our Coronation celebrations will take place on Friday 19th May. We will send out more information closer to the time.

Please use these links to find out how you can celebrate around Redbridge:

<https://www.redbridge.gov.uk/coronation>

<https://visionrcl.org.uk/coronation/>

Thank you to Clayhall Community Centre

On behalf of all the staff at Glade, we would like to thank the kind volunteers at Clayhall Community Centre, who cooked and gave up their time to serve us a delicious Eid lunch, on Wednesday. Their generosity is greatly appreciated.



Congratulations to Aarav

We are delighted to share some brilliant news- Aarav in 4N has been selected for the Essex County Cricket development squad! This means he will be training and playing matches with the very best Year Four and Five cricketers in the County, and will play against teams from other counties. Aarav has worked extremely hard to achieve this, at home and at his club, Woodford Green. He hopes that this is the first step on a journey towards his dream of being a professional cricketer. We are very proud of Aarav and wish him all the best.

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.

Well done to **Year 6** for the highest attendance!

Year group	W/B 24.04.23
Nursery	83.77%
Reception	95.44%
Year 1	94.98%
Year 2	95.93%
Year 3	96.79%
Year 4	96.88%
Year 5	97.05%
Year 6	97.73%
Whole school	95.68%

Awards

Congratulations to the following children:

Bronze Merit	Silver Merit	Gold Merit	Platinum Merit
1C- Kyrie and Lincoln 2M- Zainab	RQ- Sophia, Ahmed, Isa and Lorenzo 1C- Aren and Abubakr 6D- Umair	RM- Zidan 6D- Sarah and Sameeha	6D- Sarah and Sameeha

Times Tables Rock Stars

Well done to Year 4 who have been the most active on TTRS- keep it up!

Stars of the Week- Article 29

Well done to the 'Stars of the Week'



Stars of the Week	
Nursery am- Musfirah	Nursery pm- Desire
RQ- Teddy	RM- Kumail
1C- Rayaana	1S - Aqib
2R- Miya	2M- Monasser
3H- Bradley	3A- Viyan
4N- Arsema	4W- Hadi
5A- Neha	5U- Nala
6D- Zaviyar	6S- Saafah M

Writers of the Week- Article 29

Congratulations to our 'Writers of the Week'



Star Writers	
RQ- Zainab	RM- Zayn
1C- Yousuf	1S- Shari
2R- Emilia	2M- Millie S
3H- Ayaan	3A- Fatima
4N- Leo	4W- Musa
5A- Zachariya	5U- Nala
6D- Sameeha	6S- Harley

Happy Star Wars Day!

May the fourth be with you! (Sorry, I could not resist!)

Yours Sincerely,

F Hussain



Mrs F Hussain
Headteacher

