



Glade Primary School
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Headteacher: Mrs Farzana Hussain

Thursday 13th January 2022

Dear Parents and Carers,

Mental Health & Wellbeing

At the beginning of the New Year, we usually set ourselves goals to keep our bodies fit and healthy. This year, especially in the current situation, we may be focusing more on our mental health as we wonder what the new health threats may bring. It is natural to feel anxious after the challenges of the last two years, but simple techniques such as: deep breathing and getting outside for fresh air, can help the body relax and in turn, calm the mind.

‘Worry Tree’ is recommended on the NHS Apps Library and uses simple CBT (Cognitive Behavioural Therapy) techniques to help you record, challenge and take control of your concerns. Find more information and a link to download the app for a free trial at:

<https://www.worry-tree.com>

Safeguarding

For our INSET day on 4th January, all staff received ‘Prevent’ awareness training to equip everyone to identify children at risk of being drawn towards terrorism and to challenge extremist ideas. Through our curriculum, we build resilience against extremism and radicalisation by fostering a strong ethos and values-based education, as well as providing a safe space for children to debate controversial issues and develop the critical thinking skills and knowledge they need to be able to challenge extremist ideology.

Please use the link below to see some common questions asked by parents about ‘Prevent.’

<https://educateagainsthate.com/parents/>

Picture News

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.

The story this week explores how the \$10bn (£7.45bn) James Webb Space Telescope, thought to be one of the most impressive and ambitious, has been successfully launched into space on top of a huge rocket.

This week’s question asks children if they think it is important for us to know the history of our universe.

Self-Care Resolutions

Unfollow or unfriend people/pages that bring you down.	Create routines in your life that nourish you.	Breathe, laugh, and meditate more often.
Instead of a specific goal, focus on adding or taking away.	Commit to at least one act of self-care each day.	Declutter your life in physical & emotional ways.
Make sure that your life supports your mental health.	Surround yourself with a loving and accepting community.	Learn how to rest and take breaks.

BlessingManifesting

All Common Questions			
How do I talk to my child about extremism?	How do people become radicalised?	How can I keep my child safe from extremism online?	How do we define terrorism and extremism in the UK?
What are the warning signs of radicalisation?	What should I do if I think my child is being radicalised?	What is Channel?	What can I do to protect my child from extremist influences?
Is my child vulnerable to radicalisation?	How is extremism relevant to me as a parent?	Has intervention ever stopped a young person being radicalised?	



UN Rights of a Child



We all have the right to get information from the Internet, radio, television, newspapers, books and other sources. These can all help us learn more about our universe.

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ACCESS TO INFORMATION

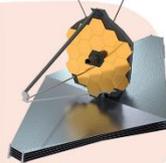


British Values



Individual liberty

We all have the right to learn about the universe if we choose to. The James Webb Space Telescope may help us discover more than we ever have before!



Do you think it is important for us to know the history of our universe?

Outdoor Learning- Year 4

This term, in Science, Year 4 are studying 'Sound.' As part of their investigation into how sound is made when objects and materials vibrate, they went into the forest to explore how sound travels in different environments through the demonstration of rice falling on a drum skin. Their investigation also examined how sounds can be made by striking two surfaces together. They tested this through various ways such as clapping, tapping their legs, stamping their feet and humming at a high and low pitch. This was a very exciting experience for the children and they were able to give detailed explanation on how sounds are made.

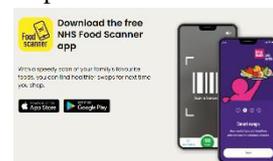


New Healthy Eating Toolkit

Research shows that in the UK, nearly 28% of pupils in Reception are overweight or obese, rising to over 40% of pupils in Year 6. The NHS Food Scanner app is a handy health hack to make it easier for families to find healthier food and drink options.

The NHS Food Scanner app brings food labels to life and helps you make healthier choices. Simply scan the barcode to see how much sugar, saturated fat and salt is in your food and drink, then choose one of the healthier swap suggestions. Use this link to download the app:

<https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/>



Limited Access to the Main Office



With the continued 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. The school email address is parentinfo@glade.redbridge.sch.uk

Please help to keep our community safe. Any money should be in a sealed and named envelope and can be given to your child or the member of staff at the gates.

Christmas Performances 2021

Our Christmas performances are available to watch on the school website. We hope you enjoy them:

<https://www.glade.redbridge.sch.uk/projects-3>

Attendance

We want all children to have the best possible attendance at school to enable each and every child to reach their full potential.

Well done to Year 5 for being the only year group to have exceeded the national target of 96%.

Times Tables Rock Stars

Well done to the three most active classes on TTRS:

Position	Class	% of Active Players
1st	4W	89%
2nd	4N	83%
3rd	3Y	75%



Year group	W/B 05.01.22 (3 days)
Nursery	79.86%
Reception	90.99%
Year 1	93.27%
Year 2	93.61%
Year 3	91.10%
Year 4	93.24%
Year 5	98.80%
Year 6	90.56%
Whole school	92.34%

Awards

<u>Bronze Awards- Merits</u>		<u>Silver Award- Merits</u>		<u>Gold Award- Merits</u>	
2C- Fabiha and Jack 2M- Keian and Zoha 4W- Nala 5A- Aaron 5U- Muhammad, Zainab, Arianna, Amelia, Rayyan, Ronnie, Nadia, Dillon, Nancy, Harley, Hershne, Yusra, Hanna and Oliver		2C- Raifa 4W- Andrei, Arham, Daniel and Maya 5A- Michelle, Zafir, Gabriela and Umair 6D- Alex, Tanzim, Mishall and Iliya 6J- Samar and Tiahna		RM- Olivia, Ameerah, Adam and Roshan 6D- Aadhav 6J- Ibrahim	
<u>Reading Rockets- Bronze</u>		<u>Reading Rockets- Silver</u>		<u>Reading Rockets- Gold</u>	
RP- Rayaana, Priya, Aman and Kyrie 1H- Micah and Robyn 1R- George, Azeem, Iqraa, Aamilah, Jonah and Ruth		RP-Khadiah M, Xavier, Zahra and Aren		RP- Kyran, Michelle, Xavier, Zahra and Melina 1H- Maryam	
				<u>Star Reader</u>	
				RM- Adam RP- Aaban 1H- Arjan	
				<u>Free Readers</u>	
				5A- Zaviyar 6J- Kevin, Harsha and Farhan	

Stars of the Week

Well done to the 'Stars of the Week.'



Stars of the Week	
Nursery am- Zakariya	Nursery pm- Ismael
RP- Michelle	RM- Aqib
1H- Edward	1R - Amara
2C- Bradley	2M- Sara
3Y- Dylan	3A- Zaynab
4N- Zoha	4W- Anaaya
5A- Joe	5U- Elizabeth
6D- Aleena	6J- Dharamrajveer

Writers of the Week!

Congratulations to our 'Writers of the Week.'



Star Writers	
RP- Aaban	RM- Adam
1H- Safa	1R - George
2C- Safaa	2M - Atharv
3Y- Rajveer	3A- Hira
4N- Isla. A	4W- Veer
5A- Eliza	5U- Rayyan K
6D- Iliya	6J- Jasmine

Class Talks

The remaining class talks will take place at 4pm on the following dates:

Friday 14th January - Year 4
 Tuesday 18th January- Reception (Rescheduled due to Internet issues)
 Wednesday 19th January - Year 5
 Thursday 20th January - Year 6

Zoom links have been sent out via ParentMail. Please email the school office if you have not received the login details.

Yours Sincerely,

F Hussain

Mrs F Hussain
Headteacher

