



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 6th June 2024

Dear Parents and Carers,

Mental Health & Wellbeing- Better Health: Healthier families (Article 24)

Whilst exercise has many physical benefits for children, experts also suggest that physical activity helps to improve a child’s mental health giving them a better outlook on life by building confidence, managing anxiety and depression and increase self-esteem and cognitive skills. Children need to be physically active for 60 minutes a day, with 30 minutes of that activity taking place outside of School.

NHS Better Health is a great resource which contains information on short exercises, indoor activities, Sport opportunities and accessible activities. <https://www.nhs.uk/healthier-families/activities/>



Safeguarding- (Article 19)

Mental health encompasses social, physiological, and emotional wellbeing, involving the ability to function and cope with daily life. Contrary to popular belief, mental health is relevant to everyone, not just those with mental health problems. Mental health can fluctuate over time, similar to physical health. The term ‘mental health’ is used to describe various conditions that cause changes in feelings or behaviours. Examples include anxiety, depression, obsessive compulsive disorder, eating disorders, and psychosis. This list is not exhaustive.

It is worth noting that one in ten children will experience mental health issues- more than 50% of these issues begin before the age of 14. Children and young people undergo various behavioural changes as part of their growth process. While some changes are typical for young people, in certain cases, they may indicate the development of mental health conditions. Action for children has devised an easy way to help adults recognise common signs that can be useful in identifying concerns about a child or young person’s mental health. They can be remembered using the acronym ‘MASK’.

- **M** – Mood. Look out for argumentative behaviour, aggression, negative emotions, self-criticism, and withdrawal in children and young people.
- **A** – Actions. Changes in eating or sleeping patterns, signs of bullying, substance misuse, or self-harm (such as cutting, burning, or hair pulling) can indicate mental health issues.
- **S** – Social. Losing touch with friends, changing friendship groups, appearing lonely or withdrawn, and losing interest in school or hobbies can be signs of mental health illnesses.
- **K** – Keep talking. Children and young people may not readily express their feelings. Don’t give up, keep asking how they are feeling, let them know you care, and that you’ll be there for them.

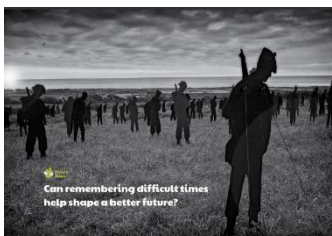
Useful support for mental health: **Young Minds Parents Helpline** on 0808 802 5544 for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Open 9:30am-4pm, Monday-Friday. www.youngminds.org.uk

Picture News (Articles 17 and 38)

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 6th June marks the 80th anniversary of the Battle of Normandy, the day in 1944 when allied forces from thirteen countries stormed five beaches in Normandy, France.

This week’s question asks children: ‘Can remembering difficult times help shape a better future?’



British Values

Mutual Respect and Tolerance
Life is not the same for everyone. Learning about times in the past that others have experienced can help us develop empathy and respect.

Protected Characteristics

The events and experiences in our lives and the lives of others (including those beyond living memory) can shape our beliefs. We should never be treated unfairly because of our beliefs.

UN Rights of the Child

38
PROTECTION IN WAR

D-Day happened 80 years ago and was a turning point in World War II. Wars still happen in today's world. We have the right to be protected during war. No child under 15 can join the army or take part in war.

Article of the Week- Freedom of Association (Articles 2, 8 and 30)

This year's theme for Gypsy, Roma and Traveller History Month is 'What Makes a Home?' This week's activities link to the following articles:

Article 2 (non-discrimination): The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.

Article 8 (protection and preservation of identity):

Every child has the right to an identity. Governments must respect and protect that right, and prevent the child's name, nationality or family relationships from being changed unlawfully.

Article 30 (children from minority or indigenous groups): Every child has the right to learn and use the language, customs and religion of their family, whether or not these are shared by the majority of the people in the country where they live.



Junior Forester Awards

Year 4 continue to work towards their Junior Forester Awards. This week they worked on improving the school woods by helping to build a dead hedge, which will hopefully stop litter, as well as provide homes for smaller animals.



Eco-warriors litter picking



The first team of Eco-warriors made a great start to litter picking duties this week by starting work on the field area.

We managed to collect 2 bags full of rubbish! Being part of the Eco-team helps children to develop respect for their school community. If everyone helps out to make a little difference, we can make a big difference together.

Sports Day

We are delighted to announce the return of Glade Primary School's annual sports week. Sports week will be taking place from Monday 17th June 2023– Friday 21st June 2024. During that week, children will be taking part in various sports activities throughout each day. As a result, children will need to come to school in their PE kits from Monday-Friday.

Sports Day will be on Wednesday 19th June. Please see below for the specific times for each phase.

Phase Group	Day & Time
Reception and KS1	1.15-3.20 pm
KS2	9.15- 12.30 pm

House Teams	Colour
Foxes	Blue
Hedgehogs	Green
Squirrels	Red
Owls	Yellow

Every child is in a house team and will need to come in on their Sports day wearing the correct colour for their team. Please find the names of the house teams and relevant colours in the table above.

Children will also need to make sure they have their water bottle with them all week. These must be labelled with the child's name. If the weather is hot, please ensure your child has sun cream on and has a sun hat. Children will be taken back to their classes at their normal finish time and should be collected from their usual gate for safety reasons.

Parents/carers are welcome to attend their child's sports day. A polite reminder that parents should only take photographs of their own child. For health and safety reasons parents are not allowed to stand on the finish line during running races.

As there will be parent/carer races, we are encouraging parents/carers to come wearing trainers and something they are comfortable to run in.

What is Going On At Glade?

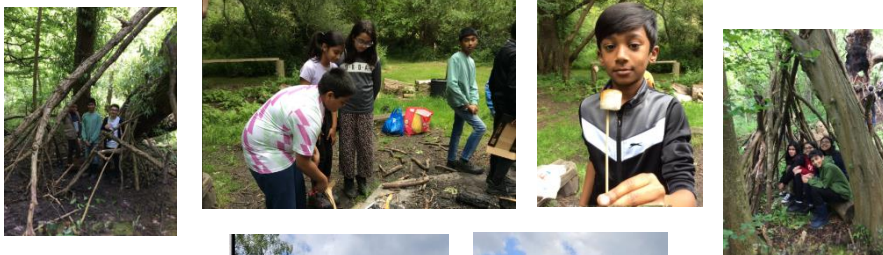
As our end of year residential, Year 6 children went on a three-day residential to Stubbers Adventure Centre. Over the three days, children took part in a wide range of activities including, high ropes, riding the banana boat, swimming in the lake, double kayaking, axe throwing, climbing tower, raft building and canoeing on the lake. Thank you to Mrs. Jain, Mrs. Bobat and Jonny for accompanying our children and for motivating them by participating in the activities.



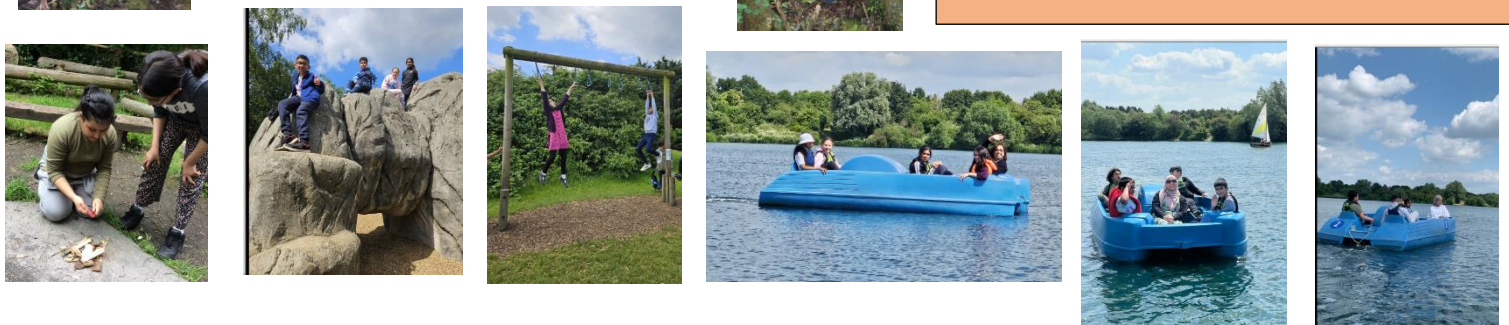
The Year 6 pupils who didn't attend the residential attended some great day visits. Thank you to all the staff involved in supporting these visits.

On Monday, they visited Hargreaves Scout centre where they took part in a range of activities including Archery, Tomahawk throwing, Orienteering, fire lighting, cooking on an open fire and navigating the adventure course. We have some Robin Hoods of the future with us!

On Tuesday, they visited Claybury Forest where they enjoyed walking through the mud, hill races, welly throwing, and tree climbing and playing on the adventure playground.



On Wednesday, they visited Fairlop Waters where they climbed on boulders, enjoyed a pedal boat ride on the lake, followed by lunch and hot chocolate in the park.



BADU Sports

We would like to say a very **big thank you** to the team at BADU Sports who have been working with of our children and staff during lunchtimes, PE lessons and after school clubs to develop their sporting skills, resilience and sportsmanship.

The children have thoroughly enjoyed the sessions and have learned a lot. Aaron in Year 5 said, “I am getting better at basketball now.”

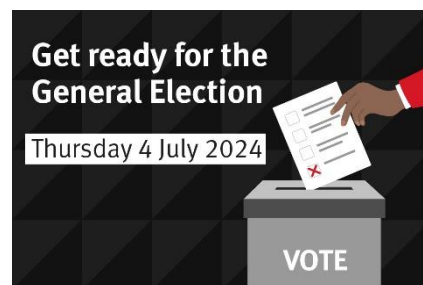
Teachers have also appreciated the team’s expertise and welcomed this valuable CPD opportunity.

“Children enjoyed the lessons, learned how to develop their physical skills and I got some top tips for teaching PE,” Miss Marks commented.



General Election

As you may be aware, the Prime Minister has called a General Election for Thursday 4th July 2024. Local authority Returning Officers have the authority to select schools in England, Wales and Northern Ireland as venues for polling stations. Schools, especially primary schools, are typically and easily accessible because they lie in the centre of communities, so they make an ideal location for polling stations. As our school will be used as a Polling Station on Thursday 4th July, it will be closed to all children. School will be open for staff. I apologise for any inconvenience caused to you.



Attendance (Article 28)

Pupils with good attendance are more likely to do well at school. When pupils miss school, even if the time period is very short, it can lead to gaps in their learning which might make future lessons more difficult for them.

Regular attendance helps pupils to feel part of the school community and enables them to develop good relationships with their peers and other members of the school community. This can have a positive impact on their wellbeing and help them to feel more settled in school.

Well done to **Years 4, 5 and 6** for the highest attendance!
Our whole school attendance target remains **96%**.

Year group	W/B 20.05.24
Nursery	94.20%
Reception	95.90%
Year 1	93.83%
Year 2	93.27%
Year 3	91.86%
Year 4	96.67%
Year 5	96.78%
Year 6	96.55%
Whole School	94.94%

Awards

Well done to the following children:

Silver Merit	Gold Merit	Platinum Merit
2M- Gracie-May, Khadijah M and Rayaan	4W- Sofia, Nida, Aleena and Ada	6JM- Safwan

Stars of the Week- Article 29



Stars of the Week	
Nursery AM- Aylah	Nursery PM- Khadija
RQ- Roza	RM- Lienna
1M- Teddy	1S- Zainab
2R- Aqib	2M- Gracie-May
3A- George	3S- Arfa
4W- Maryam	4M- Viyan
5K- Theresa	5J- Janaid
6JM- Paisley	6B - Leo

Writers of the Week- Article 29



Star Writers	
RQ- Nayel	RM- Anastasia
1M- Hari	1S- Mikolaj
2R- Edan	2M- Ava Rose
3A- Ayesha	3S- Maryam
4W- Arham	4M- Anshrah
5K- Hannah	5J- Maryam
6JM- Hamzah	6B - Yasna

Mathematician of the Week- Article 29



Mathematician of the Week	
RQ- Muntaha	RM- Kaiyan
1M- Zakariyya B	1S- Adam B
2R- Sami	2M- Kyrie
3A- Amrit	3S- Aamilah
4W- Fatima	4M- Bradley
5K- Saijen	5J- Eesa S
6JM- Arfa	6B - Armelio

Yours Sincerely,

F Hussain

Mrs F Hussain
Headteacher

