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Headteacher: Mrs Farzana Hussain

Thursday 11<sup>th</sup> July 2024

Dear Parents and Carers,

### Mental Health & Wellbeing- Podcasts (Article 24)

Over the last few years, podcasts have grown massively in popularity. There is a lot of research to show that podcasts can boost mental health, reduce stress and improve active listening skills. We have compiled a list of podcasts that dive into children's mental health.

Common Sense Media – **For children**

<https://www.commonsensemedia.org/lists/best-mental-health-and-wellness-podcasts-for-kids-tweens-and-teens>

Child in Mind – Anna Freud – **For parents**

<https://www.annafreud.org/resources/family-wellbeing/adoptive-parents-special-guardians-kinship-carers-and-foster-carers/child-in-mind/>

Association for Child and Adolescent Mental Health (ACAMH) – **For parents**

<https://open.spotify.com/show/4g6DoaZtnmtnP0WU3AeL0I>



### Safeguarding-Healthy Friendships - (Article 19)

Healthy friendships are built on mutual respect and support. These relationships are based on trust, and although they require effort, they should not be one-sided or leave feeling drained. An unhealthy relationship, on the other hand, often involves an uneven distribution of power. This can lead to a roller-coaster of emotions that swings between temporary highs and devastating lows for one of the parties involved. Unfortunately, this can have a significant impact on the mental well-being of the individual.

**Spotting the signs of an unhealthy friendships**

Observation is key when it comes to identifying potential red flags in your child's friendships. Keep an eye out for any warning signs, such as:

- a friend who tries to take control and boss your child around
- little effort is put into the friendship by the friend
- the friend can be unkind and overly critical
- the friend may be involved in a lot of drama.

Additionally, your child may:

- isolate themselves from other friends to spend time with this person
- worry about what the friend thinks of their decisions
- become involved or on the receiving ends of the friend's drama.

It is important to pay attention to how your child behaves in different situations and how their demeanour changes.

**FRIENDSHIPS HEALTHY OR UNHEALTHY?**

 I feel free to be myself	 I feel like I have to change myself for people to like me
I have the freedom to express my opinions	I often feel judged or criticised by my friends
I feel free to choose who I would like to be friends with	I feel like other people have control over who I'm friends with
I feel respected, appreciated and included by my friends	I often feel hurt, put-down or excluded by my friends
We can talk and work out problems when we need to	We fight a lot and struggle to work out any problems
There is give and take in my friendships	I feel like it's all give and no take

EMERGING YOUTH  
GROWING OUR FUTURE GENERATIONS

## Picture News (Articles 17 and 3)

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 supermarket chain, Asda, has launched fan zones for elderly people to enjoy the UEFA EURO 2024 football tournament (the Euros).

This week's question asks children: 'What is loneliness?'



### Individual Liberty

Anyone can feel lonely, and at times it is hard to reach out for help. We can each make choices to be considerate of others and provide love and support for those who might be feeling lonely.



### UN Rights of the Child

When making decisions, adults must always do what is best for the child. This includes prioritising children's emotional needs and taking steps to ensure their emotional wellbeing.



### Protected Characteristics

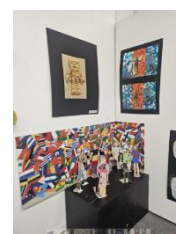
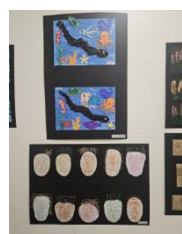


Elderly people may be more vulnerable to feeling isolated and lonely. We can be mindful of this so that we may offer help when needed. We all deserve to feel happy and loved.

Further to last week's general election and a change in our Government, children have explored what change there might be.

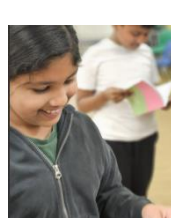
## Art Matters UEL Exhibition

Once again, we exhibited some of our children's art work at the Art Matters exhibition at the University of East London. We felt proud to see our children's work on display- there was a variety of materials and mediums used. Thank you to Miss Rana for exhibiting and showcasing our children's art.



## Year 5 Writer's Lab- Publication Day

Last week, Jonny delivered copies of the Writer's Lab anthologies to the Year 5 children who took part in a series of 5 sessions. REAL TALK is a vivid collection of essays, stories, poems and articles all written by children about the topics that they care about. It was great to see how excited the children were to read them!



## Mini Marathon London 2024

As part of the sponsored walk, Glade also qualified for the TCS Mini Marathon 2024. This involved running at least 2.6 miles, we are very proud of all our pupils who participated in the sponsored walk, and subsequently met the Mini Marathon challenge.

The aim of this challenge is to inspire pupils to be as active as they can and enjoy being outdoors. We hope that one day Glade pupils participate in the London Marathon. Thank you to Mr McKean for applying for the award.



## **Book Review by Aleeza 6B**

### **The Secret of the Night Train by Sylvia Bishop**

This book is about an adventurous girl called Max who is sent to live with her Great Aunt Elodie, in Istanbul. She travels by a night train that takes her across Europe. Suddenly, news breaks of a world known Heartbreak diamond that has gone missing! Max and her circle of friends must now become undercover detectives!

I enjoyed this book because it was a thrilling, mysterious and exciting adventure that had a rare, striking storyline- which to me makes it a book no one can put down!



### **Year 6 Performance of Lion King**

After all of their hard work, learning their lines and practising their dance moves, Year 6 blew us away at the dress rehearsals. We look forward to seeing as many Year 6 parents at their performance tonight at 6.30pm.

Thank you to the parents who attended the performance on Wednesday afternoon.



## **Science Shows**

If you are looking for some educational fun for your children this summer or perhaps an indoor experience to get away from the rain, we would like to suggest the Royal Institution of science shows. For example; the matinee performance of Science & Sorcery: Family matinee are on Saturday 27<sup>th</sup> July, 2.00pm - 3.15pm. Alternatively, the Ri Summer holiday workshops are taking place from Monday 29<sup>th</sup> July - Thursday 29<sup>th</sup> August. These sessions offer a broad range of workshops aimed at ages from 7 - 18 years and cover areas such as the solar system.

Book through the Royal Institute page: <https://www.rigb.org/whats-on>

## **FREE Family Dance & Storytelling - South Asian Heritage Month 2024**

London Borough of Redbridge have partnered with Vision Redbridge Culture & Leisure and Redbridge Institute Adult Education to deliver these two sessions as part of their new project: Active Body, Healthy Mind. South Asian Heritage Month will take place from Thursday, 18th July to Saturday, 17<sup>th</sup> August! This vibrant celebration commemorates the rich cultures, histories, and communities of South Asia. South Asian Heritage Month highlights the enduring connections between the UK and the diverse heritage of Afghanistan, Bangladesh, Bhutan, India, Nepal, Pakistan, Maldives, and Sri Lanka.

South Asian Heritage Month: Bangladesh Creative Dance and Storytelling with Wee Movers (Ages 2-7 years)  
Saturday 20th July 2:30pm – 3:15pm  
Children's Library, Redbridge Central Library, Clements Road, IG1 1EA  
FREE – Limited spaces available!  
Booking required - <https://visionrcl.org.uk/southasianheritagemonth/>

South Asian Heritage Month: Sri Lanka Family Dance & Story Telling (Ages 7-11)  
Saturday 20th July 3:45pm – 5pm  
Children's Library, Redbridge Central Library, Clements Road, IG1 1EA  
FREE - Limited spaces available!  
Booking required - <https://visionrcl.org.uk/southasianheritagemonth/>

## Farewell

At the end of this term, we will be saying farewell to Mr Miah, Ms Sana and our amazing Mr Crouch. I am sure that you will join me in thanking them for their dedication in improving the education of our children. We wish them all the best in their future endeavours.

You will all know that Mr Crouch has been a valued member of our school community for over two decades. As a child, he attended Glade Primary School and returned to teach Computing. Behind the scenes, he also manages our school website, event recordings and our school network. He will be greatly missed by all!



## 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.

Well done to **Year 5** for the highest attendance!  
Our whole school attendance target remains **96%**.

Year group	01.07.24
Nursery	80.39%
Reception	93.64%
Year 1	91.31%
Year 2	95.13%
Year 3	93.49%
Year 4	94.79%
<b>Year 5</b>	<b>95.04%</b>
Year 6	87.50%
<b>Whole School</b>	<b>92.27%</b>
<b>Without Nursery</b>	<b>93.02%</b>

## Awards

Well done to the following children:

<b><u>Gold Merit</u></b>	<b><u>Gold Reading Rocket</u></b>
3S- Rohan, Grace, Aren, Maaya, Anabia, Deen, Monassor, Nischal, Deyan and Riley	2M- Yousuf
<b><u>Star Reader</u></b>	<b><u>Pen Licence</u></b>
2M- Xavier and Khadija M	3S- Arya

## Stars of the Week- Article 29



Stars of the Week	
Nursery AM- Arvey	Nursery PM- Alizeh
RQ- Hessa	RM- Everly
1M- Kacey	1S- Ismael
2R- Reneece	2M- Ava Rose
3A- Inaara	3S- Rohan
4W- Amelia	4M- Shailen
5K- Aiza	5J- Eesa
6JM- Huzaiyah	6B - Mercy

**Writers of the Week- Article 29**



Star Writers	
RQ- Aila	RM- Rayyan
1M- Afra	1S- Lorenzo
2R- Shari	2M- Lincoln
3A- George	3S- India
4W- Ada	4M- Minnah
5K- Ismael	5J- Fatima-Zahra
6JM- Riyah	6B - Mustafa

**Mathematician of the Week- Article 29**



Mathematician of the Week	
RQ- Iliia	RM- Gavrina
1M- Khadijah	1S- Pragun
2R- Eesa	2M- Abubakr
3A- Arjan	3S- Grace
4W- Nawful	4M- Zara
5K-Ellay	5J- Isabella
6JM- Aadam	6B - Billy

**Key Dates**

Date	Activity
Thursday 11 <sup>th</sup> July	Year 6 performance 6:30pm
Friday 12 <sup>th</sup> July	Nursery picnics
Friday 12 <sup>th</sup> July	End of Year Reports to go home.
Monday 15 <sup>th</sup> July	Meet the new teacher. Class swap (am) Parents informed of new class teachers.
Wednesday 17 <sup>th</sup> July	3:30pm - Year 5 transition meeting for parents.
Friday 19 <sup>th</sup> July	Nursery party. Last day for Nursery 9am – Yr. 6. Parent’s breakfast. 10am – Yr. 6 Leavers’ assembly.
Tuesday 23 <sup>rd</sup> July	Last day of term – half day Reception and KS1- 1.15pm KS2 – 1.30pm
Monday 2 <sup>nd</sup> and Tuesday 3 <sup>rd</sup> September	INSET DAY- School closed to children.
Wednesday 4 <sup>th</sup> September	School open to children from Year 1 – Year 6
W/B 9 <sup>th</sup> September	Reception children return
16 <sup>th</sup> September	Current Nursery children return
WB 23 <sup>rd</sup> September	New Nursery children start

Yours Sincerely,

Mrs F Hussain  
Headteacher

