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Headteacher: Mrs Farzana Hussain

Thursday 18<sup>th</sup> November 2021

Dear Parents and Carers,

### Mental Health & Wellbeing

Over the last year, I am sure that you have all been on a rollercoaster of different feelings and emotions- some good and some not so good. All emotions are relevant and it is important to remember that they don't last forever. Emotions quickly change and we need to learn how to deal with the range of emotions that we may feel.

You can use this sheet to come up with ideas to feel better when you are having difficult feelings (sad, angry, annoyed, jealous or scared). You could discuss different things family members do to help themselves feel better. Choose your top three strategies, perhaps you can think of one we haven't included!

Keep this on display at home so when you have a difficult feeling, you can help yourself to feel better.



### Years 3 and 4 Author Visit- Jacqueline Wilson



Years 3 and 4 had a virtual visit by the fabulous author Jacqueline Wilson last week. She talked about her new book 'The Primrose Railway Children,' her journey as a writer and how she gets her inspiration for her books. The writers in Year 3 were captivated and are now determined to follow her lead:

"I enjoyed it when she told me to read books because it gives me ideas to interest the reader with my own writing." - Janaid 3A.

"I like the last story she wrote. It will help me write more in my own work because she uses lots of describing words." - Hira 3A

## Anti-Bullying Week

**Online bullying** can happen in games as well as on social media or messaging apps. It could be through unkind comments or messages, or by targeting other players within a game. Most games have reporting and blocking features, which can be used to support a young person who is being bullied online.



Here are some tips to support your child if you are worried about online bullying:

**Discuss how to report or block unkind messages.**

### **Have an open conversation**

Listen and offer support and encouragement. If your child is the victim of cyberbullying, remind them that this is not their fault and that no-one deserves to be treated in this way. Some young people think that if they are the target of online bullying, they must have done something wrong. It is also important to encourage your child to save the evidence. They can do this by taking a screenshot of what has happened or by keeping the messages they have received.

### **Don't reply**

Most of the time the person doing the bullying is looking for a reaction when they are being mean online. Tell your child not to reply, instead they should tell a trusted adult about what has happened. Reassure them that even if they are also at fault, they should come and talk to you or a trusted adult. You can then work out the best way to resolve the situation together.

### **Don't deny access to technology**

Although it can be very tempting to remove a device from a young person if they are being bullied, having their device taken away may prevent them from speaking to you about worrying issues in the future.

### **Discuss next steps**

Ask your child what they want you to do next. This might involve speaking to school to get support and advice, blocking the user or profile or reporting the behaviour to the site or service it is on.

## Children in Need Cake Sale



To raise money for Children in Need, we will be having a cupcake sale on Friday 19<sup>th</sup> November, during the morning playtimes. Nursery children will have the opportunity to buy cupcakes too. Cakes will be 30p each. Please send money in a named envelope for children in EYFS and KS1.

## Young Cyclists

It is great to see an increasing number of children cycling to and from school. If your child cycles or scoots to school, please speak to them about road safety. Many parents are sharing their concerns about children who are cycling dangerously, unaware of traffic around them. Please remind children to follow the Highway Code and to wear a helmet.



## Limited Access to the Main Office



As there has been a significant 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. Please help to keep our community safe.

## Late Collection Fees



Whilst the school appreciates that there are genuine reasons for the late collection of children at the end of the school day, the numbers of children being collected late is increasing. In accordance with the school's charging policy, parents who are late collecting their child will incur a charge of £5 for each 15 minutes that they are late.

## Attendance

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 target remains to achieve 96%.

Well done to Year 3 for the highest attendance last week.



Year group	W/B 08.11.21
Nursery	90.48 %
Reception	92.37 %
Year 1	94.97 %
Year 2	94.92 %
Year 3	97.76 %
Year 4	91.58 %
Year 5	97.50 %
Year 6	97.47 %
Whole school	94.99 %

## Awards

**Congratulations** to the following children for their achievements:

<u>Bronze Awards- Merits</u>		<u>Silver Award- Merits</u>
RM- Zayn, Laana, Shari and Artiom RP- Abubakr, Aren, Dean, Fatimah, Gracie-May, Michelle, Rayaam and Zayn 3Y- Dylan, Rajveer, Zohaam, Usman, Aurora, and Yaa. 4N- Zakariya, Mustafa, Osarugue, Taylan, Anayah and Harjot 4W- Aiden, Ahmed, Amaaya, Anaaya, and Andrei 5A- Simran, Parashuram, Selina and Tomas 6D- Deen, Ciaran and Muneeb		3Y-Leo 6D- Aadhav 6J- Abdul, Ibrahim S and King.
<u>Pen Licence</u>	<u>Reading Rockets- Bronze</u>	<u>Reading Rockets- Silver</u>
3A – Maryam and Janaid 5A- Melina, Yusuf, Michelle and Waniya 6D- Priya	RM- Aqib, Ameerah, Olivia and Roshan RP- Hassan 1H- Arjan, Prince, India, Maryam, Rohma and Shanza 2M- Anaye, Anika, Arham, Minnah, Athrav, Ella, Ebube, Giullia, Nida and Zain	1H- Arjan and Prince

## Stars of the Week

Well done to the 'Stars of the Week.'



Stars of the Week	
Nursery am- Abrish	Nursery pm- Vedanshi
RP-Edan	RM- Fatimah
1H- Emilia	1R - Rohan
2C- Sofia	2M- Naomi
3Y- Oliver	3A- Olivia
4N- Shreya	4W- Mya
5A- Gabriela	5U- Presha
6D- Jaiden	6J- George

## Writers of the Week!

Congratulations to our 'Writers of the Week.'



Star Writers	
1H- Prince	1R - Isabella
2C- Bradley	2M - Ebube
3Y- Munad	3A- Maria
4N- Mustafa	4W- Zubayr
5A- Simran	5U- Kleon
6D- Isaiah	6J- Yahya

Yours Sincerely,

Mrs F Hussain  
Headteacher

