



# GLEBE

## GLEBE PARENT NEWSLETTER



I hope you have all had a good week.

We recently welcomed Paul Wiggins, an education consultant, to Glebe. You may remember that he has previously undertaken a curriculum review as well as supporting us in areas of school improvement. His most recent visits included working with specific phase and subject leaders and giving them further training in monitoring of standards of teaching and learning.

As part of every visit, he writes a report of what he has seen within the school and here are some extracts from his latest report:

*In all classes visited children were on task, engaged and interested in their work.*

*The curriculum is ambitious and the intent is being appropriately implemented. There was a sense of purpose throughout the school.*

*High standards seen on a previous visit are clearly being maintained. There is a consistent, high quality approach throughout the school.*

*Glebe continues to provide a high quality education for the children in its care.*

*The Head teacher is investing time and effort in developing leadership at all levels, this is the correct approach and is paying off.*

*The phase and subject leaders have an impressive knowledge of their areas, could describe accurately what they were seeing and where they wanted to take their areas next.*

### Weekly Attendance %

1L	99.2
1A	98.9
4JL	98.7
RP	98.4
2P	98.3
5G	97.5
4J	97.2
1C	96.9
3V	96.7
3R	96.7
6K	96.6
5V	96.2
6L	96.2
4W	95.7
2M	95.5
3ME	95.3
RG	93.5
5I	93.2
RB	93.1
2S	92.6
6A	91.8

### Whole School

# 96.1%

FRIDAY 15TH MARCH 2024



# PROUD PAGE

## Ryan Carstairs - Ex-Glebe Pupil

Last Friday, 8th March, past pupil, Ryan Carstairs was crowned Sport and Recreation Alliance's Inspiration of the Year for his work with Swim England's Ripple Effect Project. He received his award from the Duke of Edinburgh, Prince Edward who is part of the Sport and Recreation Alliance.

Despite being profoundly deaf and autistic, Ryan has been a competitive swimmer for more than eight years and has also been training to become a timekeeper and judge - all while studying for an A-level in photography and a diploma in sports studies alongside caring for his mum.

Ryan, who was also named as a finalist in the Volunteer of the Year category at last year's Swim England National Awards, joined the Ripple Effect project through UK Deaf Sport.

Everyone at Glebe is so proud of you Ryan!



# BABY NEWS

I am delighted to report that Ms Dobson, one of our lunchtime supervisors gave birth to a beautiful baby boy on Sunday - very fittingly on Mother's Day. I am sure you will join me in congratulating Ms Dobson and her family on their new arrival.

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We also said a temporary goodbye and good luck to Ms Arshad today who is starting her maternity leave on Monday. Her class made her a lovely card and we gave her some flowers to wish her well during our EYFS and KS1 assembly this afternoon.

I am sure you will join me in wishing her well as she prepares for the arrival of her first child and we look forward to hearing of the baby's safe arrival soon. I will keep you updated.

# HIGHLIGHTS

## Reading Explorers' Library Visit

On Wednesday, a small group visited the library for their fortnightly visit.

This week has been science week and Holly, the librarian, introduced how science has been used to develop and design interesting architecture around the world. The children looked at buildings like the Burj Khalifa in Dubai, the Little Crooked House in Poland and Sydney Opera House in Australia. They were then in pairs challenged to design and build their own building using Lego. The children demonstrated their amazing imaginations and we had igloos, Anderson shelters and housing with amazing gardens.

The library runs a free drop in Lego club every Saturday between 10 and 12 and also coding sessions that can be booked online.

More information can be found on all the activities organised over the Easter holiday at <https://discover.hillingdon.gov.uk/library-events>





# HIGHLIGHTS

## Reception Spring Performances

On Monday, Tuesday and Wednesday this week, our Reception children performed their spring spectacular.

Given they have only been at school for 6 months, their confidence in front of a packed out audience over 3 performances was exceptional.

Those with lines spoke clearly and they all sang beautifully and with gusto! We were treated to a number of songs around the themes of spring and Easter and we learned lots of interesting facts about both.

The vast majority of the children loved their time in the spotlight and made their teachers and family members very proud.

A huge thank you to the staff in Reception for putting such a fantastic show together - getting almost 80 four and five year olds to sing and sit still when needed is no mean feat so well done to everyone involved.



# HIGHLIGHTS

## Writing Competition Reward

Yesterday morning, we took 30 children from year 2 to year 6 to the cinema. Why was this? Well these lucky children were the very talented winners of our Spring Writing Competition.

We had a wonderful time eating snacks whilst watching the movie and the children were incredibly well behaved the whole time we were there.

We were very proud of how well they represented the school and a fabulous time was had by all!

Miss Rhodes





# SPORTS NEWS

## CP Soccer School

I am sure many of you have heard the news that Craig Preston has made the difficult decision to close CP Soccer at Easter. CP Soccer School has been associated with Glebe for 18 years and we are sad to see it end.

I know many of you have asked if we are planning to offer an alternative as after school football coaching is extremely popular with our pupils and their families.

I am pleased to report that Primary Sporting Development (PSD) who currently support our teachers with PE lessons and already run a number of clubs after school led by Mr Tee (who the children all know) will be offering football coaching to the same year groups on the same evenings as before to avoid confusion and ensure the transition is as smooth as possible.

Further details to follow next week with how to access their booking system via their website.

# CURD CORNER

We are taking part in MYGroup's SchoolCycled scheme, meaning that we can now collect any plastic bottle tops and lids.

For every kilo that we collect, we will earn tokens towards new outdoor furniture made by MYGroup using the lids collected as part of the scheme. This includes chairs, tables, planters and mud kitchens.

You can drop off plastic bottle tops at the existing Terracycle collection points or send them to 1C. Please bag these separately from any items you may already be collecting for us to help with sorting.

Thank you for your support.





# REMEMBER



## Key Information & Dates



### Spring Term - 2024

Monday 18th March - Year 6 individual and all class photos

Monday 25th - Thursday 28th March - Year 6 Bikeability training

Tuesday 26th & Wednesday 27th March - Year 3 trips to the Chiltern Open Air Museum (two classes going on one day and one class going on the other day.)

**Thursday 28th March - Term ends - school day finishes 1 hour early**

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**Monday 15th April - Training Day - school closed to all pupils**

Tuesday 16th April - children return to school

Thursday 18th April - Reception and Year 6 height and weight tests

Thursday 2nd May - FOG discos - times to be confirmed

### Inclusion Workshops for Parents

#### Date

Thursday 25th April 2024 at 9:00am

Monday 20th May 2024 at 2:30pm

Tuesday 25th June 2024 at 9:00am

#### Workshop

Handwriting

Building and maintaining relationships

Social stories and meeting your child's sensory needs



If possible, please let them know that you are planning to attend so they can prepare enough resources for everybody. Please email [sen@glebeprimary.org](mailto:sen@glebeprimary.org)

We look forward to seeing as many of you as possible.

# UPDATES



This week's  
winners are



**2M**

**4J**

## Pre-Loved Uniform



Exciting news. From all the orders and sales over the past few months we have recently been able to donate £200 to both Year 3 and Year 4. This is for them to spend on the children and is collected from your donations. So thank you very much. We look forward to hearing how their monies will be spent.



# PRE-LOVED UNIFORM REQUESTS

In order to keep our store as organised as possible we wonder if you have any of the following items.

Do you have any of these which you could donate to us? Pictures for example only.

## **Plastic carrier bag holder:**



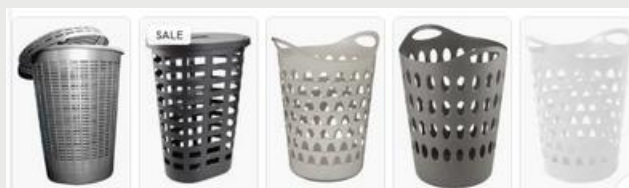
Ideally we would like one made of plastic (not fabric) these have lots of holes in so that you can pull out the plastic bags one at a time. They are usually mounted on the wall.

## **Clippy and trouser hangers**

Either with clips to hold the top of the item or with a bar to let the trousers hang down.

## **Tall plastic washing baskets**

(not wicker). Must be at least 1 meter high and made of plastic.



If you can help with any of these items please donate them into our uniform donation box in the foyer. For the larger items such as the washing baskets please speak to the office staff regarding when and where to drop it off.

Thanks again for your continued support.

Mrs. Whittaker (SRP), Mrs. L Fitzwater (Nursery), Mrs. Sumrakova (SRP)



# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College®



# NURSERY



# HIGHLIGHTS

# RECEPTION



# HIGHLIGHTS



# YEAR 1



# HIGHLIGHTS

# YEAR 2



# HIGHLIGHTS



# YEAR 3



In Year 3, we have been reading Stone Age Boy and hotseating the characters. In Art we have used oil pastels in our still life work.



PIC•COLLAGE

# HIGHLIGHTS

# YEAR 4

YEAR 4 HAD A GREAT  
TRIP TO THE ROMAN  
VERULAMIUM  
MUSEUM IN ST  
ALBANS THIS WEEK



# HIGHLIGHTS



# YEAR 5

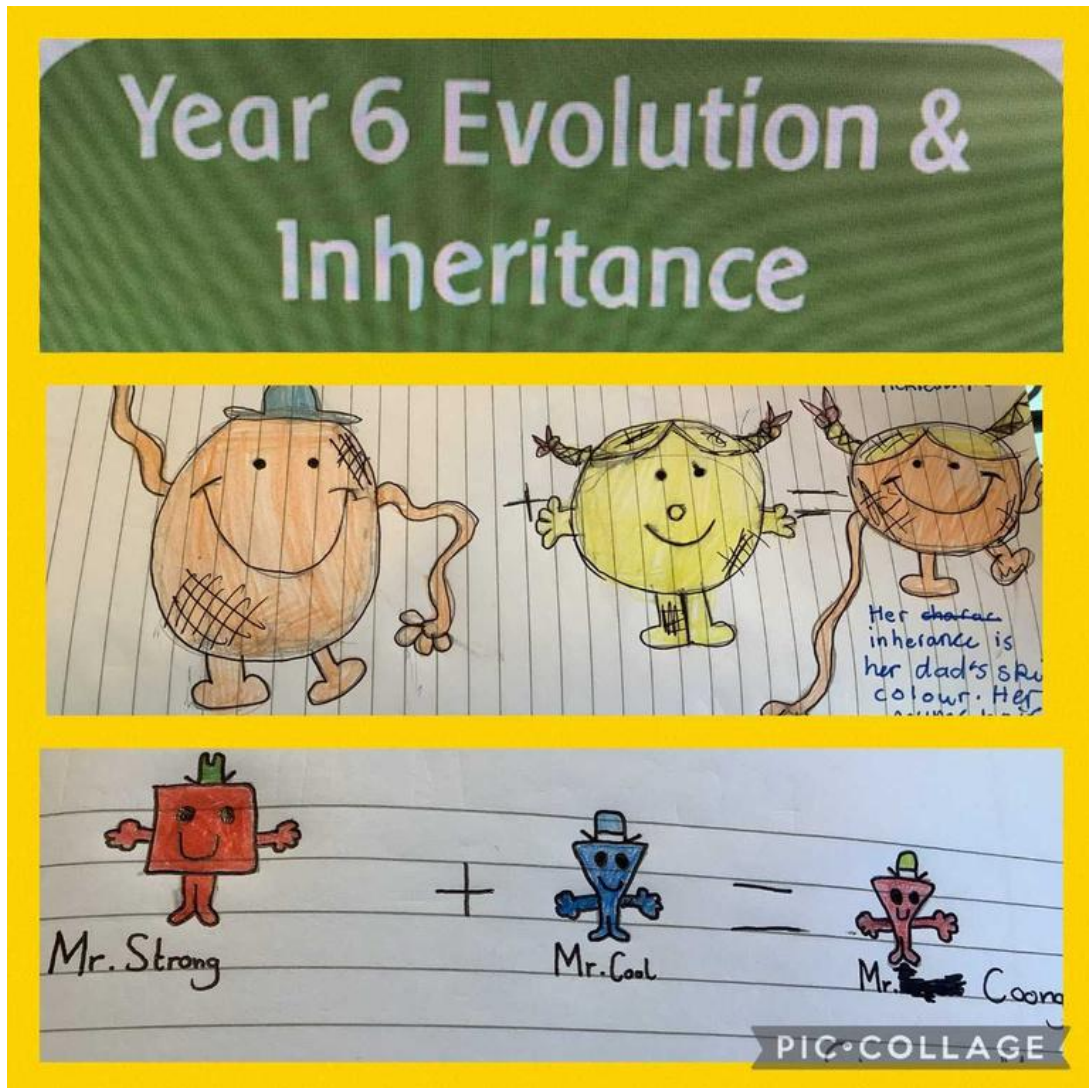


## YEAR 5 IN COMPUTING, WE WERE LOOKING AT HOW TO USE DATABASES



# HIGHLIGHTS

# YEAR 6



# HIGHLIGHTS





Wishing you all a lovely  
weekend.

Mrs Penney



GLEBE  
WEEKLY  
SCHOOL  
NEWS