



GLEBE

GLEBE PARENT NEWSLETTER



I hope you have all had a good week.

This week in school has been a busy and exciting one. Our Year 6 children completed their mock SATs tests, which are an important opportunity for them to practise working under test conditions, build confidence and help teachers identify any areas where additional support may be needed before the real assessments later in the year.

We were also delighted to welcome families into school for three wonderful performances from our Reception children, who did a fantastic job showcasing their beautiful singing voices.

In addition, our Year 3 pupils enjoyed a visit to the Chiltern Open Air Museum, where they were able bring their learning about the stone and iron ages to life through a hands-on experience.

FRIDAY 13TH MARCH 2026

Attendance No. of sessions missed this week (SESSION = 0.5 DAY)

RP	4
3D	5
6L	5
RW	7
2ME	7
3S	7
6K	7
4W	8
5I	8
6M	9
1M	12
5K	12
1B	14
2G	14
3G	14
RB	15
4JL	16
1S	17
4V	17
5F	18
2F	20

Whole School

236

sessions missed out of a possible 5790

HIGHLIGHTS

Year 3 trip to Chiltern Open Air Museum

First, we put our hi-vis jackets on and used the bathrooms. After that, we lined up in groups with a partner and boarded the coach. I sat next to Helin in the second to last back row. After a while, we got off the coach and travelled back in time to meet a stone age man. He asked us questions and pointed a spear at us. After we went to the dark forest to gather five parsnips and kill a wild boar or deer. We walked to his Summer camp and made fire by rubbing two things together. After, we hung leather on a frame to make a shelter. Then we made a paste and painted our faces. We used a type of bow to shoot a target and got a few go's each. Then we, washed our hand's and ate our delicious lunches. Finally we went to the iron age and made butter by mixing cream. Then we made flat bread and put it on a big fire pit. We also made flour by crushing a rock on some seed or span a rock while putting seeds in. We stuck our thumb in a ball of clay and shaped it into a cup shape. We boarded the coach and got back to school and went home.

My favourite part was making fire. I would recommend it to everyone as it was so fun. I felt excited on our way there. I told my family about the stone age making fire first.

Lily 3S



HIGHLIGHTS

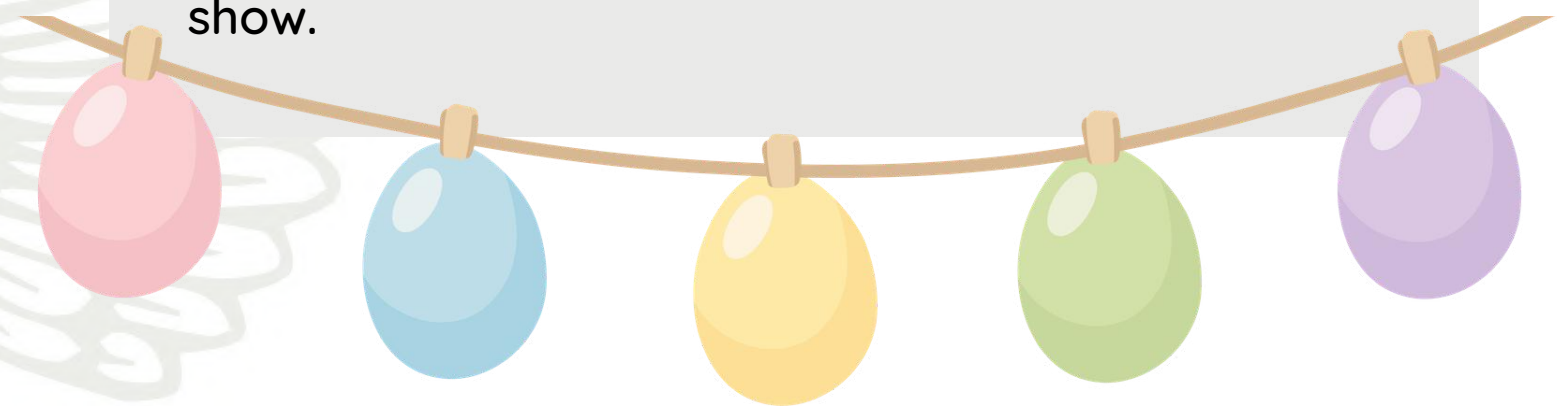
Reception Easter Performances

On Monday, Tuesday and Wednesday this week, the children in Reception delighted us with their wonderful show all about Easter.

They had learned so many songs about Easter (honestly, I have been in this game a long time and I had no idea how many songs about Easter there were!) and the children told us why we celebrate it.

The children sang with gusto and knew the lyrics and signs of all the songs. The children delivered their lines with the confidence of children who are much older and more experienced in the spotlight.

A huge well done to all involved and a special thank you to Mrs Bhardwaj, Mrs Pione, Miss Williams, Mrs Williams, Mrs Kesterlian, Miss Walters, Mrs Greenan and Miss Patel for putting together such a wonderful show.



REMINDERS



Doodlemaths

We have received confirmation this week that our subscription to Doodlemaths has now ended.

If you wish for your child to continue with this programme, follow the instructions on page 5 of this newsletter to set up a home account.



SchoolCycled

Please don't forget that we recycle bottle tops here at Glebe. The boxes can be found in the foyer and are clearly labelled.

Our most recent collection was worth:

3355 Earth Tokens and weighed: 13.42 kg

Our old balance was 19420 Earth Tokens

Our new balance is 26415 Earth Tokens

More details can be found on pages 12 and 13 of this newsletter.

Use the code DOODLE26_40 to save 40% on any Doodle home subscription, including on the already-discounted DoodleBundle of all 4 programmes, and the family bundle! (Code valid until 31st August 2026)

Annual home subscription usual price £69.99 - £159.99 (for family Bundle) - **now only £41.99 - £95.99!**

Follow these steps!

1 To redeem, please ensure you have linked your email address to your child's account:

- Ask your child to login to the app
- Tap on Settings > Parent Details
- Click on 'create parent account' and follow the instructions to link yourself.

2 If you already have an account and need to link yourself to a different child, select "Already have a parent account? Link to it here" at the bottom of the page!

Alternatively, please go to the Parent Dashboard and follow the instructions at this link.

3 Once linked to your child(ren):

- Log in to your Parent Dashboard with your parent login details
- Go to My account > Subscriptions > Change plan
- Select pay annually > Select your plan type > Select your subject(s)
- Pop in the code! (Ts & Cs can be viewed here)

Why upgrade to Premium?

- Unlimited access to a bespoke work programme targeting strengths and weaknesses
- Full access to the Parent Dashboard to see progress
- Games and motivational collectables to encourage 10 minutes a day of practice

An independent study has shown that children who use Doodle for 20 minutes per week are four times less likely to suffer learning loss.

If you need any support with this, please contact Doodle's parent support team directly via the green chat bubble in the bottom right-hand corner of the website.

Happy Doodling!



REMEMBER



Key Dates

Spring Term - 2026

Friday 20th March -

FOG Quiz Night - 8pm start (doors open at 7.30)

Wednesday 25th March -

Year 4 trip to Verulamium

Friday 27th March -

Non-uniform day for termly house point winners

SCHOOL FINISHES 1 HOUR EARLIER (2.20/2.30)

Easter Holiday - Monday 30th March - Friday 1st April

Summer Term - 2026

Monday 13th April -

Term starts (no training day)

Thursday 23rd April -

3S Class Assembly (re-arranged) at 9.15am (parking on the playground from 9.05am and not before for safety reasons)

Monday 4th May -

May Day Bank Holiday - school closed

Thursday 7th May -

1M Class Assembly at 9.15am (parking on the playground from 9.05am and not before for safety reasons)

Pre-loved uniform sale in the hall after school

Thursday 21st May -

1B Class Assembly at 9.15am (parking on the playground from 9.05am and not before for safety reasons)

Half Term - Monday 25th May - Friday 29th May



REMEMBER

Key Dates



Summer Term - 2026 (continued)

Half Term - Monday 25th May - Friday 29th May

Monday 1st June -

Training Day - school closed to all pupils

Wednesday 3rd June -

Year 3 chocolate workshop

Thursday 4th June -
parents at 5pm

Year 6 residential trip and sex education meeting for

Thursday 18th June -

1S Class Assembly at 9.15am (parking on the
playground from 9.05am and not before for safety reasons)

Monday 22nd June -

KS1 Sports Day (9.30 - 11.00)

Tuesday 23rd June -

EYFS Sports Day (9.30 - 11.00)

Wednesday 24th June -

LKS2 Sports Day (9.30 - 11.00)

Thursday 25th June -

UKS2 Sports Day (9.30 - 11.00)

Monday 13th July -

Year 6 production to parents at 9.15am

Tuesday 14th July -

Year 6 production to parents at 6pm

Friday 17th July -

Year 6 leavers' assembly at 9.15am

END OF TERM - SCHOOL FINISHES 1 HOUR EARLY

QUIZ NIGHT



FRIDAY 20TH MARCH

GLEBE PRIMARY SCHOOL HALL

DOORS OPEN AT 19:30

QUIZ STARTS 20:00

£30 Per Table (plus booking fees)
(Up to 8 people)



The Bar will be open all evening

For registration and more
information please visit:

www.pta-events.co.uk/glebeprimaryickenham






HOME INFORMATION



March's Musician of the Month


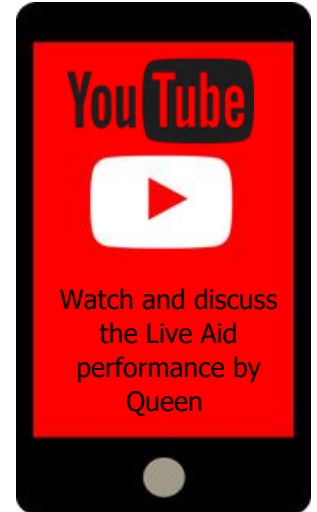
FREDDIE MERCURY

Now Playing



SPOTIFY

1:24 3:11

About: Freddie Mercury (born Farrokh Bulsara) was a British singer and songwriter who achieved worldwide fame as the lead vocalist and pianist of the rock band Queen. Regarded as one of the greatest singers in the history of rock music, he was known for his flamboyant stage persona and four-octave vocal range. Mercury defied the conventions of a rock frontman with his theatrical style, influencing the artistic direction of Queen.

Genres: Rock and Pop

Active from: 1969-1991

Origin: Zanzibar, Tanzania

Books to read...

If you like Freddie Mercury, try...



- Led Zeppelin
- Stevie Nicks
- Meat Loaf

What Parents & Educators Need to Know about STREAMING SERVICES

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

WHAT ARE THE RISKS?

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2026

SPRING CHOICE

BREAD AND SALAD BAR
AVAILABLE DAILY

WEEK 1

WC: 5th Jan, 26th Jan
16th Feb, 9th Mar, 30th Mar

WEEK 2

WC: 12th Jan, 2nd Feb
23rd Feb, 16th Mar

WEEK 3

WC: 19th Jan, 9th Feb
2nd Mar, 23rd Mar

MONDAY

Margherita Pizza & Potato Salad (V) (VG)
Spinach & Potato Curry with Steamed Rice (VG) (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Mixed Salad, Sweetcorn
Fresh Daily Salad Selection, Homemade Bread

Ice Cream & Fruit (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Margherita or Pepper Pizza (V) (VG)
Cheesy Bean Wrap (V)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Baked Potato Wedges, Mixed Salad, Peas
Fresh Daily Salad Selection, Homemade Bread

Chocolate Mousse (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Margherita or Sweetcorn Pizza with Coleslaw (V) (VG)
★ Veggie-Ball Curry & Steamed Rice (VG) ★
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Mixed Salad, Sweetcorn
Fresh Daily Salad Selection, Homemade Bread

Crispy Cake (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

TUESDAY

Oven Baked Sausages or Plant-based Sausages (VG)
Fisherman's Pie (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Mashed Potatoes, Savoy Cabbage, Carrots, Gravy
Fresh Daily Salad Selection, Homemade Bread

★ Peach & Forest Fruit Cobbler with Custard (V) ★
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Spaghetti Bolognese
Seasonal Vegetable Hot Pot (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Broccoli, Sweetcorn
Fresh Daily Salad Selection, Homemade Bread

Fruit Crunch & Custard (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

All Day Breakfast
English Veggie Breakfast (V) (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Hash Brown, Baked Beans, Peas
Fresh Daily Salad Selection, Homemade Bread

Fresh Fruit Salad (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

WEDNESDAY

★ Roast Chicken (GF) ★
★ Fish Finger or Quorn Dipper (VG) Wrap ★
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Roast Potatoes, Carrots, Peas, Gravy
Fresh Daily Salad Selection, Homemade Bread

Chocolate & Orange Cookie (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

★ Roast Chicken (GF) ★
★ Butternut Squash Wellington (V) (VG) ★
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Mashed Potatoes, Cabbage, Peas, Gravy
Fresh Daily Salad Selection, Homemade Bread

Jelly & Fruit (V) (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

★ Roast Chicken (GF) ★
★ Roasted Vegetable & Stuffing Tart (VG) ★
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

New Potatoes, Carrots, Broccoli, Gravy
Fresh Daily Salad Selection, Homemade Bread

Hot Chocolate Fudge Pudding (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

THURSDAY

Mild Chicken Korma (GF)
Tomato & Herb Pasta Bake (V) (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Steamed Rice, Broccoli, Sweetcorn
Fresh Daily Salad Selection, Homemade Bread

★ Jam Roly Poly & Custard (V) ★
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Cheese Topped Cumberland Pie
Shepherdess Pie (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Green Beans, Carrots
Fresh Daily Salad Selection, Homemade Bread

★ Yorkshire Parkin & Custard (V) ★
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

★ Chilli con Carne & Steamed Rice (GF) ★
★ Pasta Bar with a Choice of Toppings ★
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Sweetcorn, Carrots
Fresh Daily Salad Selection, Homemade Bread

Dorset Apple Cake & Custard (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

FRIDAY

Breaded Fish Fingers or Fishless Fingers (VG)
★ Cheddar & Broccoli Quiche (V) ★
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup
Fresh Daily Salad Selection, Homemade Bread

Banana Cake (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Crispy Crumb Vegetable Grill (VG)
Baked Sweet Potato Omelette (V) (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup
Fresh Daily Salad Selection, Homemade Bread

Lemon Cookie (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Crispy Golden Dippers (VG)
Cheddar Cheese Pie (V)
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup
Fresh Daily Salad Selection, Homemade Bread

Lancashire Cookie (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

★ NEW DISHES FOR 2025/26

V = Vegetarian | VG = Vegan | *GF = Gluten Free

For full allergen information please refer to your School Grid Account. *Gluten free products are prepared in a kitchen that handle products containing gluten. Any Halal menu variations will be displayed on SchoolGrid. Menus subject to change.

SUMMER GLOBAL FLAVOURS

BREAD AND SALAD BAR
AVAILABLE DAILY

WEEK 1

WC: 13th Apr, 4th May,
25th May, 15th Jun, 6th Jul

WEEK 2

WC: 20th Apr, 11th May,
1st Jun, 22nd Jun, 13th Jul

WEEK 3

WC: 27th Apr, 18th May,
8th Jun, 29th Jun, 20th Jul

MONDAY

Hand Stretched Margherita or Vegetable Pizza (V) (VG)
Sweet Potato Curry & Steamed Rice (VG) (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Garlic Slice, Green Beans, Sweetcorn
Fresh Salad Selection, Homemade Bread

★ Strawberry Ice Cream (V) ★
Seasonal Fruit, Fruit Yoghurt

Hand Stretched Margherita Pizza (V) (VG)
Mild Bean Chilli (VG) (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Potato Wedges, Sweetcorn, Green Beans
Fresh Salad Selection, Homemade Bread

★ Strawberry Mousse (V) ★
Seasonal Fruit, Fruit Yoghurt

Hand Stretched Margherita or Pineapple Pizza (V) (VG)
Coconut, Chickpea & Lentil Dhal & Rice (VG) (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

New Potatoes, Spaghetti Hoops, Green Beans,
Sweetcorn, Fresh Salad Selection, Homemade Bread

Ice Cream & Fruit (V)
Seasonal Fruit, Fruit Yoghurt

TUESDAY

All Day Breakfast
All Day Veggie Breakfast (V) (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Hash Brown, Baked Beans, Peas
Fresh Salad Selection, Homemade Bread

Fresh Fruit Salad (VG)
Seasonal Fruit, Fruit Yoghurt

Chicken & Coconut Curry (GF)
Tomato & Herb Pasta Bake (V) (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Rice, Green Beans, Cauliflower
Fresh Salad Selection, Homemade Bread

Red Velvet Brownie (V)
Seasonal Fruit, Fruit Yoghurt

★ Crispy Chicken or Quorn Dippers (VG) ★
Summer Pesto Pasta (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Chips, Sweetcorn, Broccoli, Ketchup
Fresh Salad Selection, Homemade Bread

Ginger Flapjack Cookie (VG)
Seasonal Fruit, Fruit Yoghurt

WEDNESDAY

Roast Chicken (GF)
Chinese BBQ Noodles (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)
★ Cheese & Tomato Panini Melt (V) ★

New Potatoes, Carrots, Savoy Cabbage, Gravy
Fresh Salad Selection, Homemade Bread

Chocolate Cookie (VG)
Seasonal Fruit, Fruit Yoghurt

Sausage Stuffed Yorkshire Pudding
Chunky Veggie-Power Biryani (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)
★ Hot Sausage Baguette (inc VG) ★

Mashed Potatoes, Carrots, Peas, Gravy
Fresh Salad Selection, Homemade Bread

Raspberry Jelly & Peaches (V) (VG)
Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)
Moroccan Rainbow Tagine & Sunshine Rice (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)
Tomato Chicken Melt

Roast Potatoes, Carrots, Savoy Cabbage, Gravy
Fresh Salad Selection, Homemade Bread

Watermelon Wedges (VG)
Seasonal Fruit, Fruit Yoghurt

THURSDAY

Pasta Bar with a Choice of Toppings (V) (VG)
Chicken Tikka Masala & Steamed Rice
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Sweetcorn, Carrots
Fresh Salad Selection, Homemade Bread

★ Summer Fruit Puff & Custard (V) ★
Seasonal Fruit, Fruit Yoghurt

Pasta Bar with a Choice of Toppings (V) (VG)
Mild Fajita Chicken & Steamed Rice (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Broccoli, Carrots
Fresh Salad Selection, Homemade Bread

★ Fruit Crumble & Ice Cream (V) ★
Seasonal Fruit, Fruit Yoghurt

Spaghetti Bolognese
Authentic Vegetable Curry & Rice (VG) (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Cauliflower, Carrots
Fresh Salad Selection, Homemade Bread

★ Chocolate Crunch & Custard (V) ★
Seasonal Fruit, Fruit Yoghurt

FRIDAY

Breaded Fish Fingers or Crispy Crumbed Vegetable Grill (VG)
Cheesy Leek Parcel (V)
Jacket Potato & Fillings (V) (VG) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup
Fresh Salad Selection, Homemade Bread

Chocolate Banana Slice (VG)
Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Quorn Dippers (VG)
Summer Salmon Salad (GF)
Jacket Potato & Fillings (V) (VG) (GF)
Baguette with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup
Fresh Salad Selection, Homemade Bread

Lemon Cookie (VG)
Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Fishless Fingers (VG)
Sweet & Sour Vegetable Noodles (VG)
Jacket Potato & Fillings (V) (VG) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Mashed Potatoes, Peas, Baked Beans
Fresh Salad Selection, Homemade Bread

★ Manchester Tart (V) ★
Seasonal Fruit, Fruit Yoghurt

★ NEW DISHES FOR 2025/26

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WHY WE'RE TAKING
PART IN

SchoolCycled

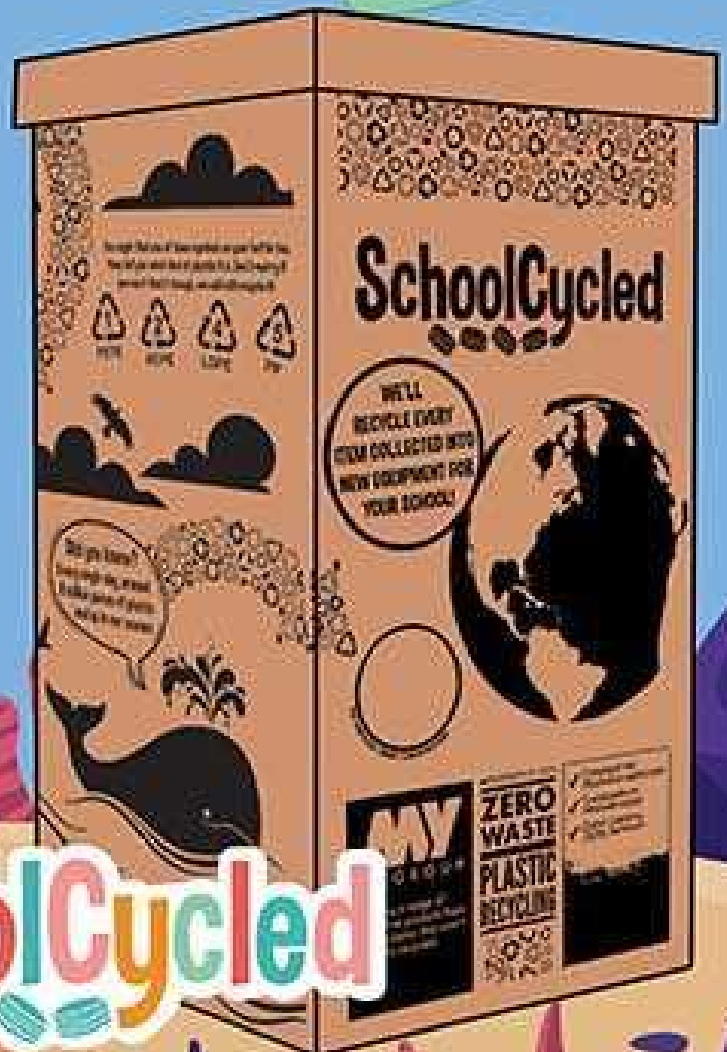


- SAVE PLASTIC CAPS FROM LANDFILL & THE OCEAN
- LEARN ABOUT PLASTICS & RECYCLING
- RECEIVE COOL NEW PRODUCTS FOR THE SCHOOL
- CREATE A BETTER AND GREENER FUTURE

HOW FAST CAN YOU FILL YOUR BOX?



**THE MORE CAPS
YOU COLLECT,
THE MORE YOU
ARE SAVING THE
ENVIRONMENT!**



SchoolCycled

Online Family Hub Timetable

1 February-31 March 2026



Thriving healthy households



HILLINGDON
LONDON

www.hillingdon.gov.uk/family-hubs

Online Family Hub Activities Timetable

Toilet Training

Supporting your child to use the toilet independently.

- 17 March 7-8pm

Behaviour Strategies

Supporting family life and challenging behaviour.

- 25 March 7:30-8:30pm

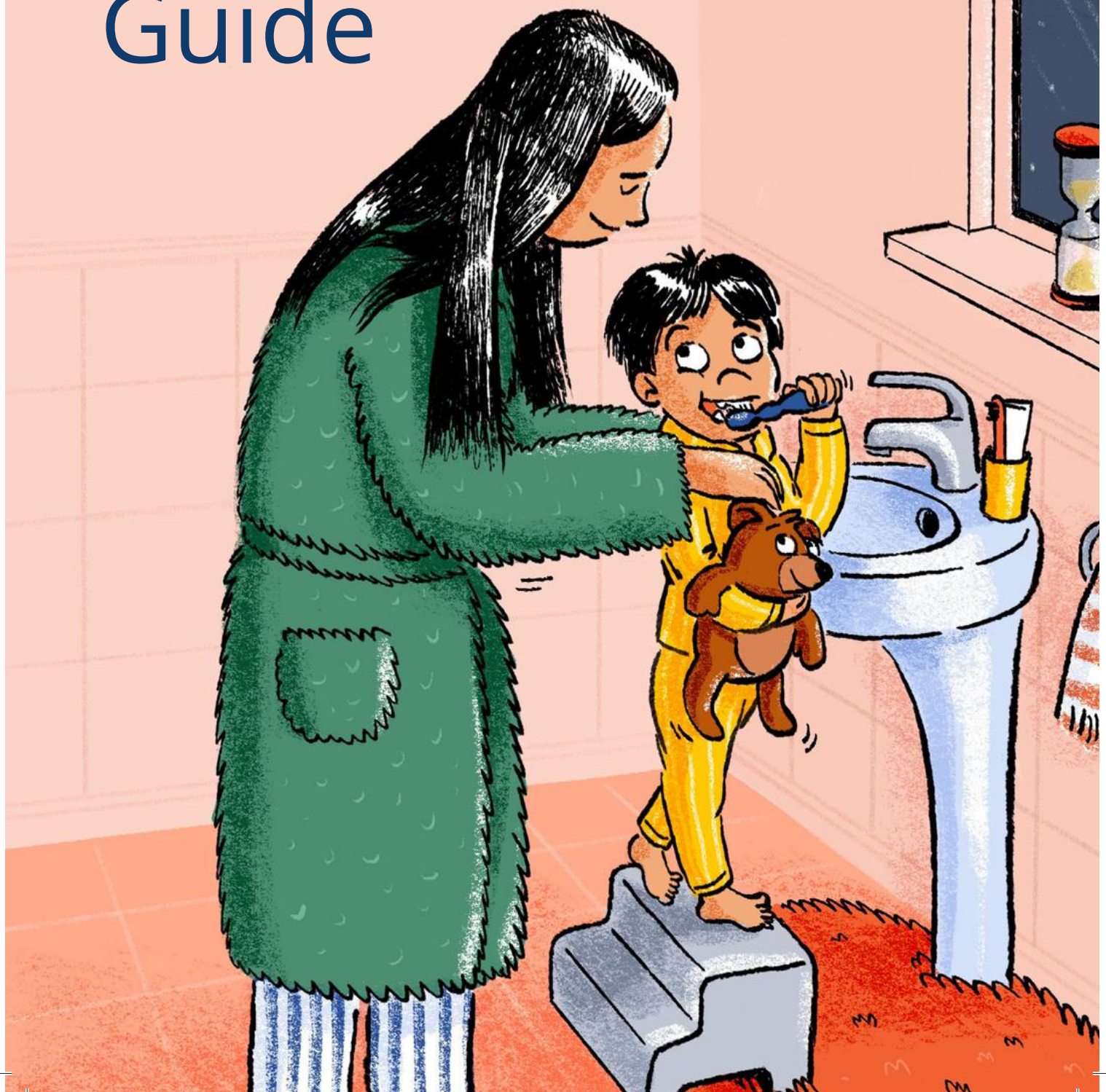
Hillingdon Children's Integrated Therapy Service (CITS)

CITS support families with children and young people with additional needs through assessment, therapy, training, and advice. Please use the link above for further details.



Five to thrive
champions

The Children's Toothbrushing Guide



Why do baby teeth matter?



Baby teeth aren't just practice teeth. They help


children bite and chew, support speech development, guide adult teeth into place and boost confidence when smiling.

When teeth aren't cared for, it leads to tooth decay which can cause pain, infection and long-term oral health problems.

Did you know?

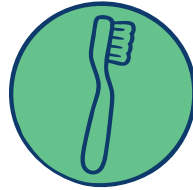
- Removal of decayed teeth is the most common operation for children aged 5-9.
- More than 1 in 5 children aged 5 have tooth decay – and that is almost entirely preventable!
- Brushing children's teeth right from the start helps develop good oral health habits from childhood to adulthood.



 There is lots of expert advice available, including for families of children with SEND. Visit the Children's Toothbrushing Guide website for useful links, resources and tips from experts.



Brushing children's teeth



When to brush:

- Start as soon as the first tooth appears.
- Brush twice each day - last thing at night or bedtime and on at least one other occasion.
- Brush for your child when they are very young. Then supervise until at least age 7, or they have reached the stage where they can tie their own shoelaces.

What do you need?

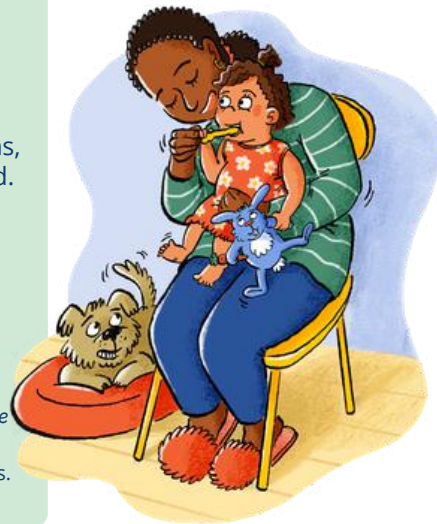
A small headed, soft or medium-soft bristled toothbrush

Change the toothbrush every 3 months, or sooner if the bristles are damaged.

Fluoride toothpaste

- Under 3 years
a smear of toothpaste containing at least 1000ppm (parts per million) fluoride
- 3+ years
a pea-sized amount of toothpaste containing between 1350-1500ppm fluoride

Check toothpaste packaging for fluoride levels.



How to brush

- Brush for 2 minutes, covering every tooth.
- Spit, don't rinse with water, to leave the fluoride coating the teeth.
- Brush using small circles, covering every surface. Remember to gently brush gums and behind teeth.

Visit the [Toothbrushing Guide website](#) for links to additional information, advice and guidance



Top tips include:

- 💡 Try a toothbrushing song or visual timer/app (e.g. Brush DJ) to encourage children to brush for the full two minutes. Visit our useful links page to find songs about toothbrushing.
- 💡 A mirror can help children see where they are brushing.
- 💡 Brush a favourite toy's teeth alongside your child for encouragement.
- 💡 Brush alongside your child to model good toothbrushing.

Other ways to ensure good oral health

It's not all about brushing. There are other things you should do to ensure your child has healthy teeth and gums.

Diet

- Cut down on 'free sugars' (any sugar added to food or drink) like those in cakes, sweets, sauces, juice, smoothies and some yoghurts and breakfast cereals.
- Offer water and milk as main drinks. If you do offer sugary drinks, keep them to mealtimes only and ensure they are very well diluted.
- Cut down on sugary snacks and drinks between meals.
- Limit the use of foods you suck from pouches. When using them, squeeze onto a spoon rather than sucking.

Bottles, cups and sipping

- From 6 months, introduce an open cup or a cup with a free flowing valve.
- From 12 months, avoid bottles or sippy cups that need sucking.

Dentist visits

- Schedule your child's first dental appointment once their first teeth appear and before their first birthday.
- Keep up with regular check-ups – dentists can spot problems early and help prevent decay.
- Ask the dental team for advice on looking after your child's oral health.

Supporting children with special educational needs and disabilities (SEND)

Children with SEND, especially those with sensory needs, motor skill or communications challenges may find brushing harder. It's important to establish a good toothbrushing routine as early as possible as it can be more difficult to introduce to older children. There is lots of expert advice and guidance available.

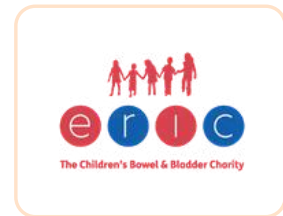
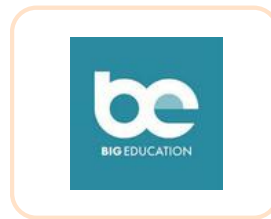
Visit the Children's Toothbrushing Guide website for links to additional information, advice and guidance.



Top tips include:

- 💡 Try different flavours of toothpaste, flavour-free toothpaste and/or brushes of various sizes and textures.
- 💡 Introduce brushing gradually: start with the toothbrush on the lips, then inside the mouth step by step.
- 💡 Brushing in different spaces (like the bedroom or sofa) can make children feel more relaxed.

This guide was created collaboratively by



FREE FUN FEMALE ONLY SESSION



**HAWKS
BMX
CLUB**

**SUN MARCH 29TH
2026**

1.00-2.00PM



Bike and equipment will be provided and 12 participants can be accommodated, so places are limited. We aim to run these sessions monthly.

Participants need to be able to ride an ordinary bike and stand up and pedal.

Participants also need to wear long trousers, ideally jeans. **NO Leggings.**

- ✓ Female Only Session
- ✓ BMX exercises
- ✓ Skills & BMX techniques
- ✓ Fun games & mini laps



HAYES HAWKS BMX TRACK

Lake Farm Country Park, Dawley Road,
Hayes, UB3 1EJ

Registration via email

hello@hawksbmx.co.uk

ABC
Alexander Bmx
Coach

The Free Session will be run by a
Female Coach, Harriet Alexander

NURSERY

Nursery has
been taken
over by
pirates this
week!



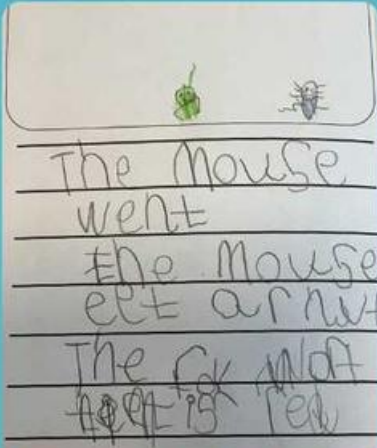
PIC•COLLAGE

HIGHLIGHTS

RECEPTION



In Maths we learnt about doubling



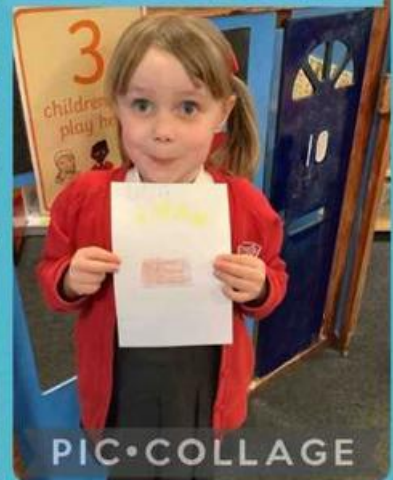
We looked at non-fiction books



We wrote about the Gruffalo



We drew daffodils



PIC•COLLAGE

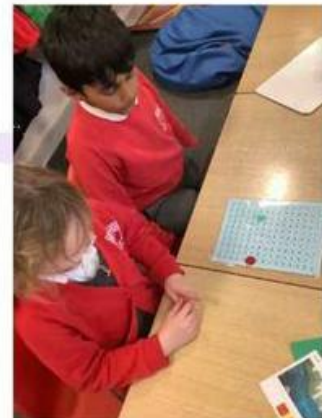
HIGHLIGHTS

YEAR 1

In Science we have been sorting materials.



In Maths we have been developing number knowledge to 100.



In PE we have been playing target games.



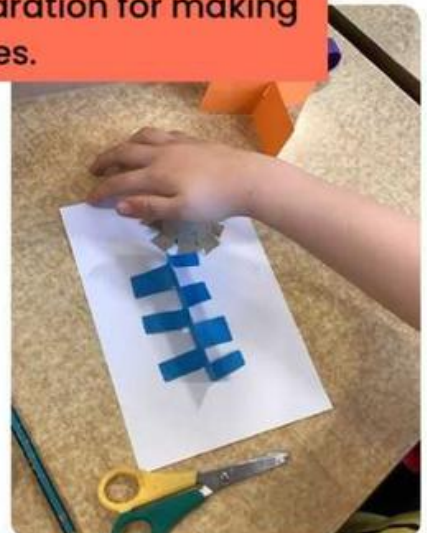
PIC•COLLAGE

HIGHLIGHTS

YEAR 2



Year 2 made nets and explored different joking techniques in preparation for making their castles.



We planted seeds and are recording their growth in science.



PIC•COLLAGE

HIGHLIGHTS

YEAR 3

We lit a fire using flint.



Year 3 went to The Chiltern Open Air Museum this week.



We made face paint using charcoal.



We whisked cream to make butter.



We ground wheat to make flour.



We made clay pots.



We made shelters using animal skins.



PIC•COLLAGE

HIGHLIGHTS

YEAR 4



PIC•COLLAGE

HIGHLIGHTS

YEAR 5



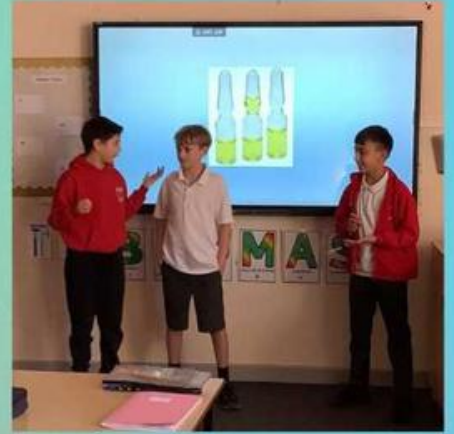
Learning about
Emergency Aid
in PSHE. The
recovery
position and
dialling 999.



HIGHLIGHTS

YEAR 6

YEAR 6 INVESTIGATED AND PRESENTED BIZARRE WEAPONS IN HISTORY



HIGHLIGHTS



Wishing you all
a lovely
weekend.

Mrs Penney



GLEBE
WEEKLY
SCHOOL
NEWS