



GLEBE

GLEBE PARENT NEWSLETTER



I hope you have all had a good week.

OPAL Update



I am delighted to say that Mrs Bhardwaj, our Curricular Lead for Outdoor Play & Learning has won her bid for our OPAL project to be put forward to a customer vote in Tesco stores. Voting will commence in store from Tuesday 28th April 2026 until the end of July 2026.

You will be able to vote to support us receiving money to enhance our OPAL provision. The project with the highest number of votes across our region will receive £1,500, the second placed project £1,000 and the third placed project £500.

Details about which stores are taking part in the voting for Glebe’s OPAL project are on page 4 of this newsletter.

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

4JL	6
5F	8
4W	11
4V	12
RP	13
1B	13
6L	14
1S	15
2F	15
6M	15
2ME	16
3D	16
3S	16
1M	18
5K	18
6K	21
RW	22
RB	24
2G	31
5I	33
3G	43

Whole School

380

sessions missed out of a possible 5790

HIGHLIGHTS

Voice in a Million

Glebe's school choir went on a trip to Wembley Arena, where we took part in VIAM (Voice in a Million) which is a massive school charity event that stands for the significant cause of adoption and fostering.

We really enjoyed it! The atmosphere in the arena was energetic and welcoming. 6000 children participated in this spectacular event. We sang 13 songs led by the stage choir and our parents came to watch us which encouraged us to sing better. Apart from the singing, we also had a lot of fun with friends and met new people. We fully support the important cause that Voice in a Million arranged the evening for: adoption and fostering. Guest stars appeared including Channi; Roxi and Jessy from Traitors; Johnny from Heart radio; Thea; Cody and Adoption UK representatives. At the beginning, there was a banner parade in which each of the schools got to show off their flag or logo - there was about 160 schools there! Our favourite moment was when Glebe waved their flag in the middle of the stairs proudly for everyone to see. Finally, the feeling that was in the hearts of everyone there felt warm and including because we were all part of something bigger than ourselves. It was really nice to be with other people who were passionate about singing. We are really grateful for the experience and hope we get to enjoy any more like it!

Review by Paridhi and Priyanjali

VIA M



PIC•COLLAGE

You can vote in any of the following stores:

2341 Cowley Express UB8 2HL
3083 Northwood Hills Express HA5 2PA
3153 South Hayes Express UB3 4NE
3335 Uxbridge Express Express UB8 1ND
3470 Yeading Extra UB4 9SQ
4540 Hillingdon Pield Heath Rd Express UB8 3NJ
4824 Northwood Express Express HA6 2XY
5077 South Ruislip Express HA4 0QP
5561 Ruislip Manor Express HA4 8NR
5787 Ickenham High Road Express UB10 8LB
6091 Ruislip High Street Express HA4 8LR
6142 Hayes Uxbridge Road Express UB4 0RU
6163 Yiewsley Superstore UB7 7FP
6170 Hayes Station Road Express UB3 4BH
6616 West Drayton Express UB7 7SF

To check the location of any of the above stores, please go to the Tesco website here: <http://www.tesco.com/store-locator/uk>

To vote, you will need to make a purchase within store of any value. You will receive one token per transaction and it's not necessary to purchase a carrier bag in order to receive a token.

Tesco have advised the following:

Don't:

- Tamper with the voting unit (otherwise your project may be void from the vote)
- Influence customers casting their vote at the voting unit
- Take more than one token from the self-serve checkouts
- Collect Tesco tokens from stores that are not within your region to vote for your project

Please note, if you or your supporters do not adhere to this guidance, this may affect your grant award.



NETBALL NEWS

The first team we played was the A team of Heathrow and we won 3-2. We were off to a good start! Then, the next game we lost 2-1 to Hillingdon but we didn't give up and we won our next game against 3-1 to John Lock.

We played Breakspear next and won 2-1. Unfortunately, our next game against Hillingdon, we lost 2-1.

Finally, the shooting challenge started: there was a person stood behind the goal and waited for the other person to shoot. We all got one go and Erin scored the starting goal. Luckily, the rest of our team scored a couple more with Izzy scoring the last goal, which gave us a total of 11 goals. We finished 8th, which is an incredible performance.

In conclusion, we all had a great time! We only conceded around 7 goals and scored 12 goals in the whole tournament.

We would like to give credit to our amazing teammates: Cleo, Rosie, Harlow, Elijah, Izzy, Tamara, Mariam, Erin and Stefania.



By Stefania and Erin



TRAFFIC/PARKING PAGE



Illegal/Inconsiderate Parking

I have received an email this week with photographs of several cars who have parked on either the yellow or white zig zag lines to collect from extra-curricular clubs yesterday afternoon. Even though these are considered 'out of hours' timings, there are still safety issues as a number of our children attend these clubs. Additionally, by parking on both sides of the road on the zig zag lines, these parents are causing obstruction to other road users. At that time of the day, there is ample parking in the resident bays so there is no reasonable excuse for causing congestion and endangering children.



Parking Enforcement

If you observe a vehicle parked in violation of parking restrictions, you may report it to the enforcement hotline at 01895 271418. Alternatively you can report online, please search "Reporting illegally parked vehicles" on the Hillingdon website:

<https://pre.hillingdon.gov.uk/site-search/results/?q=reporting+illegally+parked+cars>



REMEMBER

Key Dates



Spring Term - 2026

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

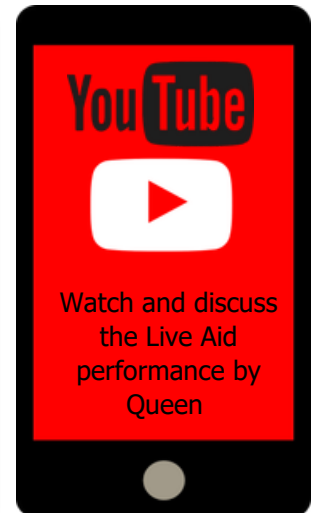
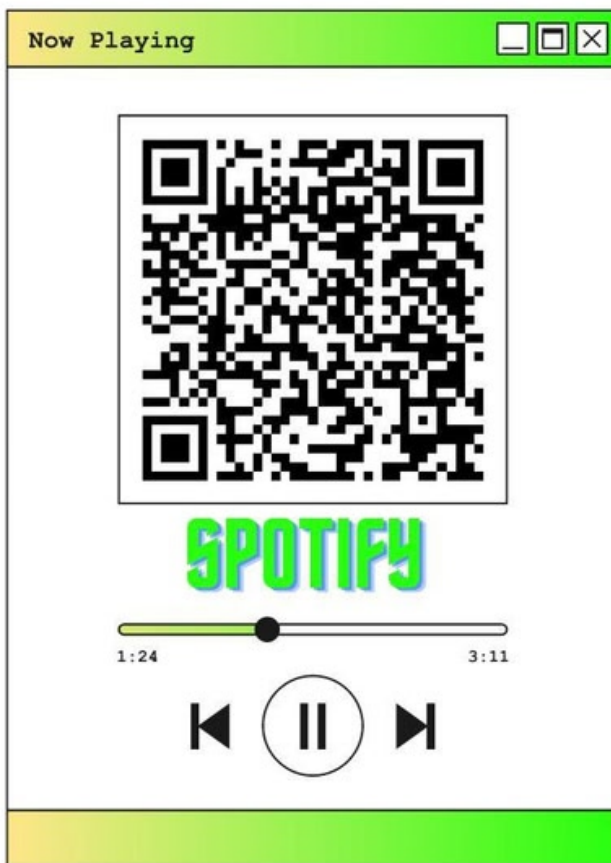


HOME INFORMATION



March's Musician of the Month

FREDDIE MERCURY



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 ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glorify gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as reportharmfulcontent.com.

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via childline.org.uk.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



The National College®

See full reference list on our website



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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

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WHY WE'RE TAKING
PART IN

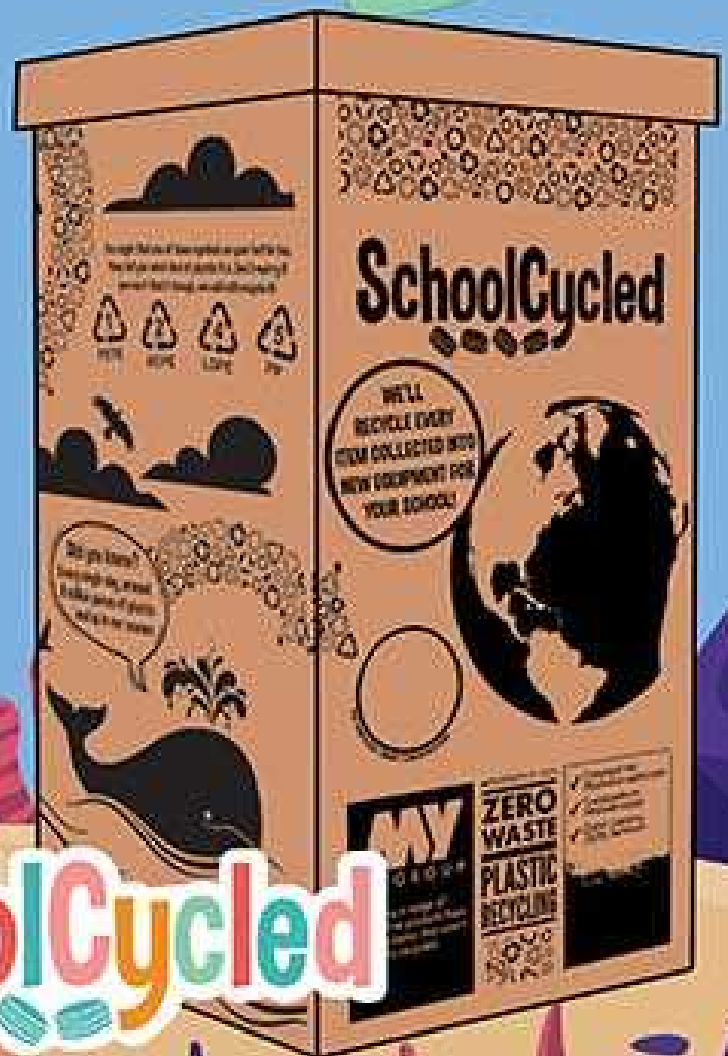
SchoolCycled

- 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

SWIMMING CRASH COURSES

HIGHGROVE POOL & FITNESS CENTRE



MONDAY 30TH MARCH - THURSDAY 2ND APRIL
TUESDAY 7TH APRIL - FRIDAY 10TH APRIL

30.03 MONDAY - 02.04 THURSDAY

JUNIOR FOUNDATION NON-SWIMMER

Recommended for new swimmers and those in Red.

09:30-10:30

JUNIOR FOUNDATION TOP-UP

Recommended for swimmers in Amber and Green.

10:30-11:30

INTRO TO DEVELOPMENT NEW OR NEARLY READY

For swimmers in Green who are nearly ready for Bronze and those who have just moved into Bronze.

11:30-12:00

07.02 TUESDAY - 10.04 FRIDAY

JUNIOR FOUNDATION NON-SWIMMER

Recommended for new swimmers and those in Red.

09:30-10:30

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INTRO TO DEVELOPMENT NEW OR NEARLY READY

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11:30-12:00



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

Behaviour Strategies

Supporting family life and challenging behaviour.

- 25 March 7:30-8:30pm

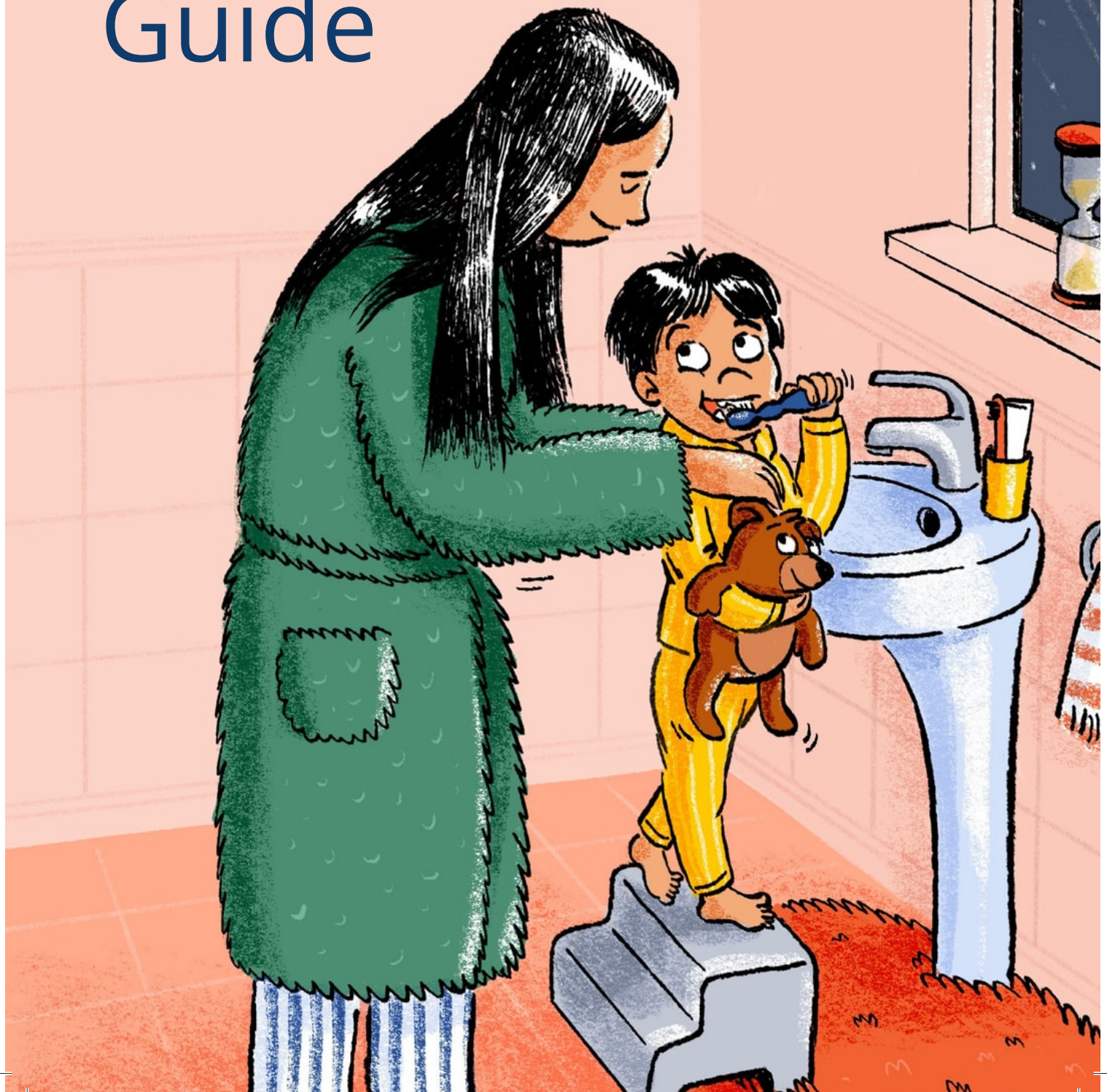
Hillingdon Children's Integrated Therapy Service (CITS)

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.



justgiving

firewalk
bold, brave and bonkers

**bold, brave
and bonkers**

Hello Team Glebe,

This is slightly odd and a little out of my comfort zone, but sometimes you find yourself wanting to do something good, even if it means stepping a little outside what feels comfortable.

This Friday, I will be taking part in a fire walk in support of **Michael Sobell Hospice**, a local charity that offers incredible care and support to people and families going through some of life's hardest moments.

If you fancy backing this slightly brave, slightly bonkers mum, I would be hugely grateful.

I know we are all asked for donations from many directions, and times are not always easy, but you can... every little bit helps, and your support would genuinely mean a lot.

Thank you for cheering me on. Marissa Brown :)

**A few steps for a good cause... if you'd like to support me.
Marissa Brown Fundraising for Michael Sobell House Firewalk
2026 run by Michael Sobell Hospice**

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

Alexander Bmx
Coach

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

KARATE KIDS

www.KarateDojo.co.uk

ACADEMY

EXCLUSIVE OFFER FOR GLEBE PRIMARY STUDENTS!



NEW MEMBERS who start at
Ickenham Village Hall **GET 10% OFF!**



-  **Concentration**
-  **Self Defence**
-  **Discipline**
-  **Confidence**
-  **Respect**



*"BE AWARE, BE ALERT
AND BE READY"*

FREE TRIAL LESSON

**Hayes & Harlington
Community Centre**

(Entrance via Keith Rd),
Hayes, Middx. UB3 4HR

Mon: 5:30 - 6:30pm

Wed: 5:00 - 6:00pm

Thurs: 5:00 - 6:00pm



***Offer valid only for new
members starting at
Ickenham Village Hall***

Ickenham Village Hall

33 Swakeleys Road,
Ickenham. UB10 8DG

Tues: 5.00 - 6.00pm

07443 291 291

www.KarateDojo.co.uk

All instructors are Enhanced DBS (CRB) Checked and qualified as First Aid paediatric



EASTER CAMP

ACTIVITIES

- Dance ●
- Gymnastics ●
- Games ●
- Arts & Crafts ●
- Easter Egg Hunt ●

2026

BOOK HERE

<https://futunity-uk.classforkids.io/camp/2>



**MONDAY 30TH MARCH
THURSDAY 2ND APRIL**

9.00AM – 4.00PM

Oakwood School
Sutton Court Rd, Hillingdon,
UB10 9HT

Contact Us:

admin@futunityuk.com

07525 900428

NURSERY



*A week of
spring, Eid
and st
Patrick's day
in Nursery.*



PIC•COLLAGE

HIGHLIGHTS

RECEPTION



HIGHLIGHTS

YEAR 1

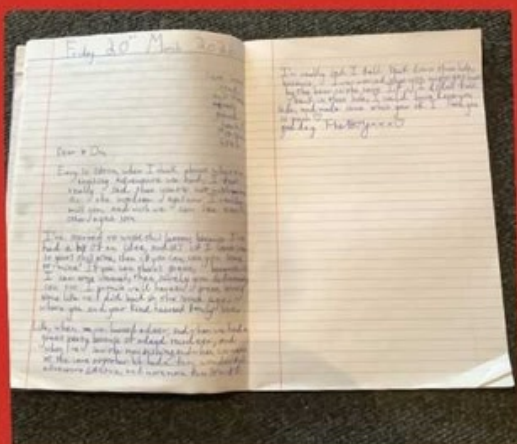


HIGHLIGHTS

YEAR 3



We went
outside to
read!



We have been
practising
skipping in
PE.



We wrote and
published our
letters in
English.



PIC • COLLAGE

HIGHLIGHTS

YEAR 4

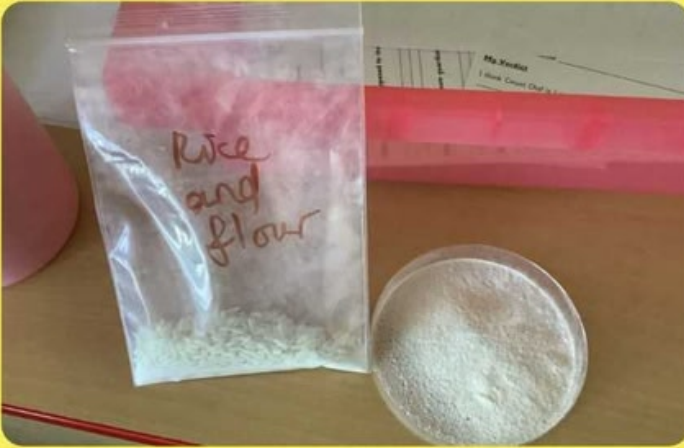


YEAR 4 HAVE BEEN LEARNING
ABOUT FORGIVENESS IN RE.



HIGHLIGHTS

YEAR 5



Investigating
how to
separate
mixtures in
Science.



Mix of solid materials	Prediction	Equipment related for separating materials	Observations
rice & flour	rice stays in sieve flour through	Sieve	Separated flour now smooth
Salt & flour	filter paper test of tube	filter paper test tube	water started dripping through without salt and rice stayed in sieve and salt went through holding bag smooth
rice & salt	sieve - the rice will sieve stay in		rice stayed in sieve and salt went through holding bag smooth
rice, salt & flour	no steps in sieve the salt will sieve	sieving	rice stayed in sieve and salt went through holding bag smooth
separating method	sieving		

Mix of solid materials	Prediction	Equipment related for separating materials	Selecting Methods	Observations
rice flour	sieve	sieving	sieving	Separated from flour
salt flour	filter paper test tube	filter paper test tube	filtering	The water dripped through with salt
rice salt	sieve	sieving	sieving	rice stays salt falls everywhere
rice, salt flour	sieve and filter paper test tube	sieve	sieving	rice stays

HIGHLIGHTS

YEAR 6



Visit from the Battle of
Britain Bunker



PIC•COLLAGE

HIGHLIGHTS



Wishing you all
a lovely
weekend.

Mrs Penney



GLEBE
WEEKLY
SCHOOL
NEWS