



GLEBE

GLEBE PARENT NEWSLETTER



I hope you have all had a good week.

We continued our phase monitoring this week. We also visited classes to see the children learn the editing process in writing lessons. Being able to edit, amend and improve your writing is a real skill and takes patience and maturity. Miss Griffiths and Miss Imane observed this happening in year 2 with the children getting into excellent habits of reading their work through and then editing to improve their first draft. We will be focusing our attention to observing the editing process throughout the school this half term.

FRIDAY 25TH SEPTEMBER 2026

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

5F	0
6M	1
1B	3
5I	4
3F	5
2B	6
3JD	7
1M	8
3TA	10
6L	12
4K	13
4G	13
1P	14
2S	14
2ME	15
4V	17
5K	17
6D	20
RB	24
RLW	24

Whole School
227
sessions missed out of a possible 4480

HIGHLIGHTS

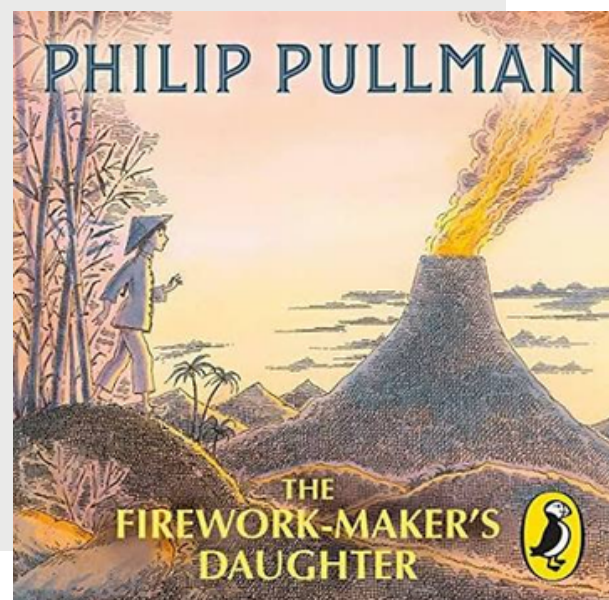
5K Class Assembly

On Thursday, 5K delivered the first assembly of the academic year and what a fantastic assembly it was! The children told us the story of The Firework-Maker's Daughter by Philip Pullman, shared their learning of the Amazon Rainforest and explored the importance of resilience. They spoke clearly and confidently, sharing their learning with enthusiasm and explained how perseverance can help us to become truly unstoppable.

Their beautiful singing and excellent teamwork made the assembly a joy to watch and I was so impressed with them all! Every child played their part and showed great commitment, confidence and enthusiasm. Well done, 5K!

A big thank you to Mrs Khan, Mrs Sumrakova, Mrs Longhurst, Miss Mistry and Mrs McLevey for supporting the pupils and helping them put on such a fantastic assembly.

Miss Imane



PROUD PAGE

Grace in Year 4



I received a lovely email this week from the Children's Director at Hillingdon Musical Society, Ali Whittall, informing me that our very own Grace Sommerville is performing this week in the local amateur premier of Disney's Frozen the Musical at The Winston Churchill Theatre, Ruislip.

Ali reports that Grace has been a confident and diligent performer and a great addition to the cast. The show runs until tomorrow night (Saturday) when Grace will be performing.

Details of the show are on page 19 of this edition.

RESPECT

Ambassadors



Weekly Winners

KS1



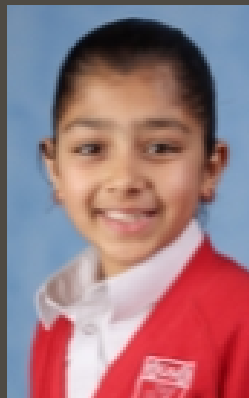
Luke S in year 1 for being respectful towards his classmates, teachers and the school. He uses kind and polite language, listens to others and takes good care of school property and resources. He has been an outstanding member of the class.

LKS2



Adesuwa in year 4 for treating school resources with care and for ensuring that everything is tidied away at the end of a lesson.

UKS2



Krina 6D- for demonstrating kind, inclusive and considerate behaviour towards others during all lessons and when outside in the playground.



REMEMBER

Key Information & Reminders



Glebe Avenue Road Closure

We have received confirmation that Glebe Avenue will be closed between **9.30am and 3.30pm from Monday (28th) for 3 days**. This means access at morning drop off should not be affected but please leave extra time for afternoon pick up as Austins Lane will be the only access to the estate, so traffic will be heavier than usual. As I said last week, we will make reasonable adjustments at collection time, by keeping the main gates open for slightly longer than usual to accommodate for any hold ups. However, we would still expect parents to aim for a 3.30 collection.



Save our Willow Tree

Our willow tree is very poorly and we have been told it can possibly be salvaged but will need to be properly pruned and treated which comes at a cost.

Details will be following shortly about how you can help us with our mission. Watch this space.

REMEMBER



Key Dates



Autumn Term - 2026

Wednesday 30th September – 6M & 6D Tower of London

Thursday 1st October – 6L Tower of London

Monday 5th October – Year 4 Production to Parents 9:15pm

Tuesday 6th October – Year 5 Trip to Royal Institution of Science
Year 4 Production to Parents 2:30pm

Wednesday 7th October – Year 5 Trip to Royal Institution of Science
Year 4 Production to Parents 5pm

Thursday 8th October – Year 5 Trip to Royal Institution of Science

Thursday 15th October – 5F Class Assembly* – 9.15am

Tuesday 20th October – Parents Evening 4 – 7pm

Thursday 22nd October – Parents Evening 4:30pm – 7:30pm

Monday 26th October – Friday 30th October Half-term

Monday 2nd November – INSET DAY

*** parking on the playground from 9.05am but not before for safety purposes.**

A Peaceful School Run

Getting children to school on time can feel like the most stressful part of the day. There is so much to do in such a short period of time, when children might not be ready for it. In this free workshop, you'll discover simple ways to make your school runs feel like teamwork, not a battle:

- ***Create small moments of connection while still getting things done***, so that you start the day feeling closer.
- ***Support your children with the big emotions that mornings can stir up***, so that emotions feel less overwhelming and you can start the day with more calm.
- ***Encourage your children to take a more active role in getting ready***, which not only builds their independence but also gives you more breathing space in the morning.

You'll leave the workshop with practical steps to make your school runs more peaceful and more connected.

Online workshop via Zoom

Tuesday, September 29

Select your preferred time to register:

1:00 - 2:00 pm or 8:00 - 9:00 pm



The workshop will be delivered by Una Archer, MSc. She uses a tried and tested attachment-informed framework to help parents feel more confident and navigate the challenges of parenting in a more connected and peaceful way. To find out more, visit www.helpyourchildthrive.co.uk



Defence
Children
Services

Service Pupil Premium 2026

Help your child's school to qualify for extra funding to support Service children

- Are you a parent of a Service child in a state school, academy or free school in England?
- Is your child in Reception to Year 11?

If the answer is yes, your child's school may be eligible to receive **£360 of additional funding** with the **Service Pupil Premium (SPP)**. Inform your child's school of your Service status before **1 October 2026**, to help them secure this extra funding.

How will the funding support my child?

The SPP is intended primarily for pastoral support, helping Service children manage the challenges of Service life, and supporting their education and wellbeing. Schools decide how best to use the funding to support their Service children.

Schools may receive Service Pupil Premium (SPP) funding for pupils who meet one of the following criteria:

- A parent is serving in the regular Armed Forces, including those on Full-Time Reserve Service (Full Commitment).
- A parent died whilst serving in the Armed Forces and the pupil receives a pension under the Armed Forces Compensation Scheme or the War Pensions Scheme.
- The pupil has been registered as a "Service child" in the most recent DfE school census, or has been registered in a DfE school census at any point during the previous 6 years.
- A parent is serving in the Armed Forces of another nation and is stationed in England.

For general queries:

Email the Education Policy Team: RC-DCS-HQ-EPT@mod.gov.uk

For more guidance, visit: <https://www.gov.uk/government/publications/service-pupils-in-schools-nonstatutory-guidance/service-pupils-in-schools-non-statutory-guidance>



Department
for Education

FOG PRESENTS

THRILLER!

★ A NIGHT TO CELEBRATE THE KING OF POP! ★

MOONWALK
DOWN
MEMORY LANE!

**A MICHAEL
JACKSON
TRIBUTE ACT**



ALL HIS HITS INCLUDING
BEAT IT!
BILLIE JEAN!
THRILLER!



FRIDAY

16TH
OCTOBER
8PM

£15
PER TICKET



**THE FOG
INN
IS BACK!**

**ADULTS
ONLY!**

TO PURCHASE TICKETS GO TO
www.pta-events.co.uk/glebeprimaryickenham

SCAN ME!





SCHOOL FUNDRAISING

More clothes -
more funds for
your organisation.
1 kg = £0.45

YOUR COLLECTION IS
ARRANGED ON:

**Friday 6th November
9AM***

FILL ANY BAG WITH CLOTHING AND BRING
THEM TO SCHOOL
WE WILL COLLECT AND WEIGH THEM

WE ACCEPT

- Good quality clean clothing (adult's, children's, baby)
- Shoes (paired)
- Bags
- Hats & scarves
- Belts
- Fashion accessories
- Swimwear, lingerie
- Jewellery
- Perfumes

WE DON'T ACCEPT

- Uniforms
- Dirty, wet, ripped, damaged clothing
- Traditional clothing
- Duvets & pillows
- Single shoes
- Toys, stationery
- Bric-a-brac & electrical items
- Books, CDs, DVDs
- Workwear
- Carpets, rugs, mats, curtains
- Hygiene items, diapers
- Linen & towels

PLEASE NO UNIFORMS & DUVETS!

RAISE MONEY FOR YOUR SCHOOL BY GIVING
AWAY YOUR UNWANTED CLOTHES

*PLEASE DO NOT BRING BAGS BEFORE OR AFTER THIS DATE

About Lean

Lean (also known as Purple Drank, Dirty Sprite or Sizzurp) is a recreational drink made by mixing cough medicines with fizzy drinks and sweets. It may contain codeine (an opioid), promethazine and dextromethorphan. The ingredients and strength can vary, making it difficult to know exactly what has been consumed.

Why Are People Using It?

People may use Lean because it can create feelings of relaxation, euphoria and sleepiness. However, regular use can affect physical health, mental wellbeing, relationships, education and employment.

You can overdose on Lean, especially if it contains codeine and if you are also drinking alcohol or taking other drugs or medication. Lean can cause dependence, and some people experience withdrawal symptoms if they stop using it after regular use. If you're worried about your own use, or someone else's, support is available.

ARCH Hillingdon

ARCH Hillingdon is a free and confidential drug and alcohol service for people living in Hillingdon.

We support adults who are worried about their alcohol or drug use and would like help to make a change. This could be reducing their use, stopping completely or simply speaking to someone about what support is available.

We also have a dedicated Young People's Service, which provides drug and alcohol support for young people in Hillingdon. Our team will work with you to understand what support you need and agree a treatment plan with you.

Get Support

✉ arch.hillingdon@nhs.net ☎ 0203 838 7850

✉ Sorted@hillingdon.gov.uk ☎ 01895 277222

ARCH Hillingdon

SCAN ME



SORTED

SCAN ME



Arch | ADDICTION
RECOVERY
COMMUNITY
HILLINGDON

Thinking About Lean?

AKA: 'Purple Drank', 'Dirty Sprite', 'Sizzurp'

KNOW THE RISKS

Lean (Purple Drank) is usually made using cough medicines mixed with fizzy drinks and sweets.

It may contain:

- Codeine
- Promethazine (an antihistamine medicine that relieves the symptoms of allergies)
- Dextromethorphan or other over the counter cough syrups
- Alcohol

Many people think it's safer because it comes from medicines.

That's not true.

Lean can cause overdose and is addictive.



WHAT CAN HAPPEN?

You may feel:

✓ Relaxed ✓

Happy

✓ Sleepy

✓ Less anxious

But you could also experience:

✗ Memory problems

✗ Falls or injuries

✗ Vomiting

✗ Slow heart rate

✗ Blackouts

✗ Hallucinations

✗ Breathing problems

✗ Dependence & withdrawal

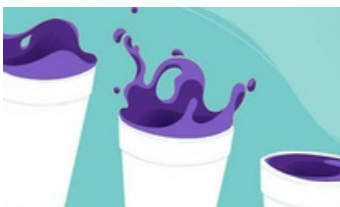
symptoms when used regularly

✗ Drowsiness

✗ Loss of balance

✗ Potential overdose if Lean

contains codeine, especially if used with alcohol, or other drugs or medications



Stay Safer

- ✗ Mix Lean with alcohol
- ✗ Mix Lean with diazepam, alprazolam, xanax or other benzos
- ✗ Mix Lean with pregabalin
- ✗ Use alone

Mixing these substances can dangerously slow your breathing and increase the risk of overdose

TRY TO

- ✓ Stay with trusted people
- ✓ Carry naloxone if Lean may contain codeine
- ✓ Know what you've taken
- ✓ Start by drinking a little, especially if you don't know how strong it is or what effect it will have on you
- ✓ Seek help early if use is becoming regular

Overdose Warning Signs

Someone may be overdosing if they:

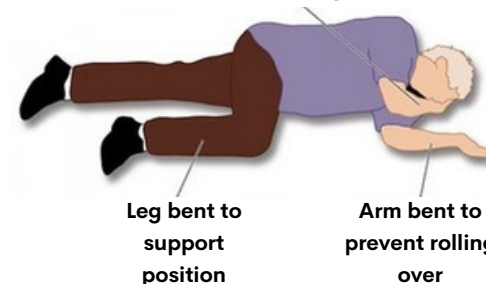
- 🚨 Cannot stay awake
- 🚨 Are difficult to wake
- 🚨 Are breathing very slowly
- 🚨 Have blue lips or fingertips
- 🚨 Are unconscious

Call 999 IMMEDIATELY

If Lean contains codeine (opioids), carrying naloxone could save your life or somebody else's. You will **not** get in trouble for calling an ambulance. Naloxone can temporarily reverse an opioid overdose while emergency help is on the way. Naloxone is available from ARCH Hillingdon. Speak to our team to find out more.



Hand under chin to keep mouth open



Recovery Position

Emotional resilience for the everyday

From understanding to thriving: for everyone.

Ideas proven to make a difference for emotional wellbeing and build children's confidence and kindness.

togetherness.co.uk



Online learning pathways for your parenting journey and important relationships.

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

For healthier relationships and happier lives.

Residents of **HILLINGDON**

In paid partnership with:  **HILLINGDON**



For free access, use access code:
LEARNTOGETHER

CORAM FAMILY LIVES

2026 Quarter2 Parent/Carer Support Programme for the London Borough of Hillingdon

SUPPORT CLASSES TITLE	TARGET GROUPS	PROGRAMME LENGTH	DELIVERY START DATE	COMPLETION DATE	DAY & TIME	LOCATION
Coram Family Lives Classes – Raising Confident Children	Parents/Carers who have children aged between 5 and 11 years old and is neurodivergent	7 weeks x 2 hours	Tuesday 15 September 2026	Tuesday 3 November 2026	Weekly on Tuesdays 9.30am-11.30am	Online
Coram Family Lives Classes – Less Shouting, More Cooperation	Parents/Carers who have teenagers aged between 12 and 16 years old	6 weeks x2 hours	Wednesday 16 September 2026	Wednesday 21 October 2026	Weekly on Wednesdays 5pm-7pm	Online
Triple P Seminar – Healthy Screen Time Habits	Parents/Carers who have children aged between 5 and 11 years old	2 hours	Wednesday 30 September 2026	Wednesday 30 September 2026	One-off event 1pm-3pm	Online

Please note that programmes will not be delivered during the half-term holidays week beginning Monday 26 October 2026



Raising confident children

For parents of children with ASD or ADHD

When:

Tuesday 15 September to
Tuesday 3 November 2026

Time:

9.30am to 11.30am

Venue:

Online via MS Teams

Join our 6 week online course if you are a parent of a child with suspected or undiagnosed ASD, ADHD or any other additional needs. We will help you to understand your child's behaviour, learn to break negative parent-child interaction cycles while promoting their social and emotional development.

For more information about this service, email annmarie.fevrier@coramfamilylives.org.uk or call 07949 890 749

We build better family lives together

www.coramfamilylives.org.uk

A photograph of a woman with blonde hair tied back, wearing a grey cardigan, leaning over a table and talking to a young girl with blonde hair and a yellow headband. The girl is sitting at the table, looking up at the woman. There are some items on the table, including a glass of orange juice and some food.

Less Shouting More Cooperation

This 6-week group helps you change the way you communicate with your child, respond better and feel more in control. The sessions will cover:

- Exploring what helpful discipline is.
- Recognising the triggers and responding more effectively.
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation



Wednesday 16 September to 21 October 2026

5pm to 7pm

This course will be delivered online via MS TEAMS

For more information about this service, email annmarie.fevrier@coramfamilylives.org.uk or call **07949 890 749**

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www.coramfamilylives.org.uk

TRIPLE P SEMINAR

5-11 years olds

Helping children develop healthy screentime habits

This seminar provides an overview of how screen time problems develop and offers strategies for parents to encourage healthy habits, manage conflict, and keep children safe online. This seminar will explore:

- **Understanding the problem:** How do parents recognise when screen time becomes a problem and how can they adapt this to the role of screens in modern life.
- **Strategies for healthy habits:** To provide parents with simple, positive strategies to encourage healthy screen use.
- **Conflict management:** Offers tips for managing disagreements related to screen time.
- **Online safety:** Help parents with strategies on how to keep their children safe online.
- **Balanced approach:** The seminar also acknowledges that screen time can be beneficial for entertainment, relaxation, education and aims to help families find the right balance.



When and where

Date: Wednesday 30th September 2026

Time: 1pm - 3pm

Venue: Online via TEAM's

For more information about this service, email annmarie.fevrier@coramfamilylives.org.uk or call 07949 890 749

We build better family lives together

www.coramfamilylives.org.uk

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



XPLORE HEALTHY LIFESTYLE PROGRAMME

XPLORE is a **FREE** 8-week programme for children, young people and their families to become fitter, healthier and more active.

ACTIVITIES FOR
KIDS 5 - 11 YEARS



BETTER

XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD

FREE
8 WEEK
PROGRAMME

In partnership with the London Borough of Hillingdon, the Xplore programme is aimed at children, young people and their families who are above a healthy weight.

The programme includes both face-to-face and online healthy eating workshops, physical activity sessions and parent/carer discussion groups. The sessions are designed to be fun and inclusive for all abilities.

The programme gives lots of handy tips around healthy eating and activity, so families can discover new ways to improve their health and wellbeing and lead a more active lifestyle.

For bookings, new programmes or any other information please visit our website by scanning the QR code.



For more information please email hillconfed.healthwise@nhs.net, call **01895 541474** or visit better.org.uk/xplore

NEXT PROGRAMME STARTING

Tuesday 6th October 2026

Every Tuesday 4pm-5pm for 8 weeks

at Hillingdon Sports & Leisure Complex



HILLINGDON MUSICAL SOCIETY'S PRODUCTION OF

Disney
FROZEN
THE WEST END MUSICAL

Music and Lyrics by Kristen Anderson-Lopez & Robert Lopez
Originally directed on Broadway by Michael Grandage
Book by Jennifer Lee

Based on the Disney film written by Jennifer Lee and directed by Chris Buck & Jennifer Lee
Originally produced on Broadway by Disney Theatrical Productions

WINSTON CHURCHILL THEATRE

23rd - 26th SEPTEMBER 2026



BOX OFFICE

www.hillingdonmusicalsociety.co.uk

HMS tickets@outlook.com

07344312980

EVENING PERFORMANCES AT 7.30PM

SATURDAY MATINEE AT 2.30PM

TICKETS £18 - £20



SCAN HERE FOR TICKETS

This amateur production is presented by arrangement with Music Theatre International (MTI)

All authorised performance materials are also supplied by MTI



2ND ICKENHAM SCOUT HALL OPEN DAY



Saturday, 26th September 2026



14:00–17:00



2nd Ickenham Scout Hall, Community Close

**Our AGM will commence at 13:30
followed by the main event from 14:00:**

- BBQ
- Cake Stall
- Second Hand Uniform Sale
- Various Other Games & Puzzles
- Tombola

Something for all ages!

FREE GIRLS BMX SESSION

HAWKS
BMX RACE CLUB



Date:
SUN 18th Oct
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

The Free Session will be run by a
Female Coach,

Harriet Alexander



Featuring guest racer, Iris (Hawks Race Club)



ALL ABILITIES WELCOME!

**RIDE.
LEARN.
HAVE FUN!**



NURSERY



This week in
nursery...
Our families
and our
birthday's.



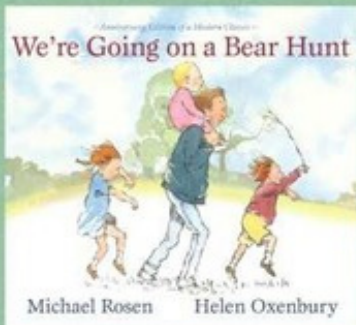
PIC•COLLAGE

HIGHLIGHTS

RECEPTION



*We have been exploring
our senses*



*We have been reading
the story 'We're going on
a bear hunt'*

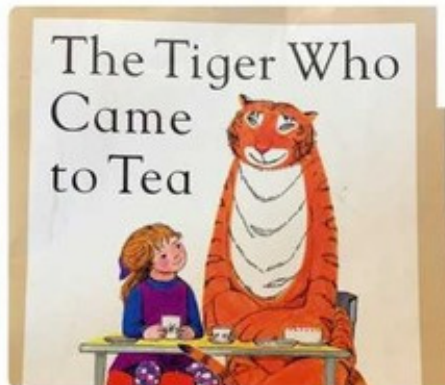


*We have been exploring
our outdoor area*

PIC•COLLAGE

HIGHLIGHTS

YEAR 1



The Tiger who came to tea, messed up our classrooms!



We made jam sandwiches and iced biscuits



R.E. Creation story



Year 1



In maths we were counting one more.



HIGHLIGHTS

YEAR 2



HIGHLIGHTS

YEAR 3



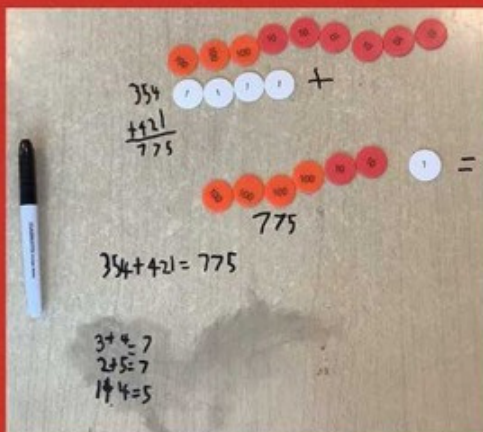
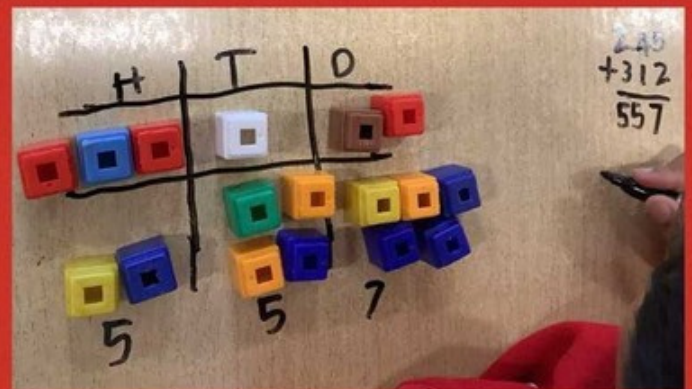
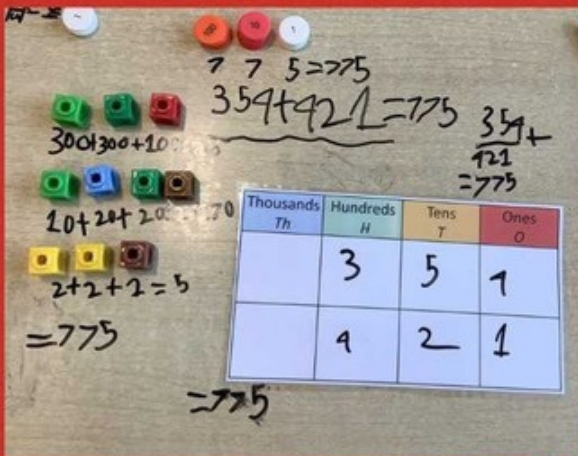
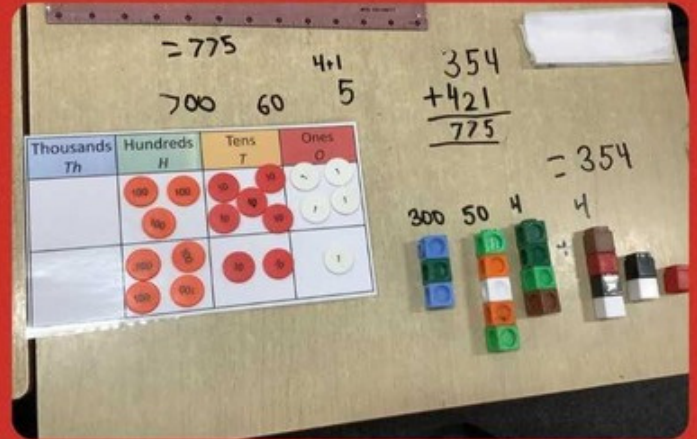
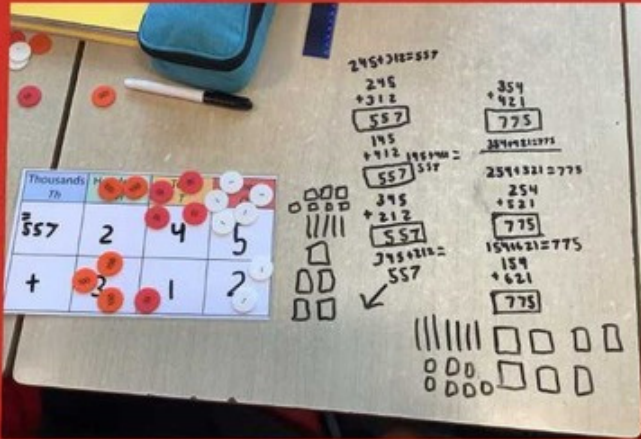
WE EXPLORED
SHADOWS AND
LEARNT ABOUT
WHY SHADOWS
ARE FORMED.



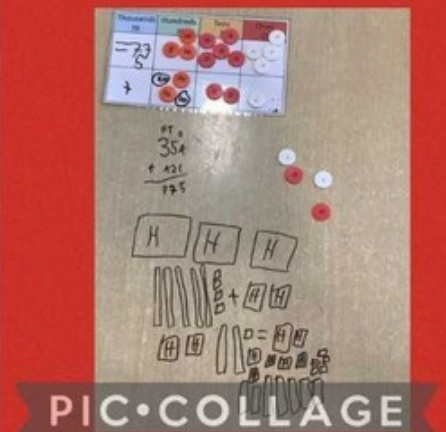
PIC•COLLAGE

HIGHLIGHTS

YEAR 4



Using the concrete, pictorial, abstract approach to add two 3-digit numbers.



HIGHLIGHTS

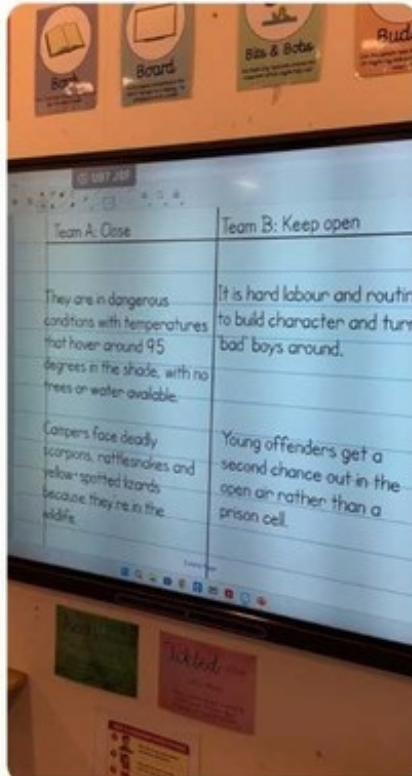
YEAR 5

In our Art lesson this week, the children were replicating an example of Hiro Isono's work by layering parts of their pictures to create the illusion of depth.



HIGHLIGHTS

YEAR 6



In Year 6, we prepared a debate in English and we had so much fun!



HIGHLIGHTS



Wishing you all a lovely
weekend.

Mrs Penney

Philosopher's Corner



If you do a good deed
but brag about it, is it
still a good deed?



GLEBE
WEEKLY
SCHOOL
NEWS

