

## DATES FOR YOUR DIARY

### September

- Tuesday 27th Year 1 Curriculum Evening 6:00pm
- Wednesday 28th 4E Museum of London trip

### October

- Monday 3<sup>rd</sup> 4M Museum of London trip
- Monday 3<sup>rd</sup> E-Safety for Parents 9am and 6pm
- Tuesday 4<sup>th</sup> 4V Museum of London trip
- Tuesday 4<sup>th</sup> Year 2 "Moon Day"
- Thursday 6<sup>th</sup> Coffee morning for SEN children in Nursery and Reception 9:00am
- Friday 7<sup>th</sup> Coffee Morning 9:00am
- Tuesday 11<sup>th</sup> Nursery walk to Gladstone Park
- Thursday 13<sup>th</sup> Year 2 Science Museum trip
- Friday 14<sup>th</sup> Celebrate Dictionary Day in Costume
- Monday 17<sup>th</sup> Years 1 and 2 Super Citizens Assembly 9:00am
- Tuesday 18<sup>th</sup> Years 3 and 4 Super Citizens Assembly 9:00am
- Wednesday 19<sup>th</sup> Years 5 and 6 Super Citizens Assembly 9:00am
- Thursday 20<sup>th</sup> Individual Photographs

## Message from the Head

Welcome back everyone. It has been lovely seeing all the children back and hearing their tales of the summer. It has also been great to catch up with so many of you at the gates.

The simplified entry and exit systems to school is working extremely well and has helped the children settle in.

The children are looking very smart in their uniforms, and I know that, for many, it has been a challenge to purchase this when finances are tight. I would like to remind you all that uniform does not have to be purchased from the school suppliers but do ask that polo shirts, sweatshirts and PE top are the school colours even if they do not have the school logo. Each of these items of clothing can be bought at major stores such as Tesco, Asda and Matalan.

As we enter a time of potential financial difficulty for many, we are trying very hard to keep additional costs down for any trips etc. We are sourcing as many free trips as possible and will be using public transport where we can.

We now have, set up on ParentPay, a system whereby parents are asked to top up their child's account to £30 and that will cover all trips for the year. There is also a facility for parents to donate extra to support the year group trips (something that many have done in the past). If £30 is too much at one time, please do add a bit each week until you reach the £30. If there is surplus at the end of the year, it will be carried forward to next year and you will then only need to top up to £30. Year 6 children will receive a refund.

We are also moving further to being paperless. Emails and class dojo messages are sent for all information. Trip information will be sent and, as all signed a generic trip form when their child started school, we do not need individual reply slips for each trip held within the school day. This makes life easier for all.

Finally, if you are struggling for food or with your finances, please do come and speak to us as we can sign post you to agencies that will support you.

Thank you

*Angela Anterkyi*

## Year 4 Visit Regent's Park Mosque

Year 4 had a gloriously sunny day for their trip to Regent's Park Mosque. The trip was originally planned for year 3 but was cancelled because of the tube strike. The children had an informative tour and were impressed by the splendour of the building. They were able to enjoy Regent's Park before returning to school.



## School Collecting Food

Donations of food are being collected at school. You can drop them off at the office or your child can put them in the box in the corridor outside Mrs Anterkyj's room. We take them to the food bank weekly. Thank you for your support.

# HARVEST COLLECTION 2022



## COLLECTION POINT HERE

### SHOPPING LIST TOP FIVE ITEMS

- Long life milk & juice
- Tinned fruit & veg
- Tinned tomatoes & pasta sauce
- Tinned meat & fish
- Tinned soup (meat & veg)

*Don't forget...  
You can help transform more lives  
with a financial donation too.*

### DONATE NOW!

Help by donating an item or two from the list to support people facing hardship.

You can also donate money to help to cover the costs of storing and distributing emergency food as well as delivering additional support and advice.





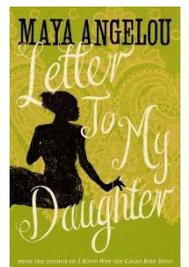
## Brent Foodbank

[brent.foodbank.org.uk](http://brent.foodbank.org.uk)

Registered Charity in England & Wales (1110522)  
Registered Charity in Scotland (SC044246)

## Healthy School Lunches

We are committed to ensuring every child has access to healthy meals; including children who have packed lunch. As usual we will be monitoring packed lunches and will contact parents if we feel children are not eating their lunches or that the lunches do not contain healthy food. As a school, we wish to support our children and you as parents in achieving optimal health through a nutritious and balanced diet.



*"You may not control all the events that happen to you, but you can decide not to be reduced by them."*

Maya Angelou, Letter to My Daughter



National Online Safety

#WakeUpWednesday

# Online Safety Tips For Children



Do's



Don'ts

## 1 KEEP YOUR PERSONAL INFORMATION PRIVATE ONLINE

Only share it with people you know like friends and family. Ask a trusted adult, like your teacher or a family member, to help you change your privacy settings so that strangers can't see it.

## 2 SPEAK POLITELY AND BE KIND TO OTHERS WHEN YOU SPEAK TO THEM ONLINE

Treat them like you would treat them in real life and always remember your manners.

## 3 TELL A TRUSTED ADULT IF YOU ARE BEING BULLIED ONLINE

If other another person is sending you nasty messages, a trusted adult will be able to help you collect evidence and report the person to the relevant authorities.

## 4 USE PASSWORDS TO PROTECT YOUR PERSONAL INFORMATION

Ask a trusted adult to help you create a password that you can easily remember but which is hard for other people to guess.

## 5 ALWAYS CHECK WITH A TRUSTED ADULT FIRST BEFORE USING A DEVICE OR DOWNLOADING A NEW APP

This is so that they can check it is safe for you to use and make sure the privacy settings are right.

## 6 TELL A TRUSTED ADULT IF YOU SEE SOMETHING ONLINE WHICH YOU DON'T LIKE

This can include anything that upsets you, makes you feel sad or which you're unsure about.

## 7 USE THE INTERNET TO HAVE FUN AND TO HELP YOU FIND OUT INFORMATION ABOUT THINGS

Remember to ask your trusted adult for help and always use child friendly search engines so that the information you get back is safe.

## 1 ACCEPT FRIEND REQUESTS FROM STRANGERS OR PEOPLE YOU DON'T KNOW

Always tell a trusted adult if somebody you don't know tries to contact you online.

## 2 SPEND TOO MUCH TIME ON YOUR DEVICE

Instead, go out and play with your friends, get some fresh air and try to exercise more. This will help you stay fit and healthy.

## 3 REPLY TO MESSAGES FROM ONLINE BULLIES OR PEOPLE WHO SEND YOU NASTY MESSAGES

The most important thing to do is to tell a trusted adult and then block the person from contacting you.

## 4 COPY PEOPLE'S WORK ONLINE OR PRETEND IT IS YOURS

This is called plagiarism and can get you into a lot of trouble.

## 5 BE MEAN OR NASTY ONLINE

Behave online like you would in real life and don't post anything that can make you look like a bad person. Things that you post online can stay there for a very long time.

## 6 USE YOUR DEVICES CLOSE TO BEDTIME

This will allow your brain to rest so that you can get a good night's sleep, stay focused at school and perform better in class.

## 7 SHARE PERSONAL INFORMATION ON THE INTERNET WITH STRANGERS

Always tell a trusted adult if somebody you don't know asks you for your personal information.



## Place2Be

Gladstone Park Primary works with Place2Be, a national charity supporting schools to improve the confidence and wellbeing of children and young people. Place2Be provides emotional and therapeutic support to children, young people, families, and staff in more than 450 schools nationwide. It gives children and young people a space to express themselves through talking and creative work and to think about any worries they might have. Place2Be provides support for parents and staff too.

Details of the Place2be service are available on the school website and given below but if you would like to know more, please contact the school office to arrange an appointment with our school Project Manager, Kristen Cook (working days: Monday, Tuesday (p.m.) and Wednesday).

**Our whole-school service are as follows:**

### **Place2Talk**

One of the most popular aspects of the service is called 'Place2Talk'. It's open to all children and young people at Gladstone Park Primary in Years 3 to 6. The children can make an appointment to spend 15 minutes with a trained counsellor, either by themselves or with a friend. Children and young people often discuss friendships or any worries they may have. On average, about a third of children and young people who access the service in schools take advantage of this service every year.

### **One-to-one counselling for children**

These sessions are for children who might benefit from regular support and are offered once a week for about 50 minutes. The sessions will be on the same day and at the same time in school every week. The sessions allow your child to express their feelings using play and art. One-to-one sessions usually continue for up to 10 weeks but occasionally longer, depending on each child's needs.

### **Parent Partnership**

The Place2Be Parent Partnership service is a listening, consultation and guidance service offered to parents and carers in Place2Be schools. We will meet with parents and carers in Parent Partnership meetings before, during and after their child's Place2Be intervention to review their child's progress. We are also available to all parents who wish to discuss a particular issue or concern about their child, even if they are not receiving targeted support from Place2Be.

### **Personalised Individual Parenting Training (PIPT)**

Personal Individual Parenting Training works by directly coaching parents/carers to interact differently with their children to increase their child's friendly and cooperative behaviours, strengthen communication and reduce undesirable behaviours. Parents/carers are offered 6-10 sessions, and their children will join them for some of the session.

### **Online Parenting Smart Course**

For parents who are not able to attend face-to-face sessions with their child, they can access all the main elements of Personalised Individual Parenting Training via our online course. The course is available for self-registration (information via your School Project Manager), facilitated by our Family Practitioner and delivered in many languages.