

Glebe

Newsletter



Friday 4th April 2025

**** School closes Friday 4th April 2025 and will reopen on Wednesday 23rd April 2025 ****

PE and Sports

We have been enjoying the lovely weather over the last couple of weeks especially during outdoor PE lessons. After Easter please ensure your child has their PE Kit in school at all times. All children need their trainers for outdoor PE. It is also useful to have a water bottle so this can be taken up for PE lessons in the warmer weather. Year 6 have enjoyed an Archery Club with Matthew Pritchett (Amber Valley Sports Coach) After Easter he will be running a Y5/6 Girls Football Club on a Wednesday (See letter). On the first week back, letters will also be given out for a Year 5 and 6 Cricket Club (Tues), Year 3 Multi Sports (Mon), Year 4 Multi Sports (Tues). The Y4 children who have been attending Dance Club with Mrs Bradley and Shianne will continue after Easter until May half term. Thank you. Here's to a great summer of PE and Sports. Mrs Watson.

Mental Health and Wellbeing

On the school website, you can find information related to Mental Health and Wellbeing, how we help children in school with this and you will also find signposts for useful websites and resources. You will find this under the Learning tab on the school website. If you have any questions or concerns regarding your child's mental health and/or wellbeing, please visit this page and if needed contact your child's class teacher or the Senior Mental Health Lead – Miss Torrington. Thank you.

Neuro Hub – Neurodivergence Thrives Here

Please see attached information regarding sessions and workshops for parents run by Derbyshire County Council.

Year 5 Reading Cafe!

If you have a child in Year 5, we are inviting you to join us for a special reading cafe in our school library. You'll get the chance to browse and enjoy our wide selection of books with your child, whilst being offered light refreshments. It is on 15th May at 2:50pm. Please see the flyer for details.

All About Family

We have been sent details of a new free digital magazine aimed at giving your parents valuable information for their children. There is exclusive content from OFSTED, NSPCC, St John Ambulance plus more. Within there is advice on;

Internet Safety

Phonics

Books

First Aid

Healthy Eating

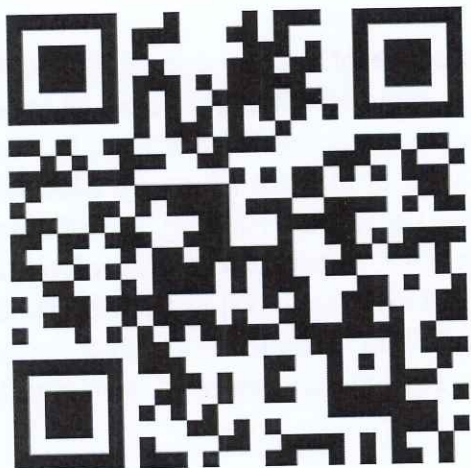
Snap Chat/Instagram/WhatsApp Advice

Family Law Advice

Plus more.....

Bikeability Training Year 4

Letters have been sent out for Bikeability Training. Level 1 for all Y4 will take place on Wednesday 7th May. Please scan the QR code below and follow the link to fill in the consent form and book your child a place on the course before the day as the link will close the day before.



Week Commencing: 21st April 2025

Monday 21 st April	Bank Holiday
Tuesday 22 nd April	INSET Day
Wednesday 23 rd April	Back to school
Thursday 24 th April	
Friday 25 th April	

Extended Day

We still have places available for Breakfast Club if you need to get to work early, Monday to Friday 7:30–8:45am each morning at a cost of £3.50 per session for Glebe children. You do not need to attend the whole week, just the days you require. Please book places in advance by Thursday the week before through SchoolMoney. Breakfast items such as toast, croissants, cereal, waffles, pancakes, yoghurts and fruit juice all available.

Please do not bring your child to Breakfast Club unless they are booked in as they are not guaranteed a place. Any problems booking them in please contact the office on 01773 811304. Thank you.

After-School Club

After school club run by JPAC, every day, 3:30 to 6pm. JPAC Club contact number: 07971957839 To book, please visit jpac.ipalbookings.com

Online Safety

We will be sharing a weekly online safety resource from the National College as part of the #WakeUpWednesday initiative. See the school website under Parents tab, Online Safety

Help & Support

Senior Designated Safeguarding Lead contact details

Headteacher: Steve Watson Tel 01773 811304 headteacher@glebe.derbyshire.sch.uk or

- **Children's Carers Support Group**

Useful information regarding the Children's Carers Support Group is posted on the school website under the News and Events tab, Letters Home.

- **Starting Point and Call Derbyshire**

Tel 01629 5330190 24/7, 365 days Derbyshire contact and referral service for concerns that a child is suffering or at risk of significant harm.

- **DCC Child Protection and Safeguarding Team**

Tel 01629 535353 If you require any professional advice or have any questions at all relating to a safeguarding issue.

- **Derbyshire Domestic Abuse Helpline 08000198668**

Free online mental health and wellbeing support, 7 days a week, for parents & carers of children & young people who live in derby & Derbyshire.

- **The Sleep Charity Helpline**

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

- **Free School Meals**

Derbyshire County Council website has a link that can provide an instant eligibility check for Free School Meals.

- **Is This Ok?**

Is This Ok? is a free, anonymous, and confidential service, bringing trained professionals together to provide support to young people through a chat service.

Young people don't need to provide their name and we don't need to know their address- which we know is important for them. www.isthisok.org.uk

Derby and Derbyshire Emotional Health and Wellbeing

This site provides a wealth of information for both professionals and families.

Please find the link below to the community updates.

[Derby & Derbyshire - Emotional Health & Wellbeing
\(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://derbyandderbyshireemotionalhealthandwellbeing.uk)

INSET DAYS 2024/2025

22nd April 2025 & 23RD June 2025

Diary Dates

28.04.2025 Sunsafe competition- How to keep safe in the sun.

05.05.2025 May Bank Holiday

07.05.2025 Bikeability Year 4 Level 1

12.05.2025 SATS week – Year 6 - please ensure your child is in school

15.05.2025 Year 5 Reading Café 2.50pm

19.05.2025 Arts & Cultures Week

23.05.2025 Last day of term

02.06.2025 Back to school

09.06.2025 Assessment Week
16.06.2025 Class Photographs
17.06.2025 Sports Day Years 5/6
18.06.2025 Sports Day Years 3/4
23.06.2025 INSET Day
24.06.2025 Year 3 Bluebell Farm Trip
25.06.2025 RSHE Day
26.06.2025 Y4 Viking Man
27.06.2025 Y4 Viking Man
30.06.2025 – 02.07.2025 Mount Cook Residential Year 6
03.07.2025 FGS Transition Evening 6pm-7.30pm
04.07.2025 Maths Day
08.07.2025 Mini Police Graduation, Postmill – Year 5
10.07.2025 Glebe Summer Gala
15.07.2025 Year 6 Performance – Postmill
16.07.2025 Transition Day
24.07.2025 Last day of term

What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

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



Quality School Uniforms that are Grown Out Before Worn Out

Is your child starting school?

Ensure they're ready with our exclusive school uniform savings!

- **Save 15%** - when you sign up today
- **Skip the summer rush** – order early for a stress-free start
- **Limited-time-offer** – don't miss out

Act now to secure your discount and guarantee your child's school essentials on time!





Supporting children to regulate

Outline:

This workshop aims to build on parents/guardians/carers' understanding of the physiological processes that happen when we and children feel strong emotions.

Ideas for practical strategies that can help children and young people to regulate will be shared.

Outcomes:

The aim of this workshop is for parents/guardians/carers to feel more confident:

- Supporting their children to regulate for improved wellbeing.
- Trying out strategies that might help their children regulate.

Audience:

Parents/guardians/carers of children and young people that live in Derbyshire.

Date: Wednesday 9th July 2025, 10:00-11:00am

Location: St James Centre, Malcolm Street, Derby DE23 8LU



Derbyshire Educational Psychology Service

Making and Difference: Enabling positive change through listening, optimism, and insight



Using Emotion Coaching to support children and young people to regulate feelings

Outline:

This workshop will be delivered in two sessions.

The first session will introduce Emotion Coaching as a practical parenting approach that helps children to understand and manage their feelings more effectively over time.

The second workshop will give an opportunity to share your experiences of using Emotion Coaching and develop your skills.

Outcomes:

The aim of this course is for parents/guardians/carers to develop their:

- Understanding how children's brains regulate difficult feelings.
- Understanding how Emotion Coaching can be effective at developing children's ability to regulate their emotions.
- Skills using Emotion Coaching to support their children.

Audience:

Parents/guardians/carers of children and young people that live in Derbyshire.

Dates: Part 1 Friday 16th May 2025, 1:00-2:00pm

Part 2 Friday 6th June 2025, 1:00-2:00pm

Location: St James Centre, Malcolm Street, Derby DE23 8LU



Derbyshire Educational Psychology Service

Making and Difference: Enabling positive change through listening, optimism, and insight



The impact of anxiety on school attendance and engagement

Outline:

This workshop aims to build on parents/guardians/carers' understanding of how feelings of anxiety can impact children's school attendance and engagement.

The workshop will explore what anxiety is and what it might look like in our children.

A brief introduction to Emotionally Based School Avoidance (EBSA) and an overview of the Derbyshire and Derby City Attendance Project will be offered and strategies about how you can support your child will be shared.

Outcomes:

The aim of this workshop is for parents/guardians/carers to feel more confident:

- Recognising feelings of anxiety in children and young people.
- Using strategies to support children and young people that feel anxious about attending school.

Audience:

Parents/guardians/carers of children and young people that live in Derbyshire.

Date: Friday 2nd May 2025, 1:00-2:00pm

Location: St James Centre, Malcolm Street, Derby DE23 8LU



Derbyshire Educational Psychology Service

Making and Difference: Enabling positive change through listening, optimism, and insight

NEURO HUB

NEURODIVERGENCE THRIVES HERE

Understanding and supporting ADHD children and young people

Outline:

This workshop aims to build on parents/guardians/carers' understanding of ADHD, guide their approach to supporting ADHD children/young people, and highlight the potential benefits of adopting neuro-affirming strategies/approaches.

Key themes will include:

- What is ADHD? ADHD myths and ADHD in mainstream media.
- Understanding common ADHD traits/difficulties (e.g. relating to executive functioning, self-regulation, dopamine seeking, demand anxiety, etc.)
- Strategies/approaches to support ADHD CYP's wellbeing & development.
- Neurodivergent families - supporting self-awareness and self-care

Outcomes:

The aim of this workshop is for parents/guardians/carers to feel more confident:

- Understanding ADHD and how ADHD traits may impact a child's emotions, behaviour & learning.
- Understanding the potential barriers experienced by ADHD children and young people, their parents/guardians/carers and staff in school.
- Understanding a range of strategies/approaches to support the wellbeing & development of ADHD children and young people.

Audience:

Parents/guardians/carers of children and young people that live in Derbyshire.

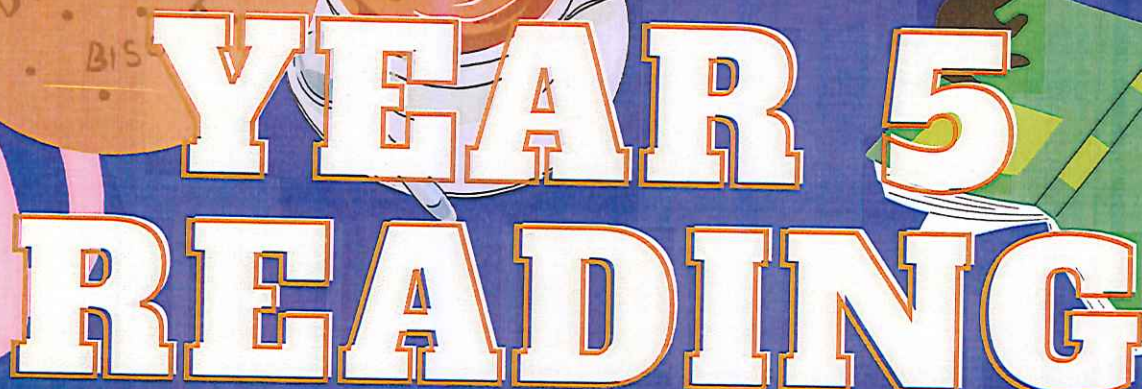
Date: Monday 16th June 2025, 10:00-11:00am

Location: St James Centre, Malcolm Street, Derby DE23 8LU

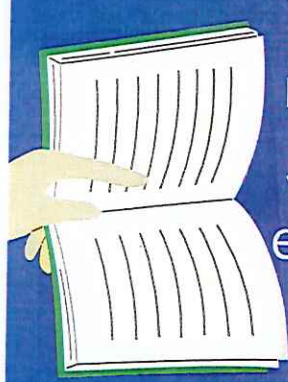


Derbyshire Educational Psychology Service

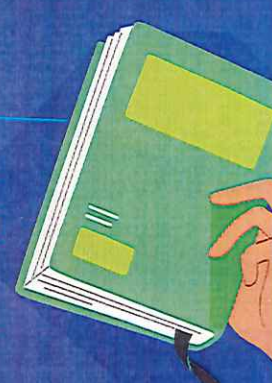
Making and Difference: Enabling positive change through listening, optimism, and insight



YEAR 5 READING CAFE



You are invited to join us for a family reading session in our school library. Join your Year 5 child and come and explore the wonderful books we have on offer. There's something for everyone! We will be serving refreshments to enjoy too.



WHEN: Thursday 15th May 2025

WHERE: Glebe Junior School Library

TIME: 2:50pm

WHY: To spend quality time enjoying books with your child

