

Glebe

Newsletter



Friday 31st January 2025

Please Respect Our Staff

Our staff at school are here to help you and relationships with parents are overall positive. However, please note incidents of verbal abuse, aggressive, offensive intimidatory or disrespectful behaviour will not be tolerated. Thank you for your cooperation, Mr Watson

National Storytelling Week

Next week is National Storytelling Week from Saturday 1st February to Sunday 9th February. The children will be celebrating stories in school and have the opportunity to take part in a competition. Details of the competition are on the flyer attached. All entries are to be handed in or emailed to school by MONDAY 10TH FEB to be in with a chance of winning a prize. English Champions will assist with the judging.

Week Commencing: 3rd February 2025

Monday 3rd February

Tuesday 4th February

Wednesday 5th February

Thursday 6th February

Friday 7th February

New Age Curling – Year 3 3.30 - 4.30pm

Y4 Swimming

Dance- Y6 3.30 – 4.30pm

Dance- Y4 3.25 – 4.30pm

Table Tennis- Y6 3.25 – 4.30pm – Class 6B

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 safeguarding@glebe.derbyshire.sch.uk

- **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](http://derbyandderbyshireemotionalhealthandwellbeing.uk)
(derbyandderbyshireemotionalhealthandwellbeing.uk)

INSET DAYS 2024/2025

22nd April 2025. One more date to be confirmed.

Diary Dates

10.02.2025 Story Telling Competition closing date

10.02.2025 Fire Brigade in school Year 6

14.02.2025 Theme Dinner Day If Music Be the Food of Love...

14.02.2025 Last day of term

24.02.2025 Back to school

06.03.2025 World Book Day

06.03.2025 Theme Dinner Day World Book Day

20.03.25 – 21.03.25 Lea Green Residential Year 4

04.04.2025 Last day of term

22.04.2025 INSET day

05.05.2025 May Bank Holiday

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

19.05.2025 Arts & Cultures Week

24.05.2025 Last day of term

02.06.2025 Back to school

17.06.2025 Sports Day Years 5/6

18.06.2025 Sports Day Years 3/4

30.06.2025 – 02.07.2025 Mount Cook Residential Year 6

24.07.2025 Last day of term

English competition

STORY TELLING

In honour of National Storytelling Week, we are holding a story telling competition!

Create and tell your own story, presenting it any way that you like!

You could:

Make puppets

Create a theatre

Draw a comic strip

Create a digital story on 'Book Creator' or 'Pic Collage'

Use 'iMovie' to create a trailer clip for a story

Take photos of an exciting day out and tell the story by ordering the photos

Take a video of you reading your story

Take a photo of you sharing your favourite story with someone else

OR YOUR OWN IDEA!

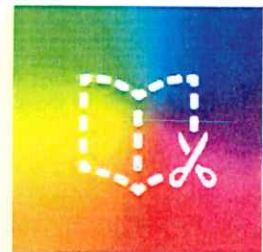
As long as you are telling stories, your entry will be counted.

Entries handed in, or emailed in if they are digital, to school **by Monday 10th February**

BE KIND TO APPLE TREES



encourageplay.com



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



