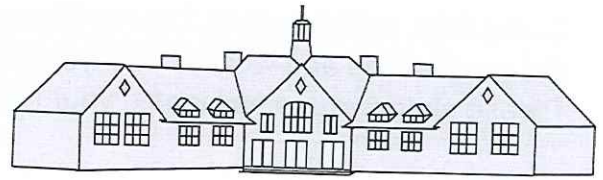


# *Glebe*

# *Newsletter*



[www.glebe.derbyshire.sch.uk](http://www.glebe.derbyshire.sch.uk)

**Friday 20<sup>th</sup> December 2024**

## **Merry Christmas and Happy New Year**

After a very long and busy Autumn term we hope everyone can have an enjoyable but restful Christmas break.

Today we celebrated the 30 years service that Audrey Gordon has given to Glebe Junior School working in the kitchen to provide hot dinners for the children. We are very sorry to see Mrs Gordon leave but wish her all the very best in her retirement.

We also celebrated Mrs Watsons 25 years continuous service as a teacher at Glebe Junior School. Mrs Watson has plenty more years ahead of her and will continue to play an integral role in the provision of Physical Education and Sport at Glebe along side her important teaching role in Year 6.

2025 will be an exciting year as we move ahead with our Academisation with the Embark Federation. We will update you more in January. Have a great Christmas, with your loved ones  
Steve Watson, Headteacher.

## **Bikeability**

All Year 5 Children have taken home a letter about Bikeability. Year 5 Parents please follow the QR code below to book your child onto the Bikeability Course. Thank you to those who already have. Year 5 Teachers



## **Christmas Carol Concert**

The SNCC choir & Matlock Brass Band will be performing at the Postmill Centre 22<sup>nd</sup> December 5pm, see attached leaflet.

## **Year 3 – Iron Age Day**

We are having an IRON AGE DAY on **Wednesday 8<sup>th</sup> January 2025**. This immersive day will conclude our history unit on Stone Age/Bronze Age/Iron Age. It will include drama, art and other exciting learning opportunities. Your child may wish/like to dress up as an Iron Age Person. THIS IS OPTIONAL AND IS NOT A REQUIREMENT. There is no need to buy an outfit; an old blanket/sheet/towel can be fashioned into a costume (the internet is full of ideas); however, again it is entirely optional.

## **National Child Measurement Programme**

Each year children in reception and year 6 are weighed and measured as part of the National Child Measurement Programme. In Derbyshire this process is carried out by Live Life Better

Derbyshire by Derbyshire County Council, who have contacted you providing information about the programme and what to do if you don't want your child to be included in the measurements. Please check your email inbox, your junk mail and postal letters for this information.

### **Recycle**

In January, Eco Club will be collecting old Christmas card to reuse and recycle into gift tags and other items. Please send unwanted cards to Miss Marriott's room. Thank you,

### **Week Commencing: 6<sup>TH</sup> January 2025**

<b>Monday 6<sup>th</sup> January</b>	<b>INSET – School closed to pupils</b>
<b>Tuesday 7<sup>th</sup> January</b>	<b>Back to school NO Year 4 swimming Dance- Y6 3.30 – 4.30pm</b>
<b>Wednesday 8<sup>th</sup> January</b>	<b>Iron Age Day – Year 3 – see letter Dance- Y4 3.25 – 4.30pm</b>
<b>Thursday 9<sup>th</sup> January</b>	<b>Table Tennis- Y6 3.25 – 4.30pm</b>
<b>Friday 10<sup>th</sup> January</b>	<b>Bikeability Year 5 – see letter</b>

### **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](http://jpac.ipalbookings.com)

Christmas holiday club see attached flyer- free places for children eligible for benefits related free school meals 30<sup>th</sup> & 31<sup>st</sup> December, 2<sup>nd</sup> & 3<sup>rd</sup> January.

### **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](mailto:headteacher@glebe.derbyshire.sch.uk) or [safeguarding@glebe.derbyshire.sch.uk](mailto: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

• **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](http://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)

### INSET DAYS 2024/2025

22<sup>nd</sup> April 2025. One more date to be confirmed.

### Diary Dates

13.01.2025 Bikeability Year 5 – see letter

14.01.2025 Bikeability Year 5 – see letter

15.01.2025 Bikeability Year 5 – see letter

16.01.2025 Bikeability Year 5 – see letter

16.01.2025 Theme Dinner Day Around the World In 80 Days

20.01.2025 Fire Brigade Talk to Year 6

21.01.2025 Year 6 SATs parents meeting

22.01.2025 WW2 topic day – see letter

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

06.03.2025 World Book Day

06.03.2025 Theme Dinner Day World Book Day

14.02.2025 Last day of term

24.02.2025 Back to school

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

# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerning how common it is for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

## Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

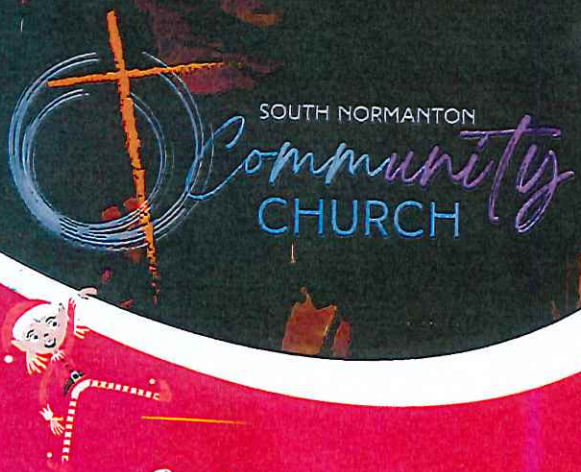
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# Christmas Carol CONCERT

The SNCC Choir and Matlock Brass Band invite you to join us for the South Normanton annual Christmas Carol Concert.

Will the band play your favourite Carol?  
Come along and find out.

✔ Sunday 22nd December

✔ 5pm at The Post Mill

Free refreshments will be served.

The Post Mill Bar will be open before and after the Concert



# Christmas with JPAC FREE Holiday Club

Location: Glebe Junior School, DE55 2JB

30th & 31st December

2nd & 3rd January

08:30-12:30 OR 13:00-17:00



Designed for children aged 4-16 for a fun-filled and healthy Christmas holiday!

If your child is eligible for benefits-related free school meals, then they are entitled to access sports, arts and crafts, cooking and lots more fun activities completely FREE!

To book, please visit:  
[jpac.ipalbookings.com](http://jpac.ipalbookings.com)

JPAC is a registered charity.

From  
**Live Life  
BETTER  
DERBYSHIRE**

# Healthier Futures With Live Life Better Derbyshire.



A free health and  
wellbeing service for  
families in Derbyshire.



To find out more:

Call 0800 085 2299 (option 2)

or visit [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)  
/healthierfutures

**healthier futures**   
FREE Family Services for Healthier Living

# Top tips to get you started on your healthy journey.



Visit our website to find out more about our free family support services:  
[www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)



Try out some new tasty, healthy recipes with your family. A great place to start is at: [www.foodafactoflife.org.uk/recipes](http://www.foodafactoflife.org.uk/recipes)



The NHS has lots of healthy families support, plus a handy food scanner app. Visit: [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)



Explore ways to get active and move more as a family. The NHS has guidance on how much exercise your child needs. Visit: [www.nhs.uk/live-well/exercise/exercise-guidelines](http://www.nhs.uk/live-well/exercise/exercise-guidelines)



Visit the HENRY website for lots of advice and support: [www.henry.org.uk/parents](http://www.henry.org.uk/parents)



The Healthy Start scheme can help you buy healthy foods like milk or fruit and get free vitamins. Find out more at: [www.gov.uk/healthy-start](http://www.gov.uk/healthy-start)



The Five Ways to Wellbeing are simple things you can do to help boost your mood. Visit: [www.derbyshire.gov.uk/wellbeing](http://www.derbyshire.gov.uk/wellbeing)



And finally think about what you are doing well as a family, and make a note of any changes that you would like to make

# Hello & Welcome!

**To our free, healthier futures service, that offers support and advice on how to keep your whole family happy, healthy, and well.**

## *What we offer*

**Healthier Futures with Live Life Better Derbyshire includes HENRY as part of our family support offer.**

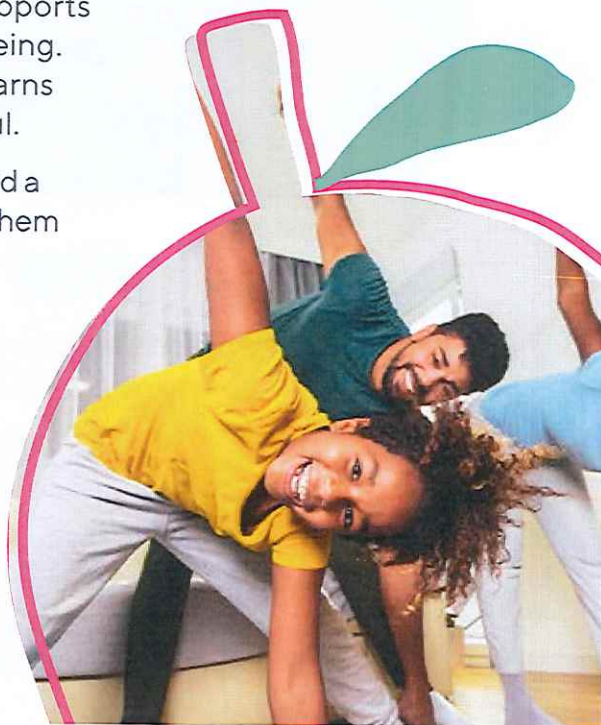
The HENRY programmes, aimed at parents and carers of children aged 0 -12 years, are delivered by Live Life Better Derbyshire and Derbyshire County Council's children's centres and are offered online and face to face to suit your needs.

The HENRY courses last eight weeks, however Live Life Better Derbyshire will support you and your family for up to 12 months.

The HENRY approach supports healthy eating and well being. Every parent who joins learns something new and useful.

This can help give your child a great start in life and help them get ready for school.

Our programmes help you provide a healthier, supportive environment for the whole family.



# Who is eligible to take part?

## You can take part in our Healthier Futures programme if you:

- ✓ Are a parent or carer of a child aged 0-12 years we have a variety of programmes and workshops available
- ✓ Are the parent or carer of a child who is aged between 5 and 12 years and is over a healthy weight or is at risk of becoming an unhealthy weight
- ✓ Have a Derbyshire postcode or are registered with a Derbyshire GP



Healthier Futures with Live Life Better  
Derbyshire may consider professional referrals for families with children below the 85th BMI centile if we feel this may be of benefit.



## How to take part

**Parents and carers can self-refer onto any of the programmes that we run.**

Alternatively, you can talk to a health or social care professional who can refer on your behalf.

Parents, carers and professionals can refer into our service online here:

[www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)



# Courses on offer

## Eight-week HENRY courses



### **HENRY. Healthy Families Right from the Start.**

Eight weeks of group-based support on a range of topics to support healthy families - for parents and carers of children aged 0-5 years old

### **HENRY. Healthy Families Growing up.**

Eight weeks of group-based support on a range of topics to build healthy family habits - for parents and carers of children aged 5-12 years old.

Our eight-week programmes are delivered by Live Life Better Derbyshire and Derbyshire County Council's children's centres.

You will need to book online here: [www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)

## One-off sessions

We also deliver one-off sessions - ideal if you are short on time, or you would like to try a taster session before committing further.

Please choose from the following online sessions and book your place online at:

[www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)

All one-off workshops are delivered online and last 90 minutes

**Live Life  
BETTER  
DERBYSHIRE**

### **Healthy eating basics on a budget**

For parents/carers of children aged from 0 to 12 years

### **Top tips for making Healthier Changes**

For parents/carers of children aged from 0 to 12 years

### **Talking about body image and weight with your child**

Covering body image, emotional wellbeing and how to have confidence-building conversations with children aged 5 to 12 years

### **Selective eating**

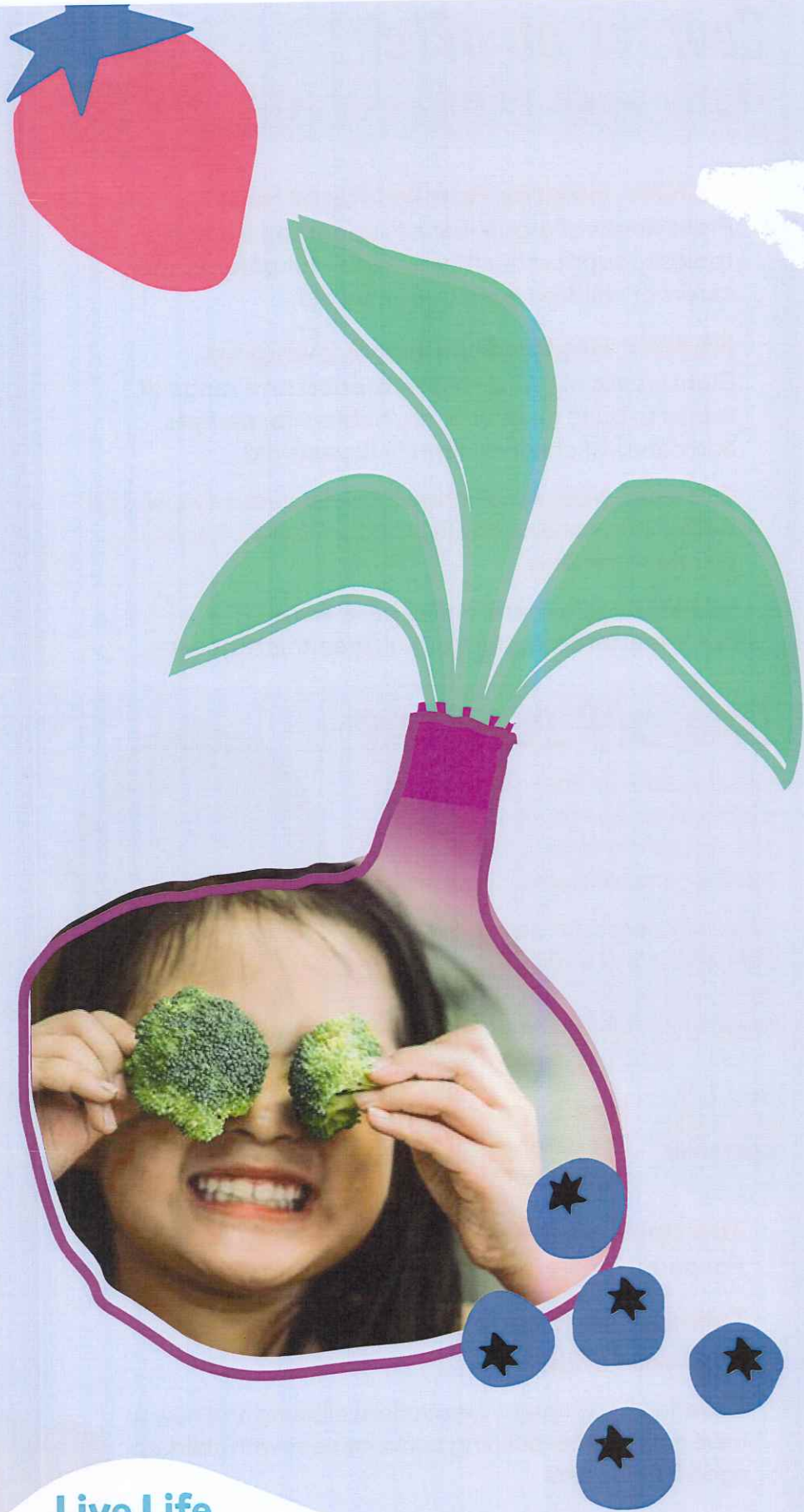
For parents/carers of children aged from 8 to 12 years

### **HENRY Fussy eating**

For parents/carers of children aged from 1 to 7 years



\*Full support will be provided to help you access the online sessions.



Live Life  
**BETTER**  
DERBYSHIRE

To find  
out more:

Call: 0800 085 2299 (option 2)  
Email: [llbd.family@derbyshire.gov.uk](mailto:llbd.family@derbyshire.gov.uk) or Visit:  
[www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)