

Glebe

Newsletter



www.glebe.derbyshire.sch.uk

Friday 25th October 2024

****School reopens on Monday 4th November – Have a good Half Term break****

Year 6

The closing date for applications for children transferring to secondary school is fast approaching at midnight on **Thursday 31st October 2024**. If you have not already done so please apply online via Derbyshire County Website. Parents without access to the internet please contact Admissions & Transport by ringing 01629 537479. Thank you.

Super Learning Day-Y6

STAY OFF YOUR PHONE AND GET IN THE ZONE.

On Thursday Y6 had a great day learning about how amazing their brain is and how they can maximise its full potential. The sessions included: Memory strategies and games, Sensory Circuits, Screen timer and Which type of Smart are you? The recommended screen time limit for children aged 5-17 is generally no more than two hours. We encouraged the children to think about alternatives to screen time. Everyone had a great day and learnt a lot. Year 6 Teachers.

After School Sports Clubs

This half term we have seen between 150 and 200 children accessing the after-school sports clubs. We have had Football-Girls and Boys Y6, Mixed Y5 and 4. Basketball, Cross Country, Hobby Horse, Hockey and Multi Sports– lead by Y6 Mini Leaders. It has been great to see the children being active and enjoying a variety of sports and activities. We have been working on fitness and improving stamina as a school and completing 10 minutes Physical Activity in an afternoon. We have seen an overall improvement in Fitness generally. As Winter approaches it is important to keep active and get outdoors as much as possible. Please ensure your child has their warm outdoor PE kit in school after half term

Thank you. Mrs Watson.

Indoor Athletics

On Thursday Y4 children went to Alfreton Leisure Centre to represent Glebe in the AVSSP Indoor Athletics Competition. The children took part in Chest Push, Speed Bounce, Standing Broad Jump and relay races.

All the children showed great resilience and determination. They were a credit to Glebe Junior School. Thank you to all the parents for their support.

Well done to James, Levi, Stanley, Archie, Harley, Jason, Mason, Ella, Darcey, Miarose, Maya, Mollie Mabel and Emily. They were all brilliant! Mrs Watson and Mr Green.

Royal British Legion Poppy Appeal

From Monday 4th - Friday 8th November or until stock is fully sold out we will be selling poppies and other Royal British Legion products for Remembrance Sunday. The stall will be set up outside Year4 and the children will be able to purchase items at breaktimes. If your child would like to bring some money in the suggested donations are: Wristbands & bracelets: £1 Reflector: 50p Poppy/Sticker: 20p. We do not hold cash in school so please send your child with the correct change. All money raised will be donated to the British Legion. Thank you for your support, School Council.

Thank you for helping us support this worthy cause.

Request

Year 3 are collecting/needng cardboard egg boxes for a Christmas project after half term please. Any donations to 3E classroom thank you.

Anti-bullying Week- Parents drop in Friday 15th November 2.15-2.45pm

Parents are invited in on Friday 15th November at 2.15-2.45pm to look at your child's learning. This is a fantastic opportunity to share a special time with your child at Glebe. A letter with further details will follow after half term.

E-scooter Awareness Campaign

As we get closer to Christmas, more people may be in the market to purchase an e-scooter from one of the leading retailers.

However, it is important to remind parents and students of the rules surrounding e-scooter use.

- It is illegal to use an e-scooter in public areas.
- An e-scooter can only legally be used on private land with the owner's permission.
- Parents may also be liable for prosecution as well.

As of Friday 1 November, officers who engage anyone using an e-scooter in a public place will seize the e-scooter, before sending it to be disposed after 14 days.

For further information on e-scooter usage, visit Derbyshire Constabulary's website: <https://www.derbyshire.police.uk/advice/advice-and-information/rs/road-safety/advice-escooters>

[#EScootersKnowTheLaw](#)

Christmas Fair 2024

It's fast approaching– Christmas is on its way and we will be holding our annual Christmas Fair. On Thursday 12th December.

On Friday 6th December we will be having a Non-Uniform Day in return for a donation for our Christmas Hampers for the raffle. We will also have a Jolly Jar tombola so save your jars and start filling with goodies.

If you are having a clear out leading up to Christmas we will be accepting donations of the following:

- Pre-loved books in good condition
- Pre-loved clean teddy bears in good condition
- Any un used wrapping paper or gift bags.

Thank you for all your support and generosity in advance.

Mrs Watson and Miss Torrington.

Week Commencing: 4th November 2024

Monday 4th November	Back to school
Tuesday 5th November	Year 4 Swimming
	Year 3 Creswell Craggs Trip
Wednesday 6th November	Dance Club Y6 3.25 – 4.25pm
Thursday 7th November	Multi Sports Y6 3.25 – 4.25pm
Friday 8th November	

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 www.jpacschoolclubs.co.uk

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 \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://derbyandderbyshireemotionalhealthandwellbeing.uk)

INSET DAYS 2024/2025

6th January 2025, 22nd April 2025. One more date to be confirmed.

Diary Dates

11.11.2024 National School Meals Week
11.11.2024 Anti-bullying Week
11.11.2024 Open Evening for Year 2 parents 3.45pm
12.11.2024 Open Morning for Year 2 parents 9.15am
15.11.2024 Children in Need – wear something spotty or Pudsey related.
15.11.2024 Anti bullying week parents drop in 2.15-2.45pm
19.11.2024 Year 3 Dogs Trust visit
20.11.2024 Individual photographs
25.11.2024 Book Fair
25.11.2024 Assessment Week
02.12.2024 Enterprise Week
04.12.2024 Dance Platform at David Nieper School 5-6pm
06.12.2024 Non-uniform day – donations for Christmas Hampers
12.12.2024 Christmas Fair
16.12.2024 Year 4 Christmas Party
17.12.2024 Year 5 Christmas Party
18.12.2024 Year 6 Christmas Party
19.12.2024 Year 3 Christmas Party
20.12.2024 Last day of term
06.01.2025 INSET Day
07.01.2025 Back to school
16.01.2025 Theme Dinner Day Around the World In 80 Days
14.02.2025 Theme Dinner Day If Music Be the Food of Love...
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
02.06.2025 Back to school
30.06.2025 – 02.07.2025 Mount Cook Residential Year 6
24.07.2025 Last day of term

10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

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, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®



Autumn & Winter Menu

Available Daily:
Bread, Salad,
Fresh Fruit
müller Yoghurt &
Drinking Water

Allergen Key

Celery	C	Molluscs	Mo
Cereals	G	Mustard	Mu
Crustaceans	Cr	Nuts	N
Eggs	E	Peanuts	P
Fish	F	Sesame Seeds	Se
Lupin	L	Soya	So
Milk	M	Sulphur Dioxide	Su

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Curry G/M with Rice & homemade Flatbread G/So & Seasonal Vegetables <i>Sharwoods Tilda</i>	V Margarita Pizza G, M Served with Pasta G & Seasonal Vegetables	Roast of the Day with Yorkshire Pudding E/G, M Creamed Potatoes M , Seasonal Vegetables & Gravy	Beef Burger G in a Bun G with Potato Wedges & Baked Beans	Fish Fingers F/G with Chips, Carrots & Sweetcorn <i>Young's</i>
Option 2	V Five Bean Chili with Rice & a homemade Flatbread G/So & Seasonal Vegetables	Ve Vegetable Tagine served with Pasta G & Seasonal Vegetables	Ve Veggie Sausage G served with a Yorkshire Pudding E/G, M , Creamed Potatoes M , Seasonal Vegetables & Gravy <i>Quorn PRO</i>	Ve Vegan Burger G/So in a bun G with Homemade Potato Wedges & Seasonal Vegetables <i>Leeds</i>	V Cheese & Tomato Pinwheel E/G, M with Chips, Carrots & Sweetcorn
Option 3	Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection				
Dessert	Cooks choice of cookie G	Chocolate Cracknel G, M	Honey Cake with Fresh Fruit E/G, M <i>50%</i>	Banana & Strawberry Yoghurt Muffin E/G, M <i>müller</i>	Fruit Crumble G with Custard M <i>50%</i>

Weeks Starting: 04.11.24 / 25.11.24 / 16.12.24 / 20.01.25 / 10.02.25 / 10.03.25 / 31.04.25

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta G Bolognese with French Stick G & Seasonal Vegetables	Big Breakfast G/Su with a Hash Brown, Baked Beans & Tomatoes	Roast of the Day with Stuffing G , Creamed Potatoes M , Seasonal Vegetables & Gravy	V Cheese & Tomato Pizza G/M with Pasta G & Seasonal Vegetables	Fish Stars F/G with Chips, Peas & Carrots <i>John's Pizzeria</i>
Option 2	Ve Dippers G with Homemade Sauce, Pasta G & Seasonal Vegetables <i>Quorn PRO</i>	Ve Veggie Breakfast G with a Hash Brown, Baked Beans & Tomatoes <i>Quorn PRO</i>	V Veggie Cottage Pie M/So with Seasonal Vegetables & Gravy	Ve Veggie Balls G in a homemade tomato sauce with Pasta G & Seasonal Vegetables <i>Quorn PRO</i>	Ve Veggie Fingers G with Chips, Peas & Carrots <i>Birds Eye</i>
Option 3	Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection				
Dessert	Shortbread G	Lemon Slice E/G	Jelly & Fresh Fruit <i>WIBBLE</i> <i>50%</i>	Chocolate Crunch E/G & Fresh Fruit <i>50%</i>	Cornflake Tart G with Custard M

Weeks Starting: 11.11.24 / 02.12.24 / 06.01.25 / 27.01.25 / 24.02.24 / 17.03.25

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Pasta Bake G, M with Seasonal Vegetables & French Stick G	V Southern Style Burger in a bun E/G, M with Potato Wedges & Baked Beans <i>Quorn PRO</i>	Sausages G/Su & Mashed Potatoes M , Seasonal Vegetables & Gravy	Cottage Pie M & Seasonal Vegetables	Fish Fingers F/G with Chips, Peas & Sweetcorn <i>Young's</i>
Option 2	V Vegetable Pasta Bake G, M with Seasonal Vegetables & French Stick G	V Jacket Potato with Cheese M or Baked Beans & Seasonal Vegetables	V Broccoli & Cauliflower Cheesy Bake G, M, Mu with Seasonal Vegetables	Ve Vegan Sausage Roll G with Creamed Potatoes M , Seasonal Vegetables & Gravy	V Macaroni Cheese G, M, Mu with Peas & Sweetcorn
Option 3	Pasta Pot, Filled Jacket Potato or a Sandwich meal – Please speak with your school for their selection				
Dessert	Cooks choice of Cookie G	Flapjack G	Sprinkle Cake E/G	Beetroot Brownie E/G with Fruit	Sticky Toffee Apple Sponge E/G with Custard M

Weeks Starting: 18.11.24 / 09.12.24 / 13.01.25 / 03.02.25 / 03.03.25 / 24.03.25



E-Scooters

Did you know?

- ▶ It is illegal to use an e-scooter in public areas.
- ▶ An e-scooter can only legally be used on private land with the owner's permission.
- ▶ Parents may also be liable for prosecution as well.

As of Friday 1 November, officers who engage anyone using an e-scooter in a public place will seize the e-scooter, before sending it to be disposed after 14 days.

Previously, those caught offending were warned for a first offence of riding an e-scooter on a public road, pavement or cycle path. Going forwards there is no longer any requirement in Derbyshire to warn the rider.



