

GLADSTONE PARK MONTHLY

What a busy half term it has been. The children have been working hard and are no doubt looking forward to the half term week holiday.

It has been great to see so many joining our after-school clubs and, as the year progresses, we are always looking to start more - we are still looking for a Steel Pan teacher so if anyone knows of anyone, please do let me know.

Black History Month was celebrated by a visit from Big Foot Theatre (see page 4) and various year group activities. As usual Adrian, from Big Foot, took assemblies and got the children **very** excited as he told stories that celebrated Black History. Our curriculum reflects throughout the year the contribution of people from the Caribbean and Africa to our society but October is the month when this is spot lighted.

Please note: the photographer will be in school next Thursday to take individual photos which you will be able to purchase through the company at a later date.

Keeping pavements clear in the mornings and afternoons and ensuring no parking round the school perimeter remains a priority to keep our children safe. Ideally, walking to school is the best but if you must drive, please park in one on the minor roads - **not obstructing driveways**. Thank you.

Parents evening will take place on the 8th and 9th November; slips will be given out on the Monday we are back from half term. Please make an appointment to meet with child's teacher to discuss their progress at school.

Have a lovely half term

Angela Anterkyi
Headteacher

Dates for the Diary

October:

Thursday 19th Individual school photos

Friday 20th afternoon, Reception to park

Monday 23rd to Friday 27th HALF TERM school closed

Monday 30th - back to school

November:

Tuesday 7 - Reception open morning 10 -11am

Wednesday 8 - PARENTS EVENING 3:30 - 7PM

Thursday 9 - PARENTS EVENING 3:30 - 6PM

Wednesday 22nd Nursery open morning 10 -11am

Attendance - everyday counts

100% attendance is everyone's aim - we expect children's attendance at school to be **96%** or above.

See below how absence affects your child's % attendance:

Attendance Rate	Days absence from school
100%	0
95%	10
90%	20
85%	30
80%	40

The learning children miss is difficult for your child to make up.

Also arriving at school on time is crucial to learning. Five minutes late, each day equates to 3 days over the school year. Please work with us to ensure your child has every opportunity to succeed!

Year 4 meets the Romans

Year 4 visited The London Mithraeum to support their history topic of The Romans in Britain. The children had the opportunity to examine a range of artefacts from the period which were truly fascinating.

They also were able to explore the Roman temple of Mithras and listened to the story of his powers.





What difference does Place2Be make in your child's school?



Place2Be is a charity working in schools to improve the emotional wellbeing of children.

How Place2Be works

The Place2Be room is a place where children and young people can go to share their worries, through talking and creative work. Our team helps children and young people to find ways of coping with difficulties, so they can focus on their learning and building friendships.



How we help

Children and young people

Place2Be works with children and young people one-to-one and in small groups, offering regular support for those who will benefit most. All pupils can find help with friendship issues, school pressures and other worries.

Families

Parents and carers of children and young people in Place2Be schools can access free advice, resources and services as part of our support for the whole school. Learn more at place2be.org.uk/family.

If you'd like to know more about Place2Be, talk to:

place2be.org.uk

Place2Be is a national charity working in England, Scotland and Wales.
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Registered Charity Number: England and Wales 1040756;
Scotland SC038649; Company Number: 02876150



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Parenting Smart



We all want the best for our children, but parenting can be really tough sometimes. We've all been there.

Place2Be's Parenting Smart is a new site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.

All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence.



Exclusive to Place2Be schools

Parenting Smart - Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with **extra tools to deal with everyday parenting challenges.**

All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

The course aims to help you **strengthen your relationship with your child and respond helpfully to challenging behaviour.** You can also join discussions with other parents in your group from across the UK.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning

Designed to fit around busy family lives, the 7-week course can be **broken down into short 15-minute sections** and you can access it from your mobile phone, tablet or any other device.



AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful; if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prap Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

DISCUSS AGE RATINGS

18
CENSORED

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary; emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Lipscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://hipal.app/about/privacy.html>

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Contact school: admin@gladpark.anthemtrust.uk

Adrian brings Anancy Alive

Classes from year 1 to year 6, enjoyed amazing performances from Adrian from Big Foot Theatre Company on Tuesday 10th October; this was part of our Black History Month celebrations. Adrian brought the Caribbean stories of Anancy to life through his engaging, larger than life performances. The children were thoroughly absorbed and immersed in his theatrical interpretation of these much-loved stories.



FREE

HALF TERM ACTIVITY PROGRAMME

**A fun week of
music, arts and
crafts and
creative writing**

Monday 23rd Oct -
Friday 27th Oct
10am -1pm

Location: 5 Hassop Road
NW2 6RX

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Healthy snack
provided each
day

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Space
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