

Volume 33

Issue 21

Friday 22nd

March 2024

Highlands Weekly



Dear Families,

We are very proud of our Highlands Cricket Team this week who competed in the National cricketing finals at Lords. The children played with dedication, team spirit, skills and great sportsmanship. They reached the semi-finals stage. Please join us in collectively congratulating the children on an amazing performance and experience.

This week children across the school have been focusing upon Article 2: (non-discrimination) The Convention applies to every child without discrimination, whatever their ethnicity, sex, religion, language, abilities or any other status, whatever they think or say, whatever their family background. We marked Down Syndrome Awareness Day and UN International Day for the Elimination of Racial Discrimination. We all spoke about the power of EQUITY and RESPECT for our beautiful diverse community and how to be the very best global citizens. Discrimination is a conversation that we continue to reflect upon and develop our world knowledge about.



Many congratulations to our brand new elected RRS Ambassadors. We were so proud to read the applications the children wrote and it was a very difficult decision. We look forward to sharing the work of this group in sustaining our GOLD status as a Rights Respecting School.

Aiyla - RTa
AranSai – 1Fi
Suraiya - 2Qu
Maria – 3Ch
Levi – 4Or
Ayman - 5Pa
Yahya - 6Go

Please remember that next week we break up for the end of term on Thursday 28th March at 1.30pm. The Nursery will be closed all day on this day.

School Parliament Peace Fair

School Parliament are hosting a Peace Fair to help raise money for aid in Gaza. The fair will take place on Wednesday 17th April 2024 from 3.30-4.30. Keep an eye out for upcoming letters if you are interested in holding a stall at the fair.

Article 29 (goals of education)

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights. As well as respect for their parents, their own and other cultures, and the environment.

Article 17 (access to information from the media)

Every child has the right to reliable information from a variety of sources and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.

Article 28 (Right to education)

Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in schools must respect children's dignity and their rights. Richer countries must help poorer countries achieve this.

Article 13 (freedom of expression) Every child must be free to express their thoughts and opinions and to access all kinds of information, as long as it is within the law.

School Dinners - Feeding Hungry Minds

Following some feedback received from pupils and parents, our kitchen team have been working closely with the ISS Area Manager to make some changes and improvements to the lunchtime experience for all children. Our Chair of Governors took part in a learning walk of the lunch hall during lunchtime to see what the experience was like for children. It was noted that some children were upset at lunchtime because their meal had been pre-ordered at home and they would have preferred a different menu option. Unfortunately, the kitchen staff are unable to offer children food that they have not ordered. With that in mind, we would like to encourage parents to engage with the online ordering system with their child at home so that the children can make an informed choice about the meal they are selecting. You can do this using the link below. Children can also continue to select their own meals in class each day.

[Feeding Hungry Minds](#)

Attendance Update

We would like to remind families of the NHS advice designed to support families to decide if your child is well enough to attend school. You can access this advice via the link below.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Please be aware that if your child is absent from school due to illness for 5 days or more we will ask families to provide medical evidence in order for us to be able to authorise the absence. If this is not provided then your child's absence may be recorded as unauthorised.

Birthday Celebrations

We are aware that many families like to send in edible treats for their child's classmates to help them celebrate their birthdays. We would like to remind families that if you wish to do this then the treats that you provide need to be **individually wrapped** and **nut free** in line with our school's Nut Free policy. Any treats that are not individually wrapped will be returned to families, as we are unable to distribute these.

Injuries

If your child has any sort of injury outside of school hours, can you please let the school know about the injury and any medical advice that has been given. This will ensure we have all the relevant information to carry out a risk assessment with our leadership team.

Appointments during the school day

Thank you to our families that are letting us know in advance that their child has a medical appointment during the school day. Please can you ensure that you stick to the time of collection that you have indicated as children are waiting at Reception to be collected promptly. If you are running late for any reason let us know so we can send your child back to class until you arrive. This stops unnecessary interruptions to the classes throughout the day. If your child has an appointment during the school day, they should attend school either before or after their appointment. We also require proof of all appointments during the school day.

Parking and Road Safety around the school



Can we please remind families to be respectful to our local neighbours and **not** park in front of their driveways before school and at home time. Your actions reflect on our entire school community and we value the feelings and privacy of our local residents. We have also had a number of complaints about inconsiderate parking which blocks footpaths and is dangerous for pedestrians. Please be mindful of where you are parking to ensure the safety of all members of our school community. It has also been brought to our attention that some members of the community are not demonstrating responsible usage of electric scooters and bicycles. Please remember that children should be wearing helmets if they are cycling or scooting to school and that parents and children should not be cycling on the footpaths.

Use of mobile phones on the school site

It has been observed that many parents and family members are on their mobile devices when collecting their children. Please could we urge you to take this time to connect with your child and talk about their day at school and perhaps catch up with your messages or phone calls once you are home. This moment in the day when we collect our children is a time where they wait to see the awe, wonder and sheer joy of their parents upon seeing them. This is especially important for our very youngest children. Of course, we understand there may be emergencies.

Online Safety

Please take the time to have a look at the following link that shares excellent advice for parents about how to keep your children safe online in the home.

<https://parentsafe.lgfl.net/>

Sports at Highlands

William Greaves Cricket Competition Final

In December 9 children in Year 5 and 6 represented Highlands Primary School in a Borough-wide cricket competition, which they won and earned themselves the title of Borough Champions! During the February Half-Term the same children went to Lords Cricket Ground to represent the London Borough of Redbridge in the next round of the competition where they went up against other schools who also won their Borough competitions. After a successful day, the children qualified for Finals Day which was held on Thursday at Lords. With support from Mrs. Owen, their parents and the Mayor of Redbridge the children looked sharp in their warm-ups and ready to take steps to become champions of London! Unfortunately, the children lost their opening game, drew their second game which meant their game was a must win! After collecting their thoughts the children put on a ruthless performance and won the game which meant they qualified for the Semi-Final! Unfortunately the children did not have a chance to rest and recuperate and were unable to pick up the win in the Semi-Final, nor the play-off game. But it did mean that after all of their efforts the children of Highlands Primary School are the 4th best cricket team out of the 160 schools that entered the competition! We are very proud of the children and their performances and we hope they feel the same way!

Well done to:

Aairah 5Sh

Mahnoor 5Sh

Aarvi 6Sa

Archana 6Ka

Gopal 6Ka

Samee 6Ka

Isa 6Ka

Arnav 6Sa

Mohammed-Faheem 6Sa



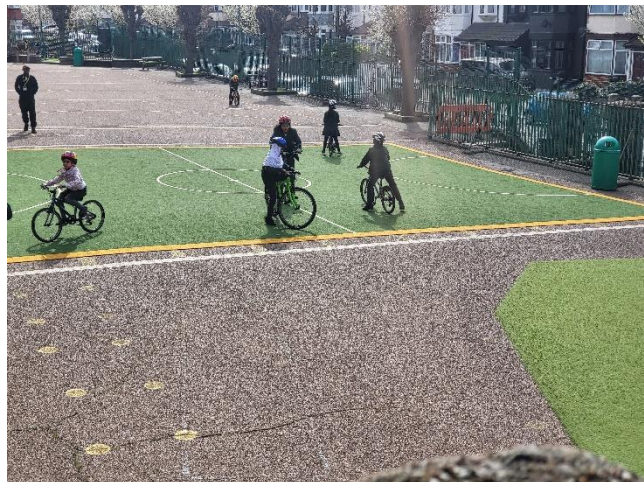
Rock Steady Concert

Last Friday, children in Year 1 and Year 2 were in the audience for the termly Rock Steady concert. Seven bands which included children from Reception to Year 6 played a range of brilliant tunes. Our talented musicians played keyboards, drums, lead guitar and bass guitar. There were also some incredible vocalists. The choir performed songs from the Redbridge Choir Festival that they took part in earlier this term, receiving gold awards.



Bikeability

During this week 42 children in Year 4 have been taking part in Level 1 Bikeability Training, in which the children learned skills such as how to confidently pedal, glide, become more aware of their surroundings and how to have better control of their bike when on the move!



JTAs (Junior Travel Ambassadors)

On Wednesday this week the JTAs took part in a School Street Session with some representatives from Redbridge Council. They were asked questions around the impact and effectiveness of the School Street Programme currently in operation around Highlands Primary School and were able to make suggestions for possible improvements! The children were able to articulate their thoughts and feelings around how the programme has affected their journeys to and from school, the level of pollution and how safe they feel whilst making their journeys.

Well done to:

Ridwan 5Sh

Sara 5Sh

Ruqayah 5Pa

Faizan 5Pa

Mehreen 6Sa

Huzaia 6Sa

Maryam K 6Ko

Najah 6Ka

Yahya 6Go

Natalia 6Go



Curriculum in Action

Take a look at our week of learning in action across the school.

Oak Class



We have had a very busy week in Oak class this week. On Tuesday, we had a special visit from our dental nurse. She taught us how to look after our teeth and what to expect when we visit the dentist. It is important to have regular visits to the dentist, so if your child is due a check-up, please do book an appointment as soon as possible. We also continued our topic on Space. We created our own solar system models to support our learning about the planets. We began our new topic on religious festivals. This week we focused on Ramadan. We used our fine motor skills, to sew a prayer mat. We also looked at our favourite foods that we would enjoy breaking a fast with.

Nursery

In the Nursery, we have introduced the Right Respecting value of kindness; the children have tried to be compassionate and generous with all their peers and adults in the nursery. We have read the story 'Goldilocks and the three bears'. The children have made their own porridge like the bears. They have been measuring how much porridge can fill different size cups. The children have learnt to compare objects from their sizes and use words like 'bigger/smaller than' or 'the biggest, the smallest, medium'. This week, our 'wow' words are 'big' and 'small', Muhammad Yahya in Strawberries group said:



'the carpet is big and the table is small'. We have separated objects according to the sound they begin with, as we did last week to practise our phonics skills. On Thursday, we celebrated World Down Syndrome Day, children enjoyed wearing odd sock and we celebrated differences. The children have been learning about Ramadan and Eid-al-Fitr. They made Eid cards to wish Eid Mubarak to their families.



Reception

This week in Reception we have been working really hard practising for our Show and Share Assembly, the children are doing a fantastic job at remembering all of their lines, songs and dances. We are looking forward to sharing it with everyone next week. In Maths the children have been continuing exploring 'weight' and making comparisons. They were introduced to the concept of odd and even numbers and the children became confident in being able to spot which numbers are odd and which numbers are even and explain how they know. We are so impressed with the children's writing this week, they rewrote the story The Little Red Hen using story language. We shared the story Emperors Egg and they enjoyed finding out about penguins and the important job they have when they have to look after their eggs. Abudullah (yellow class) said "The Mummy penguin swims in the sea hunting for fish and the daddy penguin sits on the egg to keep it warm and safe." In Phonics this week we learnt the new tricky word **her** and trigraphs **air** and **ure**. The children applied this to their reading and used the new sounds to write words in their sentences.





Year 1

This week in Year 1, the children were very excited to welcome 5 little visitors to our year group. We received 5 eggs to take care of. The children were really excited and made some really good predictions about what could be inside. Some of the guesses included, penguins, snakes, chicks and dinosaurs.

On Wednesday we had our first egg hatch and the children were really excited to find out there was a little duckling inside. They have been learning about how the duck hatches and how to take care of them.

In English this week the children have been comparing the 'We're Going on a Bear Hunt' story to 'We're Going on a Lion Hunt'. They could talk about the similarities and differences between the two books. They then used what they knew about the story to create a story map to retell the story.



In Geography, the children were learning about capital cities. They were able to identify the 4 countries in the UK and name the capital cities. They added this information to a map. They then looked at the weather across the UK, they talked about whether, the weather would be the same in every city or different. We then looked up the weather for each city and added this to our maps.

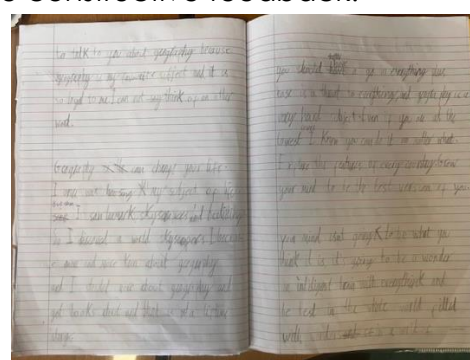
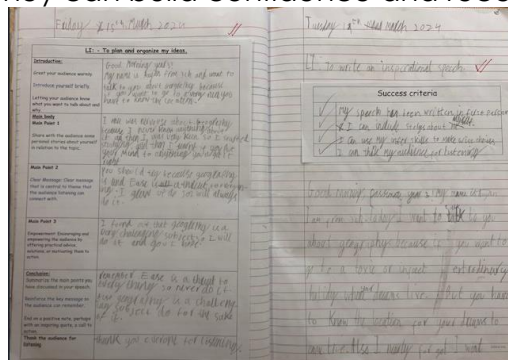
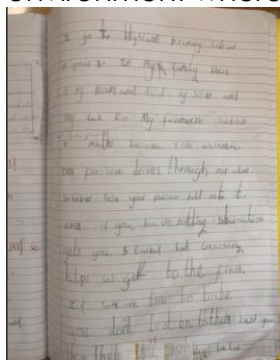
Year 2

This week in Year 2, we have been excited to carry on reading our text 'Fox'. The children thoroughly enjoyed performing soliloquys in front of their class using emotive language and thinking about Magpie's thoughts. We planned what we think will happen next in the story and are looking forward to writing the next part of the story next week. In Maths, we have continued our work on measure. We looked at capacity and reading scales in grams and kilograms. The children applied their knowledge to problem solving and answered some word problems. In RE, we looked at symbols that represent Easter and explored what heaven and 'Life after death' means to Christians. In Geography, we looked at which animals live in our local area. We presented this information on a bar graph and created a poster showing ways to look after and preserve our local nature sites. In Science, we completed our investigation about what plants need to grow. We then used our results and findings to create an informative poster about what seeds and bulbs need to grow and thrive. Well done for all your hard work Year 2!

Year 3

In English this term, the Year 3 children have embarked on an exciting journey of self-expression and inspiration through speech writing. We wanted to share with you the wonderful progress the children have been making and provide some insight into what they have been learning. In our English lessons, we have been delving into the power of words and how they can motivate and inspire others. Through discussions, readings, and activities, we have explored various speeches given by influential figures throughout history, such as Martin Luther King Jr., Nelson Mandela and Ibtihaj Mohammed the author of our book Yhe Proudest Blue. We have analysed what makes these speeches impactful and how they have brought about change in the world. Encouraging creativity and confidence, the children have been tasked with writing their own inspirational speeches. They have been given the freedom to choose topics that resonate with them personally, whether it is about kindness, courage, environmental stewardship, or any other theme close to their hearts. This process has not only honed their writing skills but has also empowered them to voice their thoughts and beliefs

We have focused on developing various language skills, including vocabulary expansion, sentence structure, and persuasive techniques. The children have been challenged to use vivid imagery, rhetorical devices, and emotive language to effectively convey their messages and connect with their audience on a deeper level. In addition to writing their speeches, the students have been practicing their public speaking skills. They have had opportunities to present their speeches in front of their classmates, fostering a supportive environment where they can build confidence and receive constructive feedback.



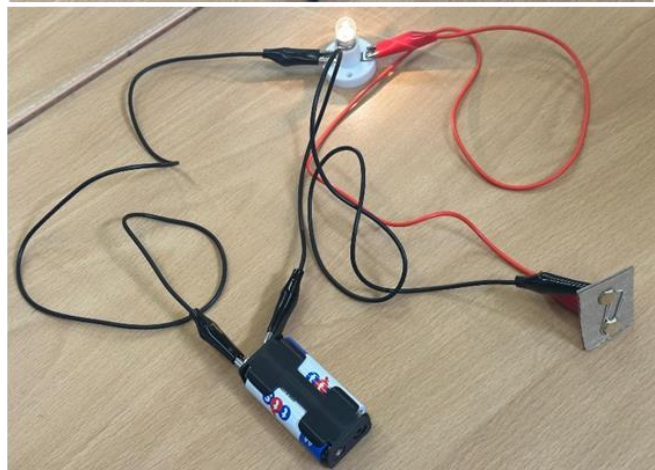
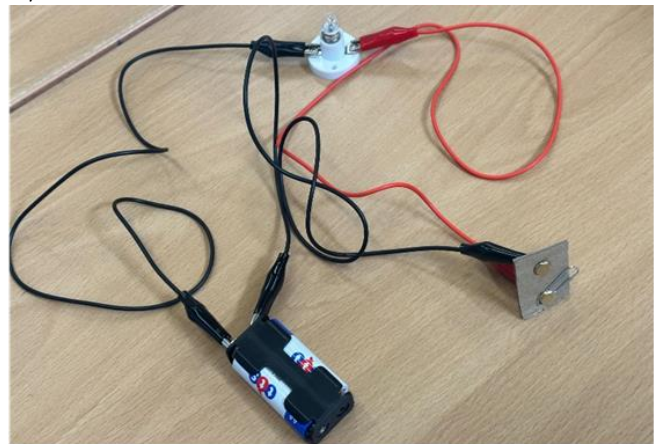
In our DT lessons, Year 3 students have delved into the fascinating world of medieval architecture by undertaking the task of building their very own castles. This project not only nurtures their creative skills but also integrates elements of history and design, making learning a truly immersive experience. Guided by their imaginations and the principles of structural design, the children have been enthusiastically working on their castle models. From drawing initial blueprints to constructing towers and walls, each step has been a testament to their ingenuity and teamwork. As the project progresses, we will delve deeper into the historical and cultural aspects of castles, exploring different architectural styles and their evolution over time. Furthermore, the children will have the opportunity to display their completed models, sharing their insights and creative processes with peers



Year 4

Year 4 have been working really hard this week writing their fables in English. They have been working alongside their plans to ensure they have included all of the features of a fable; including verbs, expanded noun phrases, fronted adverbials and a moral. This week in Math's the children have been subtracting mixed fractions. The children are becoming confident in identifying the whole, integer, and fractional part using a number line.

In Science this week, children have been using their scientific enquiry skills to sort materials into insulators and conductors. The children have developed a strong understanding of a circuit and the components that make a complete circuit. During DT, the children designed a torch for a child their age and thought about the different materials they would use to construct their torch. In our next lesson, all of the children will be constructing and designing their own torches with a circuit to switch on. Finally, some of our Year 4 children had a fantastic opportunity in participating in BikeAbility and had a great time learning how to ride a bike safely!





Year 5

This week, the children had the opportunity to visit the National Portrait Gallery to culminate their learning of the Tudors in Art and History last term. The children enjoyed exploring various themed rooms in the gallery, progressing from historic Art to contemporary and modern Art. In English this week, we have been writing our persuasive letters to our local MP (Sam Tarry) in hopes of persuading him to allow the citizens of Afghanistan to seek refuge in the UK – in relation to our text for this half term titled 'The Breadwinner'. They have had to ensure that they are using both formal and emotive language; we are looking forward to reading their persuasive letters. In Maths this week, the children continued exploring place value to deepen their understanding of the relationships between percentages, fractions, and decimals. Specifically, identifying equivalences. In PE this week, the children have continued developing their skills in basketball. We focused on dribble practise and ensuring we had good control of the ball whether we were using our dominant or less dominant hand. Finally, in Computing the children began finalising their computer games, ensuring that each gradual level increases in difficulty. Well done for another great week of learning!

We hope you all have a restful weekend.

The Year 5 Team ☺





Year 6

This week in Year 6, children are planning their narrative for their English text. They have been working hard to explore different concepts that they will need to include in their narrative for example integrated dialogue to advance the action. Year 6 have worked hard to ensure that they have punctuated their dialogue correctly. We look forward to show casing their narratives once written. In addition, in our Science lessons children explored ways in which they could keep their heart healthy. Children understood the importance of food and exercise on our heart. Year 6 then completed an investigation, completing short exercises in 1 minute and seeing how their resting heartbeat altered.

Moreover, in our R.E lessons this week, children learnt about the difference between a vow and commitment and how these can be shown in our daily lives. They explored what vows people may need to keep not only religiously but every day. Children had great discussions

in understanding why vows and commitments are important to keep and why they can structure a person's life. Well done for working so hard this week!

Vows & Commitments

Example: Making a vow to your religion's holy book in court.
Example: You could vow to keep a secret.
Example: Lawyers take a vow to commit to their clients and never lie in court.
Example: Committing to a new year's resolution.
Example: Police officers in hot America vow to make America a better place to live.

Example: What I know: Vows are promises/strong promises. Commitment is to be dedicated in something you do.
Example: Wedding vows and commitment to long-term relationships.
Example: Doctors take a vow to be committed to trying their utmost best to save as many lives as possible.
Example: Soldiers make a vow to honour their country in war.

The Declaration of Faith (Shahada)

شهادة الايمان
 لا اله الا الله محمد رسول الله
 "There is no god but Allah Muhammad is His messenger"

Muslims make a commitment to always have faith in Allah. Someone might make this commitment to convert to Islam. A challenge we might face is feeling alone and doubting your beliefs. If this promise was broken, you wouldn't be considered a Muslim anymore.

Healthy

- cucumber
- exercise
- fruit and veg
- whole-grain
- bread and carbs
- healthy fluids e.g. water
- running
- sports
- high-sugar fruits
- excess of medicine

Unhealthy

- oil in foods
- fatty foods
- being lazy
- not mowing enough
- over-exercising
- dark choc
- being obese
- eating chemicals
- overeating
- excess of one food group
- harmful drugs e.g. tobacco
- cigarettes
- harmful fluids e.g. alcohol
- nicotine

LI:- To understand the impact of exercise on the way our bodies function.

Names	Resting HR	After exercise HR	Hula hoop	Hopping	Star jumps	Running
Maya	33	50	32	40	68	68
Fasina	12	30	32	23	34	34
Haniya	17	20	28	43	32	32
Sapwan	21	46	39	36	61	61
Abdullah	8	50	36	45	65	65
Ali	23	45	38	42	62	62

Attendance

Total school attendance for this week is 94.44%

6Ka – 98.15%
RTa – 96.93%
1An and 6Go – 96.69%

Well done to all three classes!

Birthdays

Happy Birthday to the children celebrating from
Monday 18th March 2024 to Sunday 24th March 2024



Noah
Elia
Darshan
Ayyaan
Idrees
Tasneem
Siara
Aaminah
Damaris
Shanzay
Alestan
Haania
Aiza
Safa

GiantPandas NPM
Tigers 3Ch
Tigers 3Sr
Sn Leopards 5Pa
Penguins RAh
Orangutans 4Or
Elephants 1An
Sn Leopards 5Pa
Otters 6Ka
Tigers 3Sr
Orangutans 4Va
Penguins RKa
GiantPandas NPM
Sn Leopards 5Sh