



12th
September
2024



Highlands Primary School

Meet the Teacher



Year 3 Team



Mrs Matsell
Learning Leader



Miss Fitzpatrick
Team Leader



Mr Choudhury
Class Teacher



Mr Oranefo
Class Teacher



Mrs Yousef
Learning Coach



Mrs Khalil
Learning Coach



Mrs Beauty
Friendship Facilitator

Wider Highlands Team

The Wider Highlands Family



Dr K Atwal
Executive Head
Learning Leader



Mrs S Kaur
Associate Head
Learning Leader
Year 6 Learning
Leader



Mrs D Taylor
Learning Leader for SEN
Safeguarding Lead



Mrs V Seehra
Early Years and Y1
Learning Leader



Mrs L Matsell
Year 2, 3 and 4
Learning Leader



Mrs J Owen
Year 5
Learning Leader

The School Day

Doors open at **08:40am**

School begins at **8.50am** and finishes at **3.20pm**

Punctuality

'My child is only late by 10 minutes... that doesn't matter does it?'

It may seem like 10 minutes isn't really that much, but for the typical school day of 6.5 hours, a student who is 10 minutes late every day will miss **30 hours** of school time that year. That's the same as 6 full days of learning lost!



Attendance

Penalty fines can also be issued to families who accumulate a number of unauthorised absences within a fixed period of time.

If a child misses	that equals...	which is...	and over 13 years of school that's...
1 day per fortnight (90% attendance)	19 days per year	≈ 4 weeks per year	Nearly 1½ years
1 day per week (80% attendance)	38 days per year	≈ 8 weeks per year	Over 2½ years
2 days per week (60% attendance)	76 days per year	≈ 16 weeks per year	Over 5 years
3 days per week (40% attendance)	days per year	≈ 24 weeks per year	Nearly 8 years

PE Days

Please make sure your child brings the correct PE kit on the days that they have PE. Children will change at school.

Class	PE Days	
3Fi	Monday	Wednesday
3Ch	Monday	Wednesday
3Or	Wednesday	Thursday



School Uniform Expectations

Uniform is sold online through SCOPAY where you will find a list of available sizes. We ask that you measure your child carefully before placing an order. Orders will be delivered to your child's class. If for any reason a item needs to be returned please contact uniform@highlandsprimary.net for assistance.



Highlands Primary School

Long Term Plan 2024/25

Year 3



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English	Narrative	Diary Entry Poetry – Shape Poems	Iron Man Letter	Speech/ Monologue World Literature	Narrative	Non-Chronological Report linked to Geography Topic
Key Text	The Tear Thief	The <u>Hodgeheg</u>	The Iron Man	The Proudest Blue	Dinosaur Trouble	The Pebble in My Pocket
Reciprocal Reading	The Stone Lion	<u>Sulwe</u>	The Sad Book	The Oak Tree	The Kindest Red	The Day The Crayons Quit/The Day The Crayons Came Back
Maths	Year 2 ready to progress NPV & NF Number: Place Value Year 3 ready to progress NPV Year 2 ready to progress AS Number: Addition and Subtraction Year 3 ready to progress NF-1 Year 3 ready to progress AS Year 2 ready to progress MD		Number: Multiplication and Division Year 3 ready to progress NF Measurement: Length & Perimeter Number: Fractions		Number: Fractions Year 3 ready to progress F Measurement: Money Measurement: Time Year 2 ready to progress G Geometry: Shape Year 3 ready to progress G	

Year 3 Curriculum

Home Learning

- We will set homework each week on Friday and expect children to complete this by Wednesday.
- Home learning will include various tasks and spellings to complement the learning in class.
- Children are expected to read at home regularly and notes should be made in their reading record which class leaders will check regularly.



Communication

- There are many ways to get in touch with our school if you have a query or need any support or advice.
- Telephone the school on **0208 544 0044**
- Email our school admin address which is checked daily
admin.highlands@redbridge.gov.uk



Class	Email address
3Fi	3fi@highlandsprimary.net
3Ch	3ch@highlandsprimary.net
3Or	3or@highlandsprimary.net

Blue Zone School

A Community programme to support the holistic health and wellbeing of our community.

- Research is showing the increasing numbers of young adults now being diagnosed with serious health conditions.
- Early research shows this is linked to escalating obesity rates, dietary habits, the increase in consumption of ultra processed food and lack of exercise and movement.
- 1 in 5 children in England aged 8-25 have a probable mental health disorder (2023).

What can you expect to see this year?



Where are the Blue Zone Areas?

Nutrition

A new approach

- Parental Engagement- , parent information sessions, workshops, family cooking.
- Cooking Club.
- Links made to blue zone health in the DT cooking curriculum
- Blue Zone Breakfast Club
- Links to local businesses
- Grow our own vegetables
- Blue Zone Shop

Every Day is healthy snack day at school. Ultra Processed snacks are banned.



Movement

- Walk to School Initiative
- Walking Bus
- Strong PE Curriculum
- Health and Fitness Buttress Hall
- Forest School
- Further clubs opportunities
- Movement Breaks

ADD A FOOTER



Connection

Strong relationships are key

- Friendships
- Wellbeing Committee
- Emotionally Consistent Classrooms and Adults
- Consistent Application of the Behaviour Policy
- Anti Bullying
- Weekly Calls Home
- Strong RE Curriculum
- Lunchtime Library Spaces
- Community Events
- Global Classrooms

**PLEASE DO TALK TO US IF YOU
ARE WORRIED ABOUT
FRIENDSHIP ISSUES**



Purpose

Our school enables children to find their sense of purpose.

- Morning Gratitude Routines
- Talent Shows
- Rich curriculum opportunities
- Termly Talent Coaching and Reflection
- Rights Respecting School



EXTRA-CURRICULAR CLUBS

- There are lots of spaces available for clubs.
- Please sign up by paying on SCOPAY which automatically secures a place for your child.
- You will find them on Trips and Events

Highlands Primary School Extra-Curricular Timetable – Autumn Term

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	Gymnastics Y4-Y6 (Lloyd Hall) 7:45-8:45 External Provider				Gymnastics Y1-Y3 (Lloyd Hall) 7:45-8:45 External Provider
After school 3:30pm-4:30pm	Chess Y1-Y3 (ICT Room) Miss Landeryou £45.00 Dodgeball Y4-Y6 (Buttress Hall) External Provider Football Y1-Y2 (Buttress Hall) Mr Caesar £45.00 Mathlete Y3-Y4 2KM Mrs Mulay	Badminton Y3-Y5 (Buttress Hall) Mr Choudhury £45.00 Chess Y4-Y6 ICT Room Miss Landeryou £45.00 Drama Club Y1-Y6 (Mallach Hall) Mrs Petlik & Ms Smith £45.00 French Club Y1-Y6 1Ga Ms Kaidoo £45.00 History Y4-Y6 5Ka Mrs Evans £45.00 Karate Y1-Y6 (Lloyd Hall) 3:30pm-4:50pm External Provider	Art Club Y1-Y6 (3Fi) Mrs Petlik £45.00 Dance Club Y4-Y6 (Lloyd Hall) External Provider Lego Club Y1-Y6 (ICT Room) Ms Kaidoo £45.00 Multi-Sports Y1-Y3 (Buttress Hall) External Provider	Computing Y1-Y2 (ICT Room) Ms Kaidoo £45.00 Football Y3-Y4 (Buttress Hall) Mr Caesar £45.00 Science Y4-Y6 (4Az) Mrs Khanom £45.00 Sign Language Y1-Y6 (2Qu) External Provider £70.00	Dance Club Y1-Y3 (Lloyd Hall) External Provider Football Y5-Y6 (Buttress Hall) Mr Caesar £45.00

Social Media

We must take more action to keep our children safe online

- This year our RRS Ambassadors will create a community charter for all families at Highlands and we will advise which sites and platforms are healthy and which all families will sign up to, to avoid. Together we can keep our children healthier and safer



Kids need a lot of sleep – eight to 10 hours a night for teenagers, nine to 11 hours for school-aged kids. Unfortunately, up to 50% of kids in the UK don't get as much as they need. And the lack of sleep can impact weight management, intellectual functioning, mental health and even behaviour.

What happens when kids and teens lack sleep

In older kids, insufficient sleep presents as chronic fatigue, falling asleep during the day, difficulty concentrating or performing at peak, and even difficulty regulating emotions. In younger kids, it can look a lot like attention deficit/hyperactivity disorder (ADHD): outbursts, behavioral problems and hyperactivity.

“While older children and adults appear sleepy when we don't get enough sleep, young children may act the opposite. They may seem to have excess energy, be more irritable and act out,” says Stacey Simon, PhD, a sleep psychologist.

Limit screen time before bed to improve sleep

Keeping screens and phones out of bed and not using the bed as a hangout helps kids to associate it with sleep and sleep only, which will help them get to sleep faster and sleep better. We recommend turning off all electronics (phones and screens) and dimming the lights at least an hour before bed.

“Kids are taking devices to bed with them, playing games or communicating with friends,” says Stephen Hawkins, MD, a pediatric sleep specialist, “and the light from screens suppresses melatonin production. I like to tell patients that screens trick your brain into thinking it’s daytime, and if it’s daytime, your brain is not going to let you fall asleep.”

More tips to help your kid sleep

Avoid giving your child caffeine, including energy drinks, at all times, but especially at least eight hours before bed.

Ensure your child gets at least 30 minutes of exercise each day, but not too close to bedtime.

It's important for your child to eat regular meals throughout the day, but there's nothing wrong with adding a light snack before bed.

If proper sleep hygiene is in place and a child still struggles to fall asleep, talk to your paediatrician about trying a low dose of nightly melatonin. This supplement can especially be helpful for some neurodiverse children who have trouble winding down for bedtime.

Online Safety

<https://talk.iwf.org.uk/>

Children are advised to leave the room.

New RRS Community Charter

COMING OCTOBER 2024

- Our new Community Charter will include all actions that we advocate as a blue zone community school.
- This will incorporate: nutrition, movement, connection, purpose and social media safety.

TOGETHER WE CAN ACHIEVE GREAT THINGS



Home School Agreement

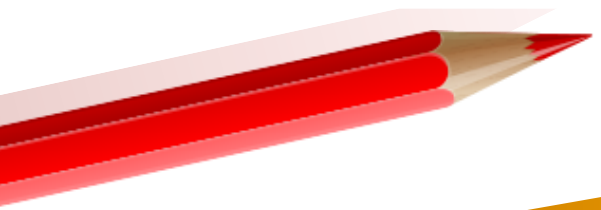
Year Group

Year 3 have access to the tuck shop. Items cost 40p each

Due to time children are allowed to purchase 2 items

Year 3 will go swimming in Spring and Summer Term. This will count as a P.E lesson. You will receive a detailed letter closer to the time!

All children will be allocated a reading book based on their reading band. Although children will be allocated a book-changing day, this is not fixed as some children may be reading longer or shorter books. All children will have the reading folder available to change their books as and when they need to. This will be recorded in our reading folder as well as their Reading Record. Please take the time to read with your child and write a comment in their reading record.



Thank You!

