



12th
September
2024



Highlands Primary School

Meet the Teacher



Year 5 Team



Mrs Owen
Learning Leader
and Team Leader



Mrs Kaur
Class Leader
5Ka



Miss Vaja
Class Leader
5Va



Miss Shah
Class Leader 5Sh

Lunchtime adults



Mrs Landeryou



Mrs Jahngir

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 comes to school in the correct PE kit on the days that they have PE.

Class	PE Days	
5Ka	Monday	Thursday
5Sh	Monday	Thursday
5Va	Monday	Thursday



Library days

Please make sure your child brings their library book into school to change their book.

5Ka - Tuesday

5Sh - Tuesday

5Va - Wednesday



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.



Year 5 Curriculum

Highlands Primary School
 Long Term Plan 2024/25
 Year 5



	Autumn 1 7 weeks	Autumn 2 8 weeks	Spring 1 6 weeks	Spring 2 5 weeks	Summer 1 6 weeks	Summer 2 7 weeks 2 days
English	Recount Diary entry The Boy at the back of the class	Non-chronological report	Narrative	Persuasive writing	Newspaper Report	Narrative
Reciprocal Reading	Pig Heart boy	Non fiction The Planets	Fiction Text	Fiction Matilda	Fiction Text Matilda	Poetry Narrative Poems
Maths	Year 4 RTP 4NPV-1/4 Number: Place Value (3 weeks) Number: Addition and		RTP4MD-1-3 Multiplication & division (3 weeks) Fractions: (2 weeks)		Geometry: Shape (3 weeks)* Geometry: Position and direction (2 weeks)* Number: Decimals (3 weeks)	

EXTRA-CURRICULAR CLUBS

- There are lots of spaces available for clubs.
- Please sign up and pay on SCOPAY
- You will find them on Trips and Visits

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 1Ga 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

Home Learning

- We will set homework each week on **Friday** and expect children to complete this by **Thursday**.
- 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
5Ka	5Ka@highlandsprimary.net
5Sh	5Sh@highlandsprimary.net
5Va	5Va@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 ultraprocessed 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



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**

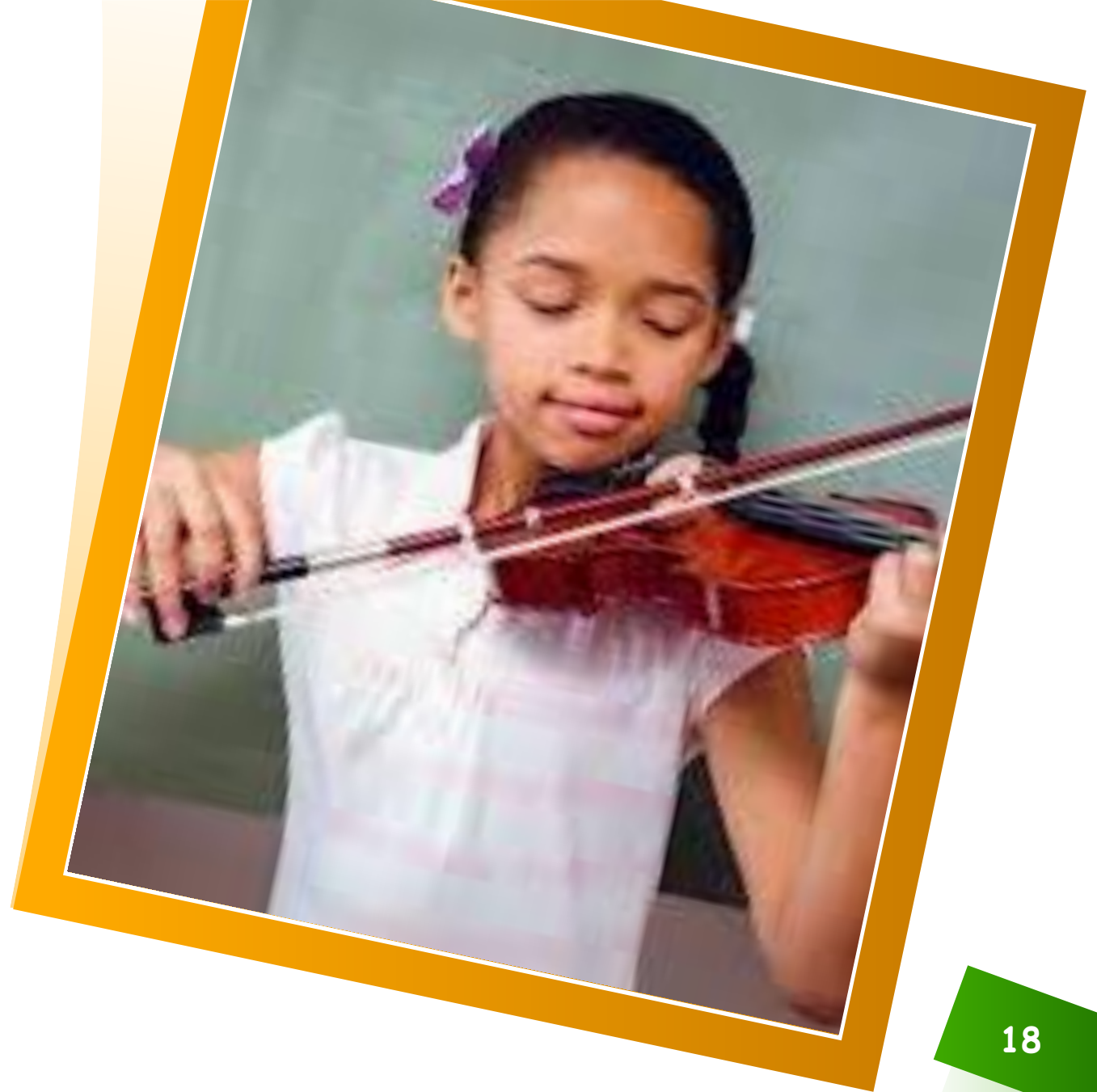


Purpose

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

Does your child struggle to share what they are great at?



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



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

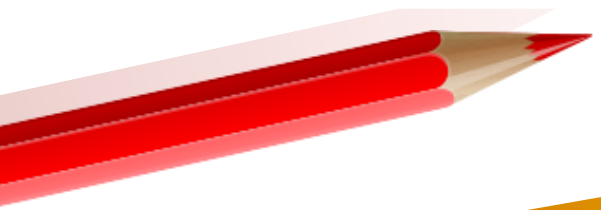


Home School Agreement

Trips

We will provide you with an overview of the upcoming trips in Year 5 in the upcoming weeks.

Please can you ensure your Scopay details are up to date. If you need any support with this, please contact the office.



Thank You!

