

24 January 2025

GORDONBROCK WEEKLY

Dear Parents/Carers,

Earlier this week, I was delighted to share the news that our recent Ofsted report is now available and I couldn't be prouder of our school. Thank you for all your positive messages on the gate or by email! The report highlights the dedication of our



staff, the enthusiasm of our pupils and the invaluable support of you, our parents and carers. Thank you for your continued partnership in making our school such a fantastic place for learning and growth.

It's been an exciting week! On Tuesday, Year 4 had a fantastic trip to the British Museum as part of their history unit on the Ancient Greece. The trip brought their learning to life!

On Thursday, we welcomed parents of Year 3 and 4 pupils to our Maths Parent Event. It was wonderful to see so many families engaging in maths activities together – and impressively learning their 19 times table! After that, we were

thrilled to host Jazz on Tour, where the world-famous saxophonist Tony Kofi led a group talented Trinity Laban students. Their inspirational performance captivated our pupils and we hope inspired the next generation of musicians.



On Friday, Talk Consent workshops for year 6 deepened their understanding of the importance of healthy relationships, including personal boundaries.

Next week is Buddy Week. We look forward to buddy classes reuniting for activities linked to Children's Mental Health Week (wb 3 February). We welcome Year 5 parents to our School Journey meeting at 5.30pm on Monday. Year 1 parents/carers, please don't forget their year-group assembly at 9.10am on Wednesday. I can't wait!

Wishing you all a restful weekend!

Mrs Wright

Gardening Club Gets Going!

We've started a Gardening Club, following funding won at Big Schools Eco Event last year. Members will work together to develop and maintain an area of the school site near to the community entrance, learning hands-on techniques for planting and caring for various plants. The club also focuses on environmental awareness and provides a chance to connect with others.



Hassan: "When Ms Luxton asked if we wanted to have plants that look beautiful to look at, or plants that we could eat, we chose to grow plants that we could eat."

Aron: "I enjoyed planting the strawberries in the school garden."

Football Update: A Sensational Start!

After several delays due to the unprecedented storms, we finally started our league campaign for both the girl's and boy's football teams at the weekend. Both teams were eager to start, having had to wait for nearly 3 months! The missed fixtures will be played at the end of the season.

The matches were alternate between the two teams, with the boys starting first against Holbeach. The team played well throughout, getting the first goal through a long-range effort from Leonardo. Holbeach came back and we trailed 2-1 going into the second half—though Jason and myself weren't worried as the team had shown they could get back into the game. And that's exactly what they did with a great goal from Jack and another from Leonardo – a freekick from near to the halfway line! Gordonbrock won 3-2. Leonardo was our Player of the Match (POTM).

The girls played Torridon first. Gordonbrock were in charge of this game from the first whistle. Thanks to a goal from Indiya and a hat-trick from Julie, including one with an excellent assist from Elisha, they ran out a comprehensive 4-0 victory—though arguably there could've been even more goals for us. The POTM for this game went to Julie for her energy, composure and excellent teamwork.

Up next was the boy's second game against Prendergast, traditionally a bit of a grudge match between the teams but Gordonbrock were motivated to continue their great start to the weekend. The boys battled and forced through a 1-0 win thanks to a fantastic effort from Jeremy following sustained pressure on their goal. Despite the low score, our team was better than their opponents and I actually lost count of the amount of shots and chances we created. Jeremy earned the POTM through his determination and leading through example.

The final game of the weekend was the girls against Holbeach. After a comfortable start, the team was high in confidence and playing very well. This continued and this match was even more one-sided. Goals from Indiya (3 – our second hat-trick of the day!), Julie (2) and Raphaela gave the team a formidable 6-0 win, rounding off a fantastic weekend for both teams and really laying down a marker for results and performances. POTM goes to Indiya—though a special mention goes to Olivia for her attacking play and driving the team forward.

Special mention over the weekend goes to Raphaela, who played as our stand-in goalkeeper due to injuries and kept clean sheets in both games with some important saves and came out of goal to score in our final game.



A big thank you to Jason for coaching, and to the parents and carers for attending and supporting the team.

Mr Costello

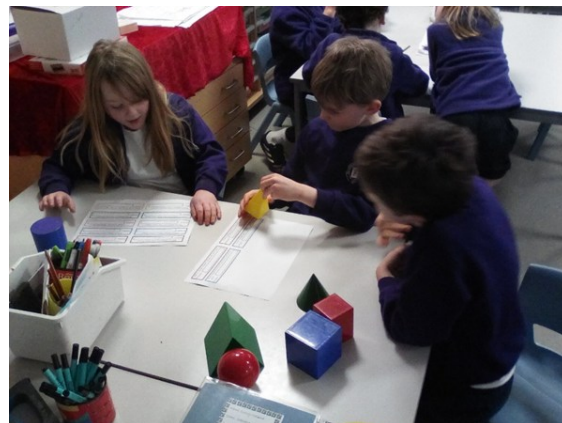
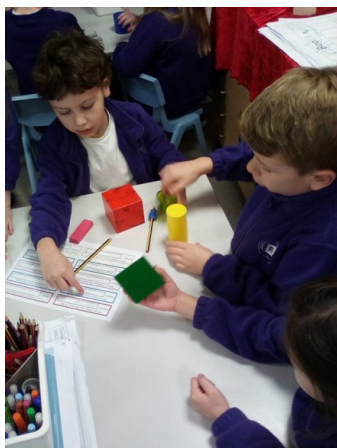
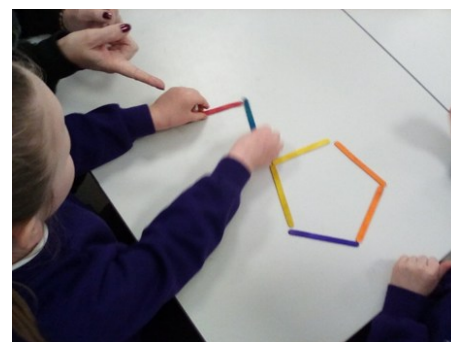
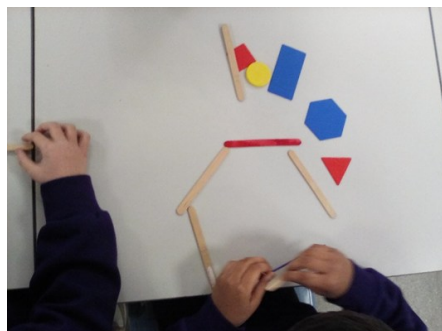
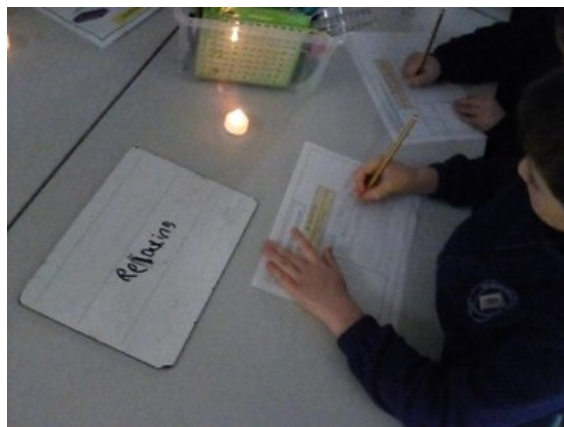
Reception Blast Off!

The Reception children are absolutely loving our topic, All About Space! Over the past two weeks, they've been immersed in a variety of exciting space-related activities. They've taken on the roles of astronauts in our Space Station role-play area, created stunning collages of astronaut space suits and learned about the Solar System through hands-on, creative projects. The children have also been busy assembling Solar System puzzles and crafting their own moonscapes. Using cardboard and newspapers, they built textured surfaces that were then painted and sprinkled with glitter to resemble the Moon's surface. It's been an out-of-this-world experience, full of discovery and fun!



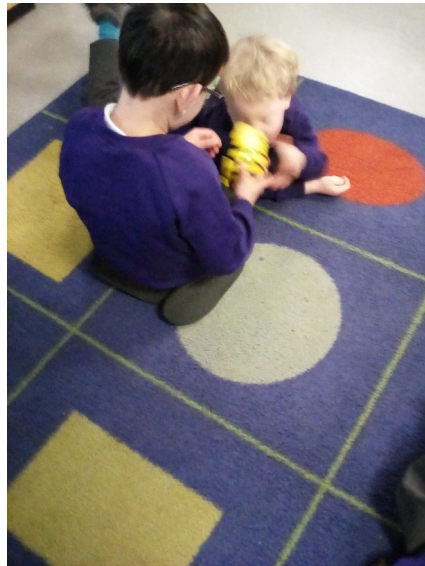
Shapes, Special Places and Life Cycles in Year 2!

Over the past couple of weeks, Year 2 have been diving into the world of 2D and 3D shapes. The children have been identifying shapes, discussing their properties and working hard to explain how they recognize and classify each one. Their enthusiasm and effort have been fantastic to see! In RE this week, we explored the concept of 'our special place'—a location where we feel happy and safe. The children shared a wonderful variety of meaningful places, showcasing their unique perspectives and experiences. In Science, we learned the fascinating life cycle of a frog, using this as a foundation to compare and think about the stages in the human life cycle. It's been an exciting week of learning across all subjects!



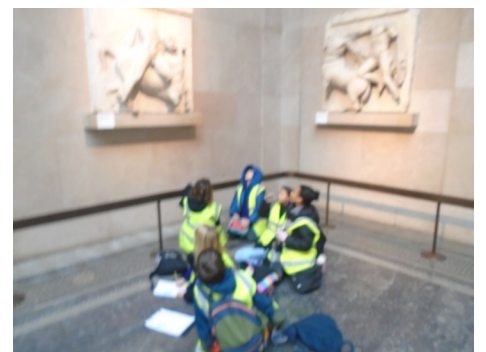
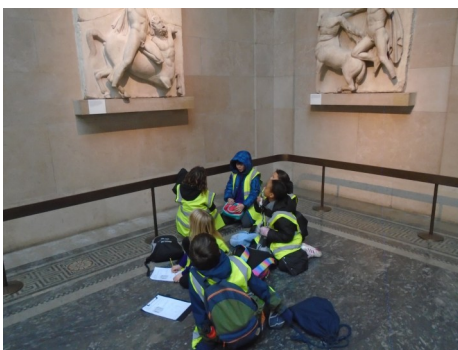
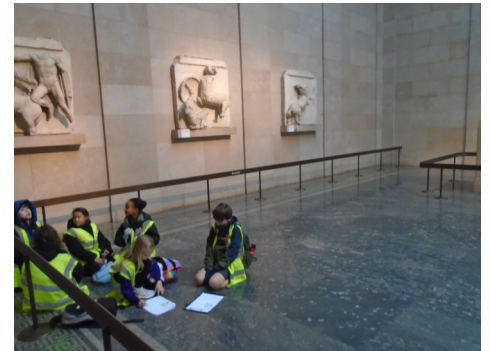
Busy Bees in Year 1!

Year 1 has been thoroughly enjoying our Reading Mornings! It's been wonderful to share stories together with parents and carers and family members, creating a warm and engaging start to our days. We're excited to continue these special moments throughout the year! In Computing, we've had a fantastic time exploring how to use Bee-Bots. The children have loved learning to program them to follow specific instructions, and we even took it a step further by 'programming' each other for some extra fun and teamwork. It's been a week full of curiosity and creativity!



Year 4's Journey into Ancient Greece

On Tuesday, Year 4 visited the British Museum and had an enriching experience learning about ancient Greek art and culture. The children explored the Parthenon sculptures, discovering the differences between in-the-round, low relief and high relief sculpture styles. They also examined how gods were depicted on Greek pottery, identifying recurring patterns and motifs. These designs will serve as inspiration for decorating their own vases during upcoming history lessons. It was a fascinating day that brought their learning to life!



Year 6 Travel Back to Prehistory!

This week, Year 6 had an unforgettable experience with a Freshwater Theatre workshop, where we journeyed back in time to explore the fascinating world of prehistoric Britain! Guided by Lara, the incredible 'Time Travel Master', the children embarked on an interactive adventure through history.

Our young historians learned about life during the Old, Middle and New Stone Age, discovering how early humans survived, hunted and created tools. Lara then whisked us forward to the Bronze Age, where the class explored the introduction of metalworking and its impact on daily life. Finally, the children stepped into the Iron Age and learned about the advancements that shaped early communities.

The workshop was filled with role-play, drama and imagination that truly brought history to life. Year 6 impressed Lara with their curiosity and enthusiasm—who knows, we might have some future archaeologists or historians in our midst!

A big thank you to Freshwater Theatre and Lara for such a memorable learning experience.

Tilo: "We re-enacted the lives of the people in the Stone Age and Iron Age. We pretended to pick berries, make fires and hunt."



Sula: "I now know all of the periods of prehistoric Britain. I liked pretending to grow crops and in the Middle Stone Age."

Molly: "The workshop was great – it was fun to act out how they lived in the Stone Ages and how it developed over time."

Joan: "I had a really great time at the workshop. It was fun to get involved and create characters. I loved making pretend soup!"



Krystian: "I liked learning about all the periods of prehistoric Britain and putting items back into the correct time periods."

Albie: "I loved the creativity involved in the workshop. Because we were acting, I now remember the periods and changes much better.!"



Mrs Wright's Recommended Reads



The Lost Homework

by Richard O'Neill



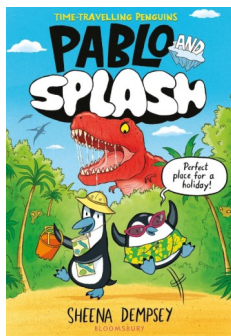
In this new addition to our 'Travellers' Tales' series, Sonny devotes his weekend to helping his neighbours and fellow Travellers with a variety of tasks. He uses many skills, from calculating the amount of fuel needed for a journey, to restoring a caravan. In fact, the only thing he doesn't do over the weekend is his homework – his workbook is missing! What will his teacher say?

Age 4-9

Pablo Splash

By Sheena Dempsey

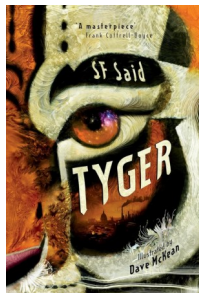
Antarctic penguins Pablo and Splash are polar opposites and besties for life. Pablo is a home-bird and a careful planner. Splash is easily bored and hungry for adventure. Sick to her flippers of the harsh, freezing weather, Splash persuades Pablo to go on a holiday with her. But far from the luxury beach destination that Splash has in mind, the pair end up in a time-travel machine that takes them back to the age of the dinosaurs! Suddenly their icy homeland doesn't seem so dull.



Age 6-9

Tyger

Written by Dave McKean



Adam has found something incredible in a rubbish dump in London. A mysterious, mythical, magical animal. A TYGER. And the tiger is in danger. Adam and his friend Zadie are determined to help, but it isn't just the tyger's life at stake. Their whole world is on the verge of destruction. Can they learn to use their powers before it's too late?

Age 9-12

UN Convention on the Right of the Child

Article of the Week

We are very proud to be a Unicef Rights Respecting School, having achieved the **Unicef UK Silver - Rights Aware Award**.

To help children carry on the discussion at home, we will be focussing different articles of the convention in each newsletter so that our families can explore the rights and meanings together.



Article 24 of the UN Convention on the Rights of the Child recognises every child's right to the highest possible standard of health. It emphasizes the importance of access to healthcare services, nutritious food, clean water and a safe environment. This article highlights the need for governments and communities to take steps to ensure that children are provided with the care and support they need to grow physically and mentally healthy, enabling them to reach their full potential.

Next week, we will be celebrating Buddy Week! During this week, classes will pair up with their 'buddies' to engage in a variety of fun activities designed to promote friendship, teamwork and well-being.

The activities will be linked to **Children's Mental Health Week** (wb. 3 February), focusing on the importance of mental health and emotional well-being.

This initiative strongly aligns with Article 24 of the UN Convention on the Rights of the Child, which highlights every child's right to the best possible health and well-being.



The rights of a child, as outlined by UNICEF, are fundamental principles designed to ensure every child can grow, develop and thrive in a safe, healthy and supportive environment. These rights, enshrined in the United Nations Convention on the Rights of the Child (CRC), focus on protecting children from harm, promoting their well-being and empowering them to participate in decisions that affect their lives. Key rights include the right to education, healthcare, protection from exploitation and the right to express their opinions. UNICEF works globally to ensure that these rights are upheld for all children, regardless of their background or circumstance.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. A 10-year-old, for example, will have different physical needs to a child of 15. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field, but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical activities can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people primarily utilise this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may not be subject to third parties. We advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits, both of which have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin to do things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

The National College

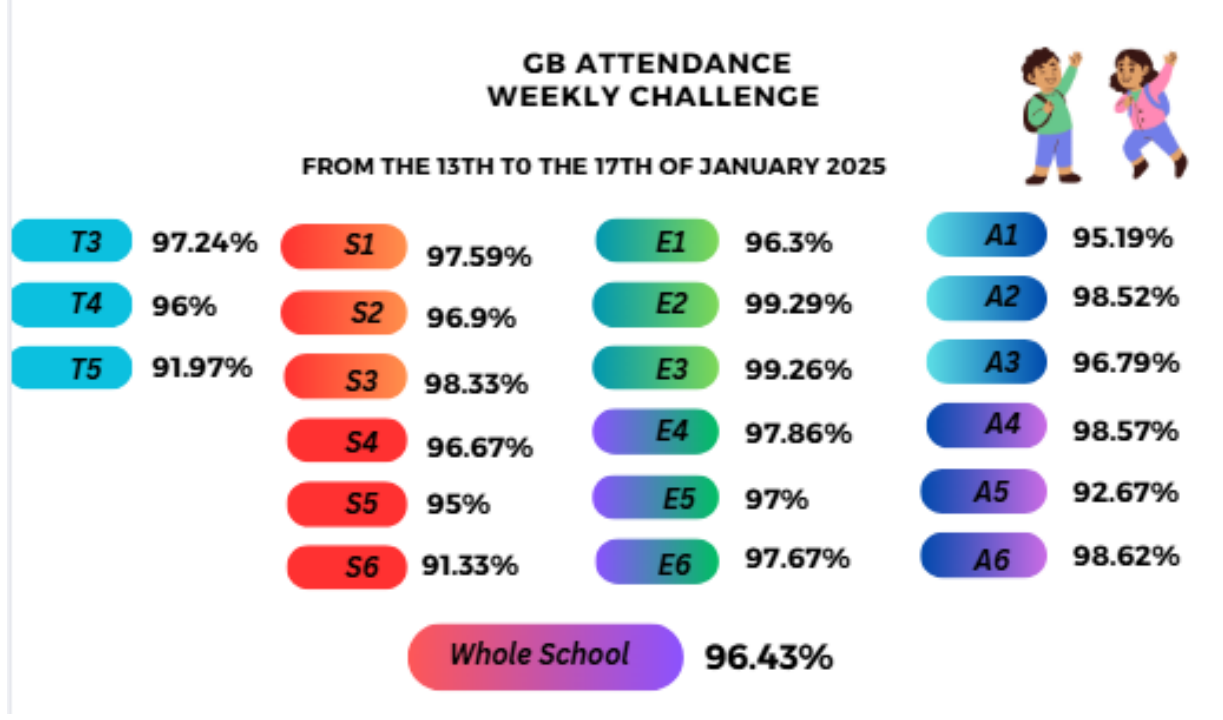
Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

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Health & Fitness Apps Advice

Over time, more and more fitness apps have been finding their way into circulation. Usually free to download – at least initially – these apps claim to offer helpful advice and assistance in routine management to those looking to lead a healthier lifestyle.

While these platforms can be useful, they do present several safety concerns. These issues become more significant when we consider that children and young people can use these apps to stay active – whether out of concern for their own health or for reasons of body image. This free guide breaks down the risks of health and fitness apps and offers expert advice on how to address these concerns to safeguard younger users.



IMPORTANT DATES

27/01/2025	School Journey Meeting for Y5 Parents (5.30pm) - Children may attend
27/01/2025	Buddy Week
29/01/2025	Year 1 Assembly (9.10am)
01/02/2025	LGBT + History Month
03/02/2024	Children's Mental Health Week
04/02/2025	Y1 Victorian House Workshop
06/02/2025	Reception Astronomy Roadshow
12/02/2025	Open Morning
13/02/2025	Parents' Evening No After-School Clubs
wb. 17/02/2025	Half-term Break
24/02/2025	Children back to school
03-07/03/2025	Y5 School Journey
07/03/2025	International Women's Day

Attendance

At Gordonbrock, we celebrate achievement and recognize that attendance is a critical factor for a productive and successful school career. There is an expectation that over the course of an academic year a child's attendance will be 95% or more. Absence that falls below 90% is categorized by the government as persistent absence.

Attendance Voice mail

- Try to telephone the school before 8.30am each day of your child's absence. 0208 690 0704 and press 1 for attendance

Attendance

Inform

- Tell the school in advance, of any medical appointments

Let us know

- If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.

Let us help

- If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

Uniforms

School Uniform orders are processed on Thursdays. We will send you a text message to let you know your order is ready to collect from the office pick up time. You will be able to check the sizes or make changes. If you are unable to pick it up we can send it with your child the next working day.

[Click here to go to the GB Shop](#)