

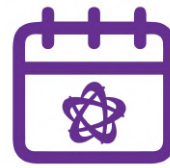
Issue: 5

Date: 24/05/2024

The GLC Parent Newsletter



Message
from CEO



GLC Events



Communication



GLC Vacancies



GLC Physical
Education



Marketing



Message from CEO

[Back to Main Page](#)



This half term has flown by! Our young people continue to make us proud and demonstrate our core values in so many ways.



In particular, our young people at the end of their Primary or Secondary education have shown incredible responsibility in preparing for their exams, resilience when finding things difficult, compassion to their peers if they have become upset or frustrated while maintaining their aspirations to become active and thriving citizens. We wish them lots of luck for their next stage and hope their results reflect their hard work.

Our young people have also been working together and with external partners from Ormiston, Together Productions and Kinetika to plan and lead a range of events for next half term and for the academic year ahead, once again showing their core values and developing their skills of critical thinking and communication.

It is hard to believe that we will be returning to our final half term of 2023-2024 after the break. In addition to the social action events we have lots of other things planned.

We're looking forward to:

- Walks for Mental Health
- Eco Fests
- Year 11 Graduation
- Sports Days
- Year 11 Prom at Orsett Hall
- The GLC Spelling Bee
- Infant and Junior Music Festival
- The Summer Arts Festival
- Year 6 Musicals [first ever!]

We're hoping that the sun shines and that you are able to join us in the things your children are involved in.





Personal Development Meetings

This year a focus of the trust has been to develop opportunities for pupils and students to have a voice in all areas of school life.

On Thursday 18 April 2024, children from across the trust came together to develop their project plans with external partners.

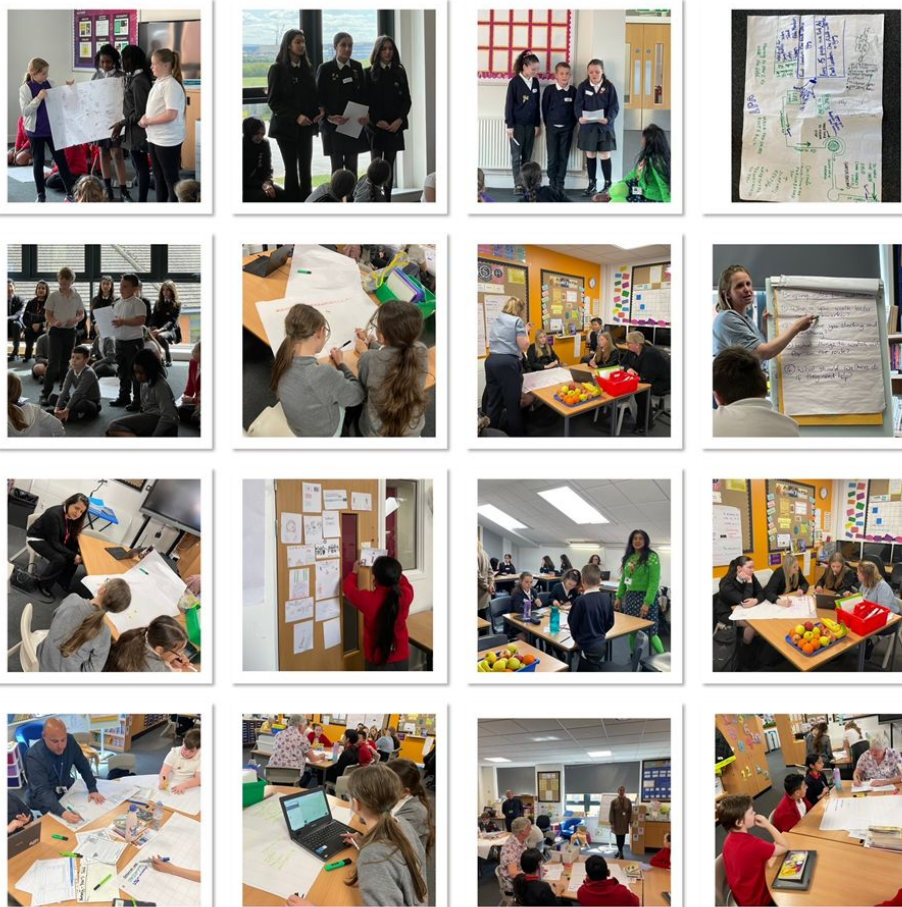
The 'All Different: All Equal: All Sharing Our Lives' lead by the Arts Council, are working in partnership Together Productions. Together they are working on planning a cultural event at each academy during the autumn term. This will be an opportunity for the community to celebrate their culture and heritage.

'All Different: All Equal: All Grateful' lead by the Mental Health Ambassadors are working in partnership with Kinetika as part of the Kinetika T100 walking festival. Children from each school are designing a walk in the local community with a focus on promoting positive mental health.

'All Different: All Equal: All Protecting Our Planet' lead by the eco teams worked with Les Morgan from the Tilbury Riverside Project to support the organisation of the up and coming Summer Fests. These events link to the upcoming 'My Money Week' where the children will be creating sustainable items to sell. The children are designing opportunities to celebrate the love of reading and ways to promote sustainability.

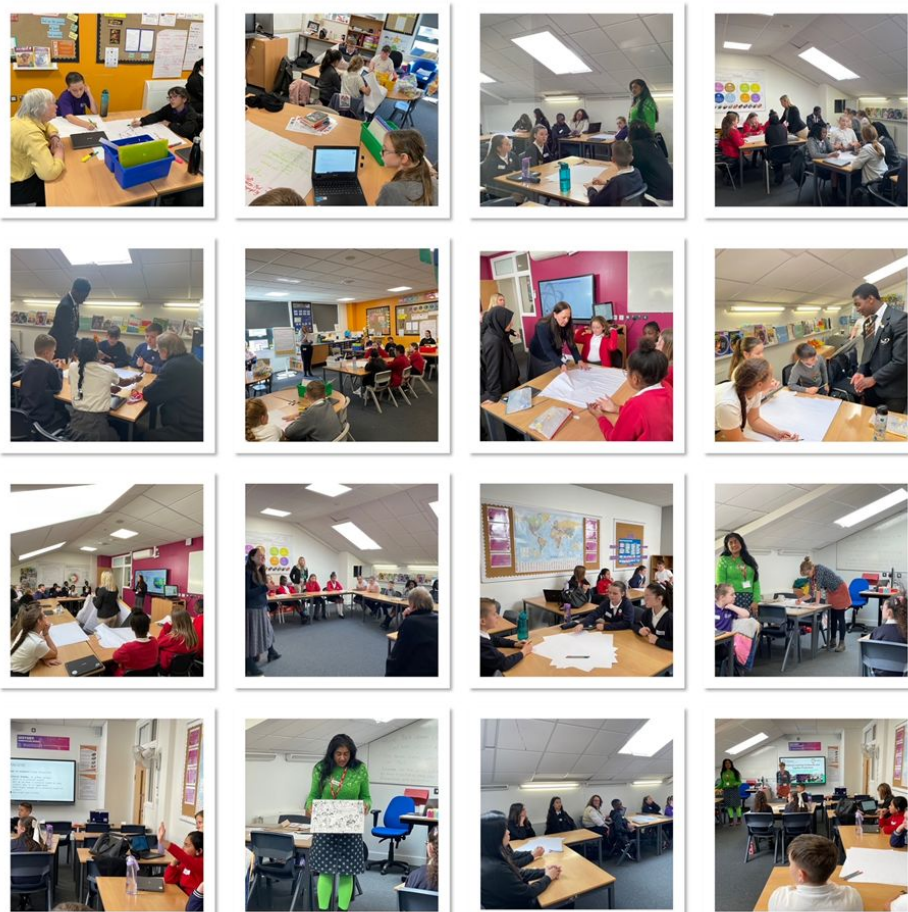
The children also welcomed Ormiston Trust's Aneela and Ray into their groups to talk about their projects.





“I really enjoyed working with the children from other schools to design our walk” -
Mental Health Ambassador

“I am looking forward to selling our sustainable items during My Money Week” -
Eco Warrior



Earth Day: Community Clean-Up

To celebrate Earth Day this year, the GLC worked in collaboration over the weekend to complete a community clean-up. Together, parents, students, staff, and local residents gathered over 10 bags of rubbish, preventing numerous plastics from polluting our rivers and oceans.

Despite the rainy weather, the litter pick was a major success! The children demonstrated a strong commitment to making a positive impact in our community, a gesture that was praised both in person and on social media.

"...A big well done to those children, and also to those spreading the message to the next generation that it isn't acceptable..." "Very well done eco warriors" "Awesome Job!"

We would like to give a heartfelt thank you to the parents and pupils who gave a couple of hours of their weekend to make a difference in our wonderful community.



Spring GLC Art Competition

The Arts Councils across the trust have been collecting and judging the Spring GLC Art competition. The winners will be announced soon - Look out for the banners outside your school!



The GLC Annual Senior Citizens Meal

On Thursday 23rd May, The Gateway Learning Community hosted their annual Senior Citizens Meal at the Gateway Academy. This cherished event warmly welcomed senior citizens from the local community to an enjoyable and memorable evening. The attendees were treated to a delightful two-course meal, with the desserts specially prepared by the talented Gateway Academy catering students, adding a personal and community-focused touch to the culinary experience. Complimentary drinks were also provided.

In addition to the delicious meal, the evening featured games of bingo and a raffle, adding an element of fun and excitement to the gathering. The event was not only about providing a joyful evening for the guests but also about supporting worthy causes. All proceeds from the night were dedicated to charity, with this year's beneficiaries being the Thurrock Foodbank and Cardiac Risk in the Young (C.R.Y.). These organisations play crucial roles in supporting those in need and raising awareness about important health issues, respectively.

As a token of appreciation and to add a personal touch, each guest was presented with a plant as they departed. This thoughtful gesture, carried out by students or staff, served as a lasting memento of the evening and symbolised the care and community spirit at the heart of the event.

The annual Senior Citizens Meal at the Gateway Academy exemplifies the commitment of the Gateway Learning Community to fostering connections, supporting charitable causes, and creating meaningful experiences for the local senior citizens

"Thank you so much for a lovely meal and evening it was so nice and everyone made us feel so welcome. The pupils are a real credit to the Gateway and worked so hard to make certain that all the guests were looked after. Thank you again"

- Mr & Mrs Packer







On 23 April, the Year 10 football boys secured a decisive 3-0 victory in the District Quarter finals. They showcased impressive passages of play, culminating in a thoroughly earned win. Logan, Dom, and Jack each contributed goals to the team's success. Well done!

Jack Petchey Regional Speak Out Final!

This week sees the exciting event of the Jack Petchey Regional Speak Out Final. For the last three months our three finalists have been practising and perfecting their speeches tirelessly.

Following a successful run of presentations to Year 9, 10 and 11 assemblies, our three finalists were whittled down to Megan B as our finalist and Eli C as first reserve. Both speeches address very mature and thought-provoking topics; it has been a joy to witness our students grow from strength to strength.

On 30th April 2024, Megan joined the competition alongside 15 other participants from the Thurrock and Castle Point region. Her entry showcased strength, poise, and expert execution, yet she didn't secure a placement this time. Despite this outcome, Megan's performance was exceptional and aligned well with her peers. The overall standard of competition was simply phenomenal.



The Gateway Academy Annual Dance Show

On Tuesday 7th and Wednesday 8th of May 2023 the Gateway Academy held their annual dance show! The dance show is an all-inclusive community dance event that included students from primary through to Year 11 giving them the opportunity to perform and showcase their talent and passion to an audience. The show this year included over 20 numbers in a range of different dance styles including contemporary, commercial, acro, musical theatre, jazz and tap. In total we had over 130 students participating in the performance demonstrating their hard work and love for dance. Our Year 11 students also had the opportunity to perform their Year 11 exam choreographies and students across all year groups were able to audition their own pieces to perform in the show.

Students have been so dedicated and resilient during all of their lessons and after school rehearsals. Students gave up weekends and evenings to rehearse for the performance and their passion and dedication to dance was truly reflected in their performances. We also invited local dance schools and college's to perform alongside our students which gives them the opportunity to see dance beyond The Gateway Academy, inspiring them to consider dance as a post 16 option.

Students were absolutely outstanding and performed with such confidence. The dance department are very proud of each and every student involved in this year's show both on stage and supporting backstage and want to say a massive thank you and well done to you all!

"I really enjoyed performing the dances we learnt to our family and friends"

"I am really proud of how far we have come with our dancing"

"We work hard because we enjoy dancing"

"The dancers were amazing it really shows what opportunities the academy give to the students and what they give back to the school." - Jamie Jardine, Chair of Governors at TPA & LPA



PE Milan Tour

On May 2nd, 33 students embarked on a football trip to Milan! For many, it marked their first time traveling abroad without parents by their side. As they arrived at the Konami Youth Development Centre, initial nerves transformed into excitement. They enjoyed three training sessions with experienced Milan coaches over the course of four days. Prior to that, they savored authentic Italian pizza at local restaurants, sparking a desire for more.

The group also had the opportunity to cheer on Milan's Under 19 team, witnessing a thrilling 3-2 victory and even capturing moments with the players. Exploring Milan city center, immersing in its culture, and indulging in some shopping followed the next day. They also visited the iconic San Siro stadium, experiencing the proximity to the legendary grass where many football greats have played. The trip culminated in game day, where all three squads competed against local Italian teams. The Year 8/9 boys achieved a commendable 4-4 draw, the Year 9/10 boys secured an impressive 8-4 win, and the girls staged a thrilling comeback, clinching a 3-2 victory. Amidst the passion of the game and the excitement of competition, lasting friendships were forged, skills were refined, and unforgettable memories were created in Milan!

Click the image below to view the trip video



Year 11 vs Staff Football Match

We have had many events going on this half term including; extra sessions after school with dinner and the charity football match Year 11's Vs staff. This was a fantastic event and a lot of fun was had by all. The final score was 2-2 and everyone played well, unfortunately the pupils just could not get another one past the teachers!

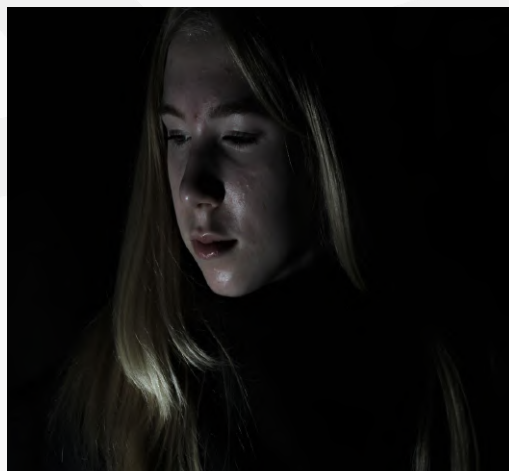
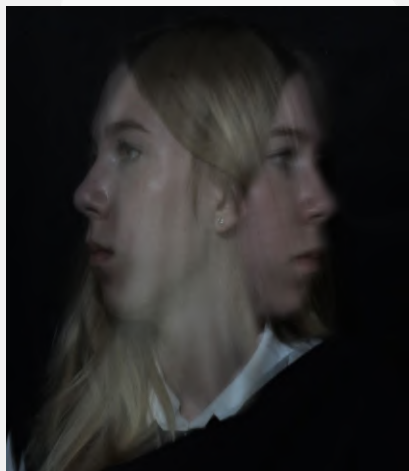


Year 10 GCSE Photography

Currently, students in year 10 GCSE Photography are taking photos with digital SLR cameras on manual settings. Technically this is very complex and students have excelled with their work and evidencing their ability.

This is an example of student Scarlet's work; demonstrating her ability to control the camera manually and building her coursework for her GCSE portfolio.

They look forward to shooting in Southend in June for their next unit of work!





Year 11 Self Study

It's been remarkable witnessing the students' dedication to their futures and education. Following their GCSE exams, many of them headed to the library to study and seek assistance in preparation for their upcoming exams.

We are all extremely proud of the values exhibited by all students at this crucial time.

"A brilliant effort for the Year 11 exams to date. Students have been tremendous and are working incredibly hard.

This is only possible due to the extraordinary effort of our staff.

Thank you for everything. It takes everybody working together to create this culture and it is just beautiful!"

- Grainne McLaughlin



Show Racism the Red Card

Show Racism the Red Card visited Year 4 - Year 6 at the Gateway Primary Free School on Wednesday 17 April. They are an anti-racism educational charity that was established in 1996.

They work in schools throughout England, Scotland and Wales delivering anti-racism workshops to more than 50,000 young people every year.

The workshop aims are to:

- educate young people about how to recognise racism
- consider the impact that racism has
- empower young people to challenge racism in the communities in which they live, providing them with relevant knowledge and information to enable them to do this.
- help young people prepare to play an active role as citizens in an increasingly multicultural society



Year 5 Egyptian Workshop

On Thursday 18 April, Year 5 took part in an exciting workshop to create Egyptian Pyramid structures. They started by working in teams to create the shapes and then

worked together to combine them and create bigger structures.

As they meticulously assembled each component, they not only honed their teamwork skills but also gained a deeper understanding of the engineering marvels of the past. The workshop provided an enriching hands-on experience that not only fostered creativity but also ignited a passion for history and archaeology among the students.



Happy Birthday Performance

On Wednesday 24 April, Allie, the Deputy Head Girl at Gateway Primary Free School, impressed her peers with a performance of 'Happy Birthday' on her Cornet after her music lesson. The brass group was very supportive and praised her efforts.

Inquire at the school office about opportunities with Thurrock Music Services.



[Click above to play the video](#)

Year 4 Grangewaters Trip



On Thursday 25 April, Year 4 pupils visited to Grangewaters, they engaged in canoe-rafting and participated in raft building activities. Collaborating as a team, they learned various knot techniques, overcame personal challenges, and embraced new experiences. Their exemplary behavior filled us with pride.

Furthermore, students connected their classroom knowledge of solids, liquids, and gases to understand the mechanics behind the rafts.

It was an unforgettable day filled with valuable learning experiences.



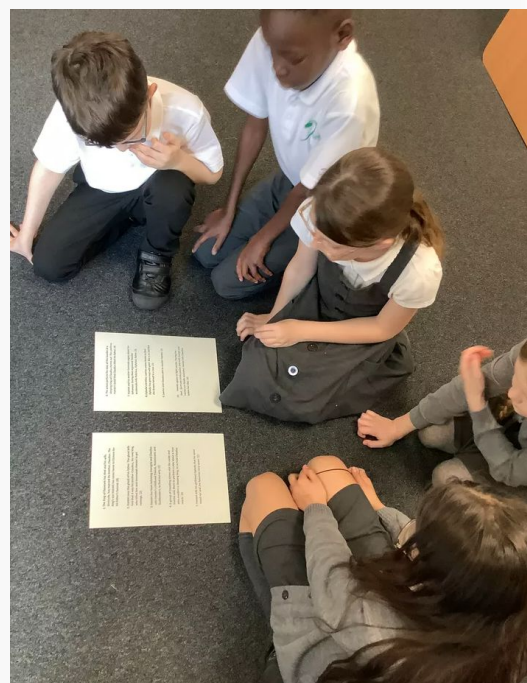
Hamlet

On Monday 29th April, Year 5 took part in a Trailblazer workshop to introduce them to the characters of Hamlet. They learnt the story by creating freeze frames of the main parts. The children were asked what they most enjoyed about the workshop;

“The character building” “It was very interesting to learn about the story of Hamlet”

“I loved sculpting my magical clay, which was my partner, and I also liked some parts of the acting since I used my resilience, compassion, creativity, obviously communication and critical thinking for how I should sculpt my partner.”

Overall, the pupils enjoyed their introduction to Hamlet.



Creativity in Reception



Maps

As part of our topic lessons we have been following and creating our own maps



Construction

With fantastic teamwork we were able to build a tower from wooden loose parts, we carefully selected each part by looking at the shapes and decided which ones would balance.



Choosing Time

The library and art area are firm favourites during choosing time.



Follow Your Dreams Lila



Lila has been attending the after school dance club for around 2 years. She has taken part in the Academy Dance shows and their productions of We will Rock You and Matilda. This not being enough for Lila, she stumbled across an advertisement for open auditions at the Thameside Theatre while watching a pantomime. Her 1st open audition proved to be a success and she has just performed in Rareproductions We will Rock You.

Her dream now is to dance in Pantomime.

Star Qualities Explored in PSHE

This week in PSHE, Year 5 discussed the 'star' qualities of celebrities as portrayed by the media. We recognised that the way people are portrayed in the media isn't always an accurate reflection of them in real life. Pupils worked together to described 'star' qualities that 'ordinary' people have.





Fun in Forest School

In forest school, Reception have continued to explore positional language by placing peg people under, in between, on top and next to items in our sharing circle. We then used the peg people to show off our skills making numbers to 10.



Year 4 Trip to Grangewaters

On Tuesday 23rd April, the Year 4 pupils embarked on a memorable trip to Grangewaters. They delved into canoe-rafting adventures and immersed themselves in raft construction activities. Working in unison, they mastered knot techniques, conquered individual obstacles, and welcomed novel encounters, showcasing commendable teamwork and behavior that filled us with pride.





An Alien in the School!

During a Kit theatre workshop, excitement reached its peak when an unexpected alien egg was discovered hidden in the bushes of the field. Intrigued to solve the mystery, the pupils diligently recorded their observations in a scientific report, pondering about the egg's origin and purpose. As the week unfolded, amazement filled the atmosphere as the egg hatched, revealing an alien named Nanoo.

The children eagerly wrote about their extraordinary journey, detailing every aspect of their encounter. To enhance the experience, a professor and Nanoo the alien visited the classrooms, sharing valuable insights on surviving on Earth, creating a unique learning opportunity that blended science fiction with practical lessons.

Making Robots

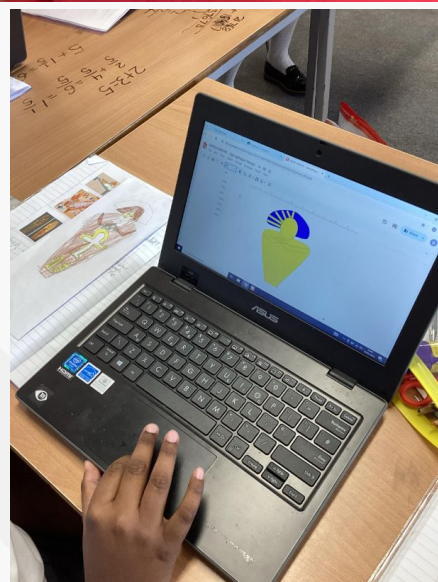
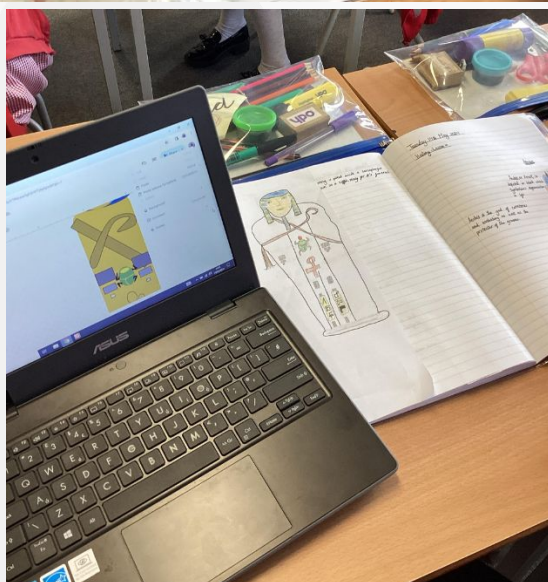
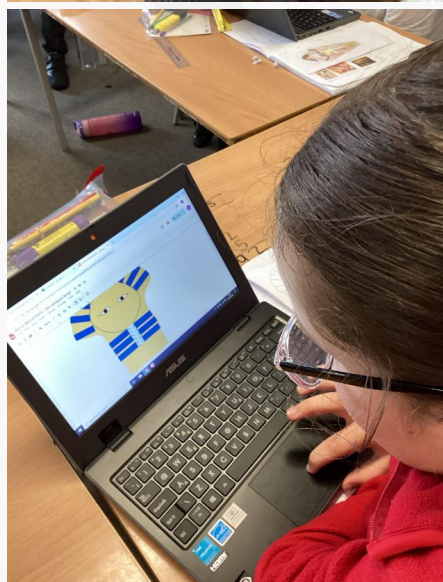
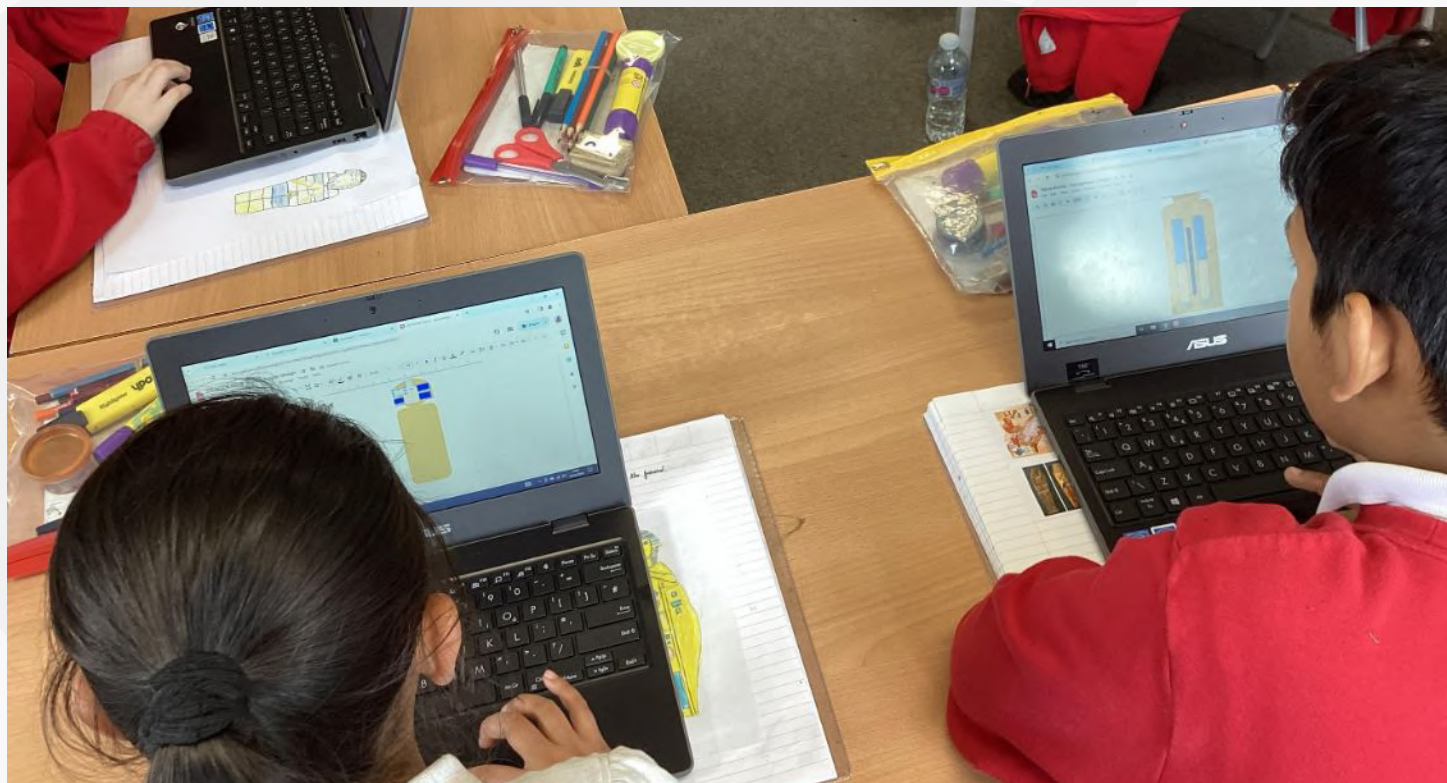
Year 3 had a fantastic time this week completing their robots. They used household items and creatively transformed them to construct their mechanical marvels.

They had a fantastic time using their imagination and creativity, leading to these tremendous outcomes. Well done!



Showcasing Vector Draw Skills

In computing, Year 5 have been creating a digital representation of the sarcophagus they each designed for a Pharaoh, during their history lesson. They showcased their skills on Vector Draw and the outcomes were fantastic.



Gardening Club

This week at Gardening Club, we dug up our potatoes. We were very impressed with how many we had grown in such a short time.

Another group of children were busy collecting grass to fill our scarecrow's head after our first attempt failed.

Finally, we all came back inside to discuss our secret project. Watch this space!



Year 5 Egyptian Workshop

Year 5 students enthusiastically embraced Architecture workshops in their classroom on 23 April, where they engaged in an exciting activity focused on building Egyptian pyramids. With hands-on learning, the students thoroughly enjoyed constructing various sizes of pyramids, culminating in one massive structure big enough for all to enter and play the role of Egyptian mummies. Throughout the workshop, they also explored the contrast between the ancient mass construction techniques of stone pyramids and the modern framework structures.



Year 2 Discover an Alien at LPA!

During a Kit theatre workshop, excitement peaked when an alien egg was unexpectedly discovered nestled in the bushes of the field. Eager to unravel the mystery, the students meticulously documented their findings in a scientific report, speculating about its origin and purpose.

As the week progressed, astonishment filled the air as the egg hatched, revealing an alien named Nanoo. The children eagerly penned recounts of their extraordinary adventure, capturing every detail of their encounter. To further enrich the experience, a professor and the alien Nanoo visited the classrooms, imparting essential knowledge about surviving on planet Earth, fostering a unique learning experience blending science fiction with real-world lessons.





Music in Acorns

Acorns thoroughly enjoyed last week's listening music. Take a look at the short video:

https://drive.google.com/open?id=1rD_BJF9mRQczIzKAxdS8nSVOVXdB4MDF&usp=drive_fs

The children in Acorns are now following the same list as the rest of the school, accessing Sparkyard and the SEND Charanga curriculum.



Year 1 Family Learning Session

During the Year 1 Family Learning session this half term, families collaborated on an engaging project. Together, they embarked on the task of constructing a flagpole designed to adorn Buckingham Palace. This hands-on activity not only fostered family bonding but also provided an opportunity for practical learning about mechanics and structural design. The sense of achievement and pride was evident as the flagpoles stood tall.



Our World, Family Learning Session

This half term our topic is 'Our World'. The children have been learning about their school environment, the local area, and different places around the world. To celebrate the diversity of our children and teachers, we invited our families to bring along different items that are significant to the children and where they are from.

We hosted a show and tell where children shared family traditions, food, artefacts, and traditional clothing. We were treated with lots of delicious treats from Romania, Poland, New Zealand, India, Bangladesh, Nigeria, and England. It was a wonderful afternoon bringing different cultures together & celebrating our families and what is important to us.



Year 6 SATs

Year 6 children showed great resilience and responsibility last week as they completed their SATs tests. During breakfast club, they made use of their revision cards for some last minute quizzing (without being prompted) and during the tests, every child put in 100% effort. We were extremely proud of all the children and how well they coped.



Year 3 Viking Workshop

On Friday 17th May, Year 3 children had the opportunity to celebrate their historical learning with a Viking workshop! Parents and children were able to experience a range of activities including building timelines, food investigation, rune coding and Viking God message decryption - to name a few! The children had an excellent experience and we're very grateful to those who were able to attend the session.





Easter Homework

Entries for the Easter homework competition organised by Mrs Sanderson showcased children's creativity as they transformed eggs into characters and crafted backdrops for various beloved stories. Among the imaginative entries were "The Very Hungry Caterpillar, Mr. Men, The Three Little Pigs, The Three Billy Goats Gruff, Humpty Dumpty, Charlie and the Chocolate Factory, Harry Potter, Whatever Next and Funny Bones. Each entry offered a unique interpretation, take a look at all the entries here:

<https://padlet.com/TilburyPioneer/easter-egg-competition-2024-2mjd3ed227qpjqa7>

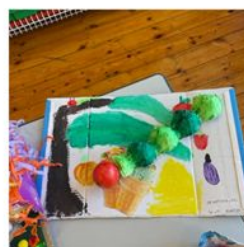
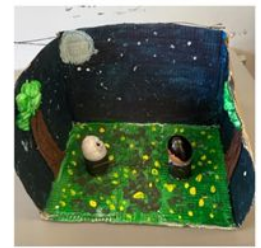
Congratulations to the winners:

Nursery and Reception: Leon, Theo B, Charlotte

Year 1 and 2: Izzie, Aiden and Nellie

Year 3 and 4: Dolly, George, Owen

Year 5 and 6: Baylee, Angel, Lydia



Year 5 Egyptian Pyramid Workshop

Year 5 were very lucky this week to be a part of the Egyptian workshop where they learnt about the structures of a pyramid. Through this workshop, they made links to maths as well as some facts around why pyramids stopped being used by the pharaohs in Ancient Egyptian times.

It was really wonderful to see the children working well as a team and creating something together.



Victorian Wow Day

The Year 1 children enjoyed an amazing 'WOW' day last week, experiencing life in Victorian times, as part of their History topic on Grace Darling.

The children entered a Victorian classroom, enjoyed some porridge, took part in a drill session, experienced Victorian lessons and Victorian games at break-time. During the afternoon, there was a Victorian street experience, where children took part in a selection of activities including: shoe shining, clothes washing, street cleaning, selling fruit/vegetables and newspapers. It was a great day!



Moon Buggies

On Thursday 23 May 2024, TPA hosted our most recent parent workshop, where creativity and sustainability took center stage! Year 2 pupils and parents came together for an engaging and hands-on activity: building moon buggies out of recycled materials linking to our DT unit.

The turnout was incredible, with many parents joining in the fun alongside their children. The workshop buzzed with excitement as families worked together, transforming everyday items into innovative and imaginative moon buggies.



Trip to Old McDonalds Farm

The children from the alternative provision enjoyed a wonderful day at Old McDonald's farm. They fed the piglets, interacted with the ponies and rabbits, and even had the chance to stroke a baby hedgehog. The train ride around the farm was a hit, and they were delighted to witness a week-old lamb being bottle-fed. It was a fantastic day for everyone involved.



Year 2 Egg Hatching

After an unsuccessful hatching in Spring 2, the Year 2 children at Pioneer were fortunate to receive a new batch of eggs! We were pleased to welcome two very healthy chicks who, after discussion, were named Cuddles and Lovely!



Year 2 Explorer Day

Last week, the Year 2 children had an exciting 'WOW' day, immersing themselves in the life of Christopher Columbus during his voyages as part of their History topic.

They thoroughly enjoyed their experience as explorers, creating their own maps, sampling various foods, and discovering different spices from the regions Columbus explored. They crafted maracas in Puerto Rico, Junkanoo masks in the Bahamas, and even tried playing dominoes in Cuba!





Communication

[Back to Main Page](#)

We were delighted to witness one of our GLC staff members, Denise Paterson, showcasing her talent on Britain's Got Talent this series! Alongside her daughter and granddaughter, as part of 'Ravi's Dream Team,' they performed 'A Million Dreams' - it was truly inspiring and moved us to tears. The group even received Alesha's golden buzzer!

"I just wanted to express how incredible it has been to have the chance to share such meaningful moments with my daughter Louise, my granddaughter Dottie, and the Brain Tumour Community. These memories will truly be cherished. The children within this community are incredibly inspiring to us all. Remember to pursue your

dreams, aim for the stars and embrace who you are – anything is achievable. Please don't forget to vote for us. Also, be sure to check out two remarkable stories on Instagram: Dottie's Journey @dotties.journey and Ravi's Dream Team @ravis_dream" - Denise



<https://youtu.be/ZNnZzWJFdq0?si=xnnqM48tR85EOA7C>

Our People Strategy

Our aim is to attract great people who want to help us to achieve our motto, mission and values. We are committed to creating working practices which enable all members of our team to thrive in a supportive environment.

Click on the images below for more information



ONE MONTH TO GO NATIONAL THANK A TEACHER DAY

CELEBRATING THE WHOLE EDUCATION COMMUNITY

19TH JUNE 2024



SEND YOUR FREE E-CARD AT WWW.THANKATEACHER.CO.UK

National Thank a Teacher Day - 19th June 2024

National Thank a Teacher Day will be celebrated once again in 2024 on Wednesday 19th June! This is a day that celebrates the whole education community.

We can't wait to celebrate the UK's teaching and support staff with you!



Communication

[Back to Main Page](#)

The GLC Primary Competencies

Communication

The ability to express thoughts and feelings and confidently in a range of media and forms

Click below to view the video





This year Gateway Primary Free School are holding a family festival with an Eco Twist.

Come along and join in on the fun!



This year Herringham Primary Academy are holding a family festival with an Eco Twist.

Come along and join in on the fun!



This year Lansdowne Primary Academy are holding a family festival with an Eco Twist.

Come along and join in on the fun!



This year Tilbury Pioneer Academy are holding a family festival with an Eco Twist.

Come along and join in on the fun!

Get Out This Half Term!



You can help boost your mental health by getting out and staying active.

This week is Mental Health Awareness Week and this year it is all about movement and doing things that naturally make us feel better.

You don't need to become an iron-man, swim the channel or enter a half-marathon! Why not get out

and enjoy some of the fantastic green spaces and outdoor activities we have right here in the borough.

Cycling

If pedal power is your thing why not head out for a ride along some of our cycling routes.

[There is plenty of advice, and even an interactive map showing the best cycle routes near you, on our website.](#)

Free outdoor gyms

There are free outdoor gyms in many of our parks, so you can feel the burn - or do some gentle exercise if you would prefer - and get some fresh air at the same time.

[Find your nearest park with exercise facilities.](#)

Enjoy a walk

Exercise doesn't need to be strenuous.

[Why not enjoy a stroll in one of our beautiful country parks?](#)

Family fun at Grangewaters

[Enjoy family activities this May half-term.](#)

[Or outdoor family activities every Saturday from spring through to late summer.](#)

Leisure centres

There are many health and fitness facilities in Thurrock.

[Find out where to get active in Thurrock.](#)

Online help from the experts

You can find your little big thing to help your mental health on [NHS's Every Mind Matters website](#).

[Thurrock and Brentwood Mind](#) can help you access support if you are facing mental health difficulties.

A Facelift for LPA!

Take a look at LPA's wall art! The aim was to create an interactive experience for the pupils which is tied to the curriculum and values and to also foster a more inviting atmosphere for the community.





GLC Lansdowne Primary Academy
All Different: All Equal: Together, Improving Upon Our Best

FREE SCHOOL UNIFORM SWAP SHOP

Every Wednesday at 3:00PM
Lansdowne Academy will be holding a
Community Recycling Event.
You can donate unwanted uniform that
your children have outgrown and you can
collect items that fit better for

FREE

ACCEPTABLE DONATIONS

- School Jumpers / Cardigans
- Grey trousers / Grey skirts / blue gingham summer dresses
- School white shirts / white polo shirts
- PE kits blue polo T-shirts / Blue shorts / blue track bottoms
- Coats / hats gloves
- Bags / lunch boxes
- Shoes / plimsoles



 **GLC** All Different: All Equal
Together, Improving Upon Our Best

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



NOS National Online Safety
#WakeUpWednesday

Sources: <https://rhiforest.org/coronavirus-lockdown-we-need-nature-now-more-often/> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.05.2021



Please see the details of the latest **vacancies**:

GA	GPFS	HPA	LPA	TPA	GLC
English Teacher	Midday Assistant Cover Supervisor	EYFS Teacher [would consider part time applicants]	SEND LSA/ LSA Upper KS2 Classroom Teacher Early Years Teacher Cleaner		Primary Trainee Teacher [Bursary Available]

Click here to view our **GLC Brochure**

Read our latest **Ofsted Reports**

Please share with your friends and family and on your social media platforms to encourage the right candidate to join our team. #jointheglctrust



GLC All Different: All Equal
Together, Improving Upon Our Best

#jointheglc Trust

DO YOU WANT TO WORK IN A FORWARD-THINKING & SUPPORTIVE TRUST?

We are looking for passionate and enthusiastic staff who are ready to make a positive difference to our young people and to support our mission of developing active and thriving citizens within a diverse, truly fair and equal community.

WHY TEACH AT THE GLC?

The Gateway Learning Community Trust [GLC] is a partnership between one secondary and four primary schools located within Tilbury and Chadwell St. Mary in the borough of Thurrock.

We are a vibrant, innovative and highly successful organisation: Across the 5 academies of the GLC, we pledge that everyone enjoys an equality of opportunity. We create environments characterised by mutual respect where difference is celebrated and where individual differences do not act as a barrier to success.

BENEFITS FOR TEACHERS WORKING WITHIN THE GLC

- A £1000 Golden Hello is awarded to successful candidates who have applied directly to the GLC, after a qualifying period of six months [this applies to teachers paid on main scale to UPS 3].
- The staff well-being programme includes access to Perkbox and multiple discounts.
- Staff receive long service awards after: 5, 10, 15, 20, 25 and 30 years of service.
- Access to state of the art facilities and access to high quality resources to support learning.
- A paid 'My Day' each year.
- Excellent career development and training.
- 2 week October half term break.
- A supportive central team [e.g. reprographics, ICT, HR, Finance] which enables teachers to focus on teaching.
- Paid opportunities to teach during school holiday clubs.
- Subsidised holiday provision for children of staff.



Scan here or visit our website
www.theglc.org.uk



The GLC in the Press!



- [Gateway students lead the way to create a 'Futures' programme to help young people find their path - Your Thurrock](#)
- [Students come together to inspire others and create opportunity | Local News | News | Thurrock Nub News | by Nub News Reporter](#)
- <https://thurrock.nub.news/news/local-news/school-community-remembers-and-pays-tribute-to-tragic-kayla-with-support-for-cardiac-charity-223766>

All Different: All Equal
Together, Improving Upon Our Best

Follow us on Social Media

Let's get connected...

LinkedIn

@The Gateway Learning Community

X

@glcteaching

Instagram

@thegatewaylearningcommunity

Facebook

@The Gateway Learning Community

www.theglc.org.uk

All Different: All Equal
Together, Improving Upon Our Best

GLC Primary July Holiday Provision

THROUGHOUT THE DAYS THERE WILL BE AN OPPORTUNITY TO TAKE PART IN CREATIVE ACTIVITIES, PERFORMING ARTS, FOREST SCHOOL AND MULTI-SPORTS.

Tilbury Pioneer Academy

8:30AM - 3:30PM

£10 per child

**Monday 29th July
Tuesday 30th July
Wednesday 31st July**

Spaces available for Reception - Year 6

Please bring a spare change of clothing

Must bring a packed lunch and water bottle

SCAN TO FILL IN THE HOLIDAY PROVISION FORM
<https://forms.gle/pasdFFjebzAr46>

GLC Tilbury Pioneer Academy
All Different. All Equal. Together. Improving Upon Our Best.

Nursery Enrolling Now For Academic Year 2024-25

Making sure your child gets the right start!

Tilbury Pioneer has fully qualified staff who will ensure that your child makes the best possible start to their schooling. We have morning and afternoon nursery sessions.

Session Type	Time	Funded Daily Hours
AM	08:25AM - 11:25AM	3 hours per day funded (15 hours per week)
PM	12:15PM - 15:15PM	3 hours per day funded (15 hours per week)

Your child can start nursery here at Pioneer as soon as they have had their third birthday. If you would like a tour of the school or an application form, please use the contact details below:

For a tour of the school or an application form, please contact using the details:

01375 488420
admin.pioneer@theglc.org.uk

Apply now by completing the admission form

Ofsted Good Provider

GLC All Different. All Equal. Together. Improving Upon Our Best.

GLC Gateway Primary Free School
All Different. All Equal. Together. Improving Upon Our Best.

STAY AND PLAY
SESSIONS FOR 2-3 YEAR OLDS!

PLAY, EXPLORE, DEVELOP SOCIAL SKILLS, MEET NEW FRIENDS, BECOME FAMILIAR WITH THE ENVIRONMENT AND ENJOY RHYME TIME!

FREE

Every Thursday 10am - 11am

Gateway Primary Free School (Term time only)

Open to the wider community not just families of existing pupils.

Refreshments are available!

Contact us for more information:
01375 489094
support4u@theglc.org.uk
<https://www.theglc-primaryfreeschool.org.uk/>

Ofsted Good Provider

GLC All Different. All Equal. Together. Improving Upon Our Best.

GLC Gateway Primary Free School
All Different. All Equal. Together. Improving Upon Our Best.

Making sure your child gets the right start!

Nursery Enrolling Now For Academic Year 2024-25

The Gateway Primary Free School have a teacher led nursery who will ensure that your child makes the best possible start to their schooling.

Places for both 15 hours and 30 hours are available now and for September 2024.

Session Type	Time	Funded Daily Hours
AM	08:40AM - 11:40AM	3 Hours Per Day Funded (15 Hours Per Week)
PM	12:20PM - 15:20PM	3 Hours Per Day Funded (15 Hours Per Week)
30 Hours Funding	08:40AM - 15:20PM	6 Hours Per Day Funded* (30 Hours Per Week)

Your child can start as soon as they turn 3

For a tour of the school or an application form, please contact using the details:

01375 489094
gpfns-nursery@theglc.org.uk

Apply now by completing the admission form

Ofsted Good Provider

GLC All Different. All Equal. Together. Improving Upon Our Best.

GLC Lansdowne Primary Academy
All Different. All Equal. Together. Improving Upon Our Best.

Making sure your child gets the right start!

Nursery Enrolling Now For Academic Year 2024-25

Lansdowne Primary Academy have fully qualified staff who will ensure that your child makes the best possible start to their schooling.

Session Type	Time	Funded Daily Hours
AM	08:25AM - 11:25AM	15 hours per week
PM	12:15PM - 15:15PM	15 hours per week
30 Hours Funding	08:25AM - 15:15PM	30 hours per week

*30 hours funded positions are subject to eligibility and a successful application. Please visit: www.gov.uk/30-hours-free-childcare

Your child can start nursery the term after they turn 3 years of age. If you would like a tour of the school or an application form, please use the contact details below:

For a tour of the school or an application form, please contact using the details:

01375 487200
admin.lansdowne@theglc.org.uk

Apply now by completing the admission form

Ofsted Good Provider

GLC All Different. All Equal. Together. Improving Upon Our Best.



U10-11 MIXED

SATURDAYS	COST
1-2PM	£5

At The Gateway
Academy, RM16 4LU

SCAN TO
REGISTER



U13 BOYS

SATURDAYS	COST
11-1PM	£5

At The Gateway
Academy, RM16 4LU



U13 GIRLS

SATURDAYS	COST
11-1PM	£5

At The Gateway
Academy, RM16 4LU

... ..

Would you like to
become a **Parent Group
Leader Volunteer?**

Brighter Futures
Family Hub Network

WEST
START
FOR LIFE
EAST
CENTRAL

EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Would you like to
help parents
give their
child the
best start in
life?

Do you want
to be part
of a team &
receive
amazing
free training?

Gain experience,
develop your skills
+ confidence

Join us for Coffee & cake to find out more **contact**
Angie Holland at Chadwell Family Hub on 01375 840433

... ..

thurrock.gov.uk



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING MAY HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free



LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 27th May to Friday 31st May 2024, kids eat free all day at YO! Sushi (minimum adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 27th May to Friday 31st May 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL