



SPRING 2

Newsletter

Our Vision

We act in the best ways we can; to support each child become the best version of themselves



Co-Heads Message



Key messages from our head teachers

We can hardly believe that we are at the end of the Spring Term already! This term has flown by, but at last the warmer weather and lighter days are with us now. Year 6 have been busy preparing for their end of Key Stage 2 SATS in May, Year 1 are working towards mastering phonics and Year 4 are practicing their multiplication tables.

Short though this term has been, there have been some exciting events. The Panathlon Ten Pin bowling, Dance workshops, and World Book Day to name just a few! In addition, Redbridge Drama Centre have been delivering workshops to support children's mental health across the school. Please enjoy reading and finding out about all that we achieved.

May we take this opportunity to wish you an wonderful Easter holiday and we look forward to you rested and ready for the Summer Term on Tuesday 22nd April 2025.

Mr Lea and Mrs Dias

Diary



Important dates

Performance Assemblies scheduled for this term:

Date	Class	
Thursday 1 st May	5C at 9:00am in the Junior Hall	
Friday 2 nd May	2A at 9:10am in the Infant Hall	4A at 9:00am in the Junior Hall
Thursday 26 th June	5D at 9:00am in the Junior Hall	
Friday 27 th June	1B at 9:10am in the Infant Hall	3A at 9:00am in the Junior Hall

Other key dates for this term:

Summer Term 2025	Event	Date	Timings
	First day of Summer Term 1	Tuesday 22 nd April	Usual timings
	Year 4 Movie Night	Thursday 24 th April	TBC
	Year 3 Movie Night	Thursday 1 st May	TBC
	Year 5 Movie Night	Thursday 8 th May	TBC
	Key Stage 2 SATS Week	Monday 12 th May – Thursday 15 th May	Published in a separate PING
	SPORTS WEEK	Week beginning 16 th June	
	Year 1 Movie Night	Thursday 19 th June	TBC
	Reception Sports Day	Friday 20 th June	Details TBC
	Summer Fayre	Friday 27 th June	TBC
	Move up Morning (with parents)	Monday 7 th July	TBC
	Last day of term for children	Monday 21 st July	Usual timings

Please note for the most recent dates, please check the calendar on the school website. This can be found on the 'About Us' section of the drop down menus. Please click on the link below to take you straight there:

<https://www.geariesprimaryschool.co.uk/diary/grid/2024/10>

Events



These are some of the exciting events that have happened in our school

Royal Albert Hall Choral Festival 2025

On March 11th 2025, twenty-seven singers from our Gearies School Choir took part in the Redbridge Schools' Choral Festival- performing at the world-famous Auditorium of The Royal Albert Hall in central London.

Over 2000 students took to the stage featuring students from Redbridge Primary and Secondary Schools, Redbridge Music Service, Redbridge Youth Theatre and Redbridge Drama and Dance Course. Our choir worked hard learning the songs for this celebratory concert, which included extracts from the hit show *Matilda* and *Les Miserables*, *Price Tag* by Jessie J and *Earth* by Hans Zimmer. Our students sang beautifully and were impeccably behaved throughout the entirety of the trip.

Congratulations on an excellent, once-in-a-lifetime performance Gearies Choir!





Dance workshop

Some of our children got the opportunity to go to Wanstead High to participate in a dance workshop.



Sporting Events

Let girls play football event



At school we took part in the biggest ever football session across the country where our girls were invited to join in the event.



Ten Pin Bowling

Our ten pin bowling team won our regional championship so were invited to the national competition. At the national competition we did really well..... . Nur won a special award by scoring the most by an individual in the entire country!



Basketball competition

Basketball Competition 4.03.25. This was a year 5 and 6 competition, but almost all the children were from year 6. I split ours into a different team for each year group. The year 5 team finished 2nd in their group and qualified for the Cup competition, where they were knocked out in the Quarterfinals. The year 6 team finished 4th in their group, but made it through to finish 3rd in the Plate competition.



Trip to the Woods

In Year 5 we have been studying 'Odysseus' and visited Claybury Woods to spark the children's interests, ideas and creative thoughts for inspiration. The forest setting was explored and the

children immersed themselves in nature's sights, sounds and smells.

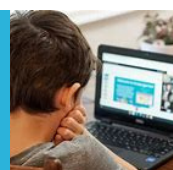


Anti-bullying Workshop

The children had an anti-bullying workshop that came into school. The children threw themselves into the roles plays and took away a lot from the sessions.



Online Safety



Each newsletter will have an online safety focus:

Please click on the link below to be able to read the guidance in more detail

[Screen Zombies | Free Online Safety Guide](#)

A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Beah is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



National
Online
Safety®

#WakeUpWednesday

