

THE FRIDAY POST



READY, RESPECTFUL, SAFE, CURIOUS, INDEPENDENT, CONFIDENT, INVOLVED

Three representative from the Community Ambassadors interviewed our favourite milkman Steve following the local announcement that he would be honoured with Freedom of the City! Interview by Rowan, Amelie and Finnlay.

Hi Steve. Thanks for coming in today. How are you feeling about this award?

I'm very proud and a bit 'ooooff why me'. Freedom of the City of London award seems to be for celebrities! I have to go to the Chamberlain's Court and I'll be a Freeman of the City of London. Originally the city of London was a walled city and you could only get in with a key so that they could trade in the city etc. I'll get a replica key and a plaque. There are some funny things that I can do once I get the award like I'll be able to take sheep across London bridge (Southwark bridge)! I'll be invited to all the events at Guildhall like fancy dinners- I'll have to make sure I know which fork to use! I can carry a sword in public, if I get hung they'll use a golden thread and I can have FCL after my name!

Any celebrations with your family and friends?

My birthday is on the 18th May! And for the FCL we'll probably go for a meal. I can take 30 guests. BBC London rang me up and they're going to come out on my round, and film me going to into the ceremony. It's quite a busy time!

What was your first job and how long have you been delivering milk for?

First job was as a milkboy on a Saturday. Once I left school I worked at a factory but didn't like it so passed my licence and went back to delivering milk. I've been delivering milk for over 40 years.



Have you had a lot of fun with your job?

Oh yeah! The smiling kids and high-fiving is great even if you're having a bad day. I'm a people's person. I like talking to people.

Where's your favourite place to holiday?

York I love the Shambles and went on a steam train to Pickering

What does your day look like?

02:00 up!

03:00 get to the depot. Get the orders ready eg compost, eggs, bacon

04:00 round starts

12:00-13:00 finish

15:00 Afternoon nap

20:00 Bed

Favourite season?

Winter into spring or autumn. Once it was -10°C I can't wear gloves because the milk bottles will slip. I sometimes wear fingerless gloves.

Favourite food?

Shepherds pie!

Funniest thing you've seen on your rounds?

Bird of prey swooping down and eating a whole pigeon

A souped up VERY expensive car which couldn't get up an icy hill and I sped past it in my 43 year-old milk float.

You see lots of silly people at 2am!

Tell us about your float

I've had it for 8 years but it's actually 43 years old. Bernie 82 fixes the floats. His grandkids are now doing it. If it wasn't for him we couldn't keep going.

Have you met anyone interesting in your job?

Yes and some famous people! And some really interesting people. I go round and I talk to people and once you know what people do, everyone's interesting!

**Continuing the theme of news...**

A group of Year 4 pupils have been eager to share some of the exciting highlights from this half term. Inspired by family friends, recent trips and school activities, a small group worked together to create their own version of Newsround. Click [here](#) to watch Episode 1 of APS News!

A special well done to a group of girls in Year 6 who recently led a thoughtful and inspiring Diversity Assembly about dyslexia. The children spoke confidently about their own experiences and helped raise awareness and understanding across the school. Alice shared, "I wanted to spread awareness about dyslexia." Arielle said, "I'm proud that we were able to inform other children."

As a group, many of the pupils who took part have dyslexia themselves. They explained that they hoped the assembly would help other children with dyslexia feel confident and understand that it is okay to be different - and that dyslexia can be a superpower.

We are also looking forward to celebrating Diversity Week later this term. We would love to invite parents and family members to come into school to share something meaningful from their culture, background or personal experiences. This could include storytelling, songs, art, dance, cooking, language, religion, neurodiversity, hearing impairment, disability awareness, gender and race related experiences or anything else that helps celebrate diversity and inclusion.

If you would be interested in leading a short assembly, presentation or class activity for the school or with a specific year group in mind, please email the school office for the attention of Ms Brown. We would be delighted to hear from you. Thank you to those who have already started messaging in!

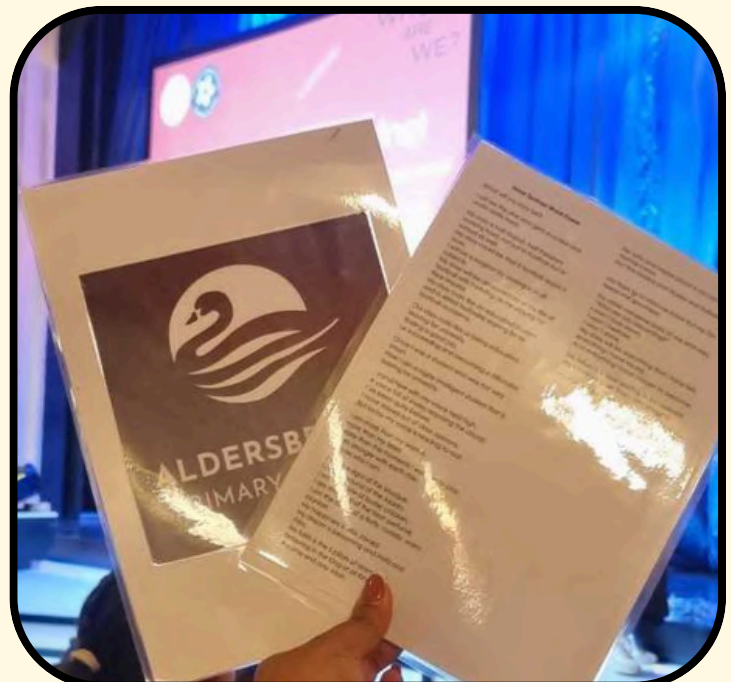


This year, 4T and 5J had the privilege of working on a year long poetry project with Patrick, a professional spoken word artist.

Across the year, we have explored our identity and our future through poetry. On Wednesday, the two classes attended the end of project event in the Criterion Theatre in Piccadilly Circus. Four of our students got the extraordinary chance to perform on a West End stage in front of hundreds of people. Isha Baker 4T, Edward Foster 4T, Rhia Willoughby 5J and Umar Patel 5J gave absolutely amazing performances. They all spoke clearly, with confidence and clarity, and we are so unbelievably proud of them for being so brave. Their poems pondering the future are thoughtful, passionate and creative. This project has developed children's confidence in their ability to stand up and make their voice heard. It has been a highlight of our year.



“One of the loveliest parts of the day was watching the children support and encourage one another throughout the performances. Their kindness and teamwork really shone through.” - Miss Javaid, Y5



My Story - Rhia

What will my story be?

My story will be an adventure,
full of fun and jokes, happiness and
music notes,

a gymnastics bar, a racing car,
a ballet shoe and sparkling Indian outfits
too,

and lots and lots of Turkish food too.

I will face many challenges,
but they won't bring me down,
because I will be there standing tall and
proud.

I will be successful, happy and kind,
and having fun is at the top of my mind.

I will be climbing up to my goals,
reaching higher and higher like a fire
burning brighter and brighter.

My story is the sound of pop music,
loud and bold.

It sounds like life, loud, proud and
impossible to ignore,

like a drum beating to my own pace,
like the chatters and cheers of a family
celebration,

like voices overlapping, laughing and
calling my name.

My story will be the smell of delicious
folka keema and paneer,
the smell of sweets and spices swirling
through the warmth of a family kitchen,
warm curry,

sweet parshad,

the yummy smell drifting everywhere,
it tickles my nose as I follow the trail.

My story will be the feel of lovely
and sparkly clothes that swish and
sway,

soft cotton lenga that sparkle in
the moonlight.

My story is the taste of yummy
Turkish food, chicken shish and
lamb,

hummus and naan,
all my favourite foods.

My story looks like fireworks
exploding into the night,

bright, bold and full of life,
the swirling saris and suits, white
and gold,

like rangoli patterns blooming,
divas flickering in the night,

cuddling up on the sofa under a
duvet, watching a family film.

I am the writer of my own story,
full of sunsets and skies and truths
that never lie.

I will choose which paths I will
take.

I am in control.

My voice will leave a mark in the
world, screaming, "This is who I
am!"

I am a horse of strength,
brave and true.

My story will matter.

My story will be mine!

My Future - Isha

My future is an
unknown
unpredictable
universe. I'll never
know what is going to
happen till it happens.
My future is a thief
It can take things,
opportunities and
even people from me
My future is a give it
can give me luck,
family and friends
memories
and misery and strife
My future is a
pathway always
giving me different
paths to choose from

My future tastes like a
recipe filled day that
cause me joy
and days that cause to
cry
My future tastes like a
recipe filled
With day that I like and
day that cause me to cry
My future sounds silent
when
it's full of countless
opportunities
My future is a universe,
thief, giver pathway,
recipe and full of
opportunities
My future is a person
My future is me

THIS IS MY STORY - UMAR

What will my story be?

I will be the one who gets scouted
and works really hard.

My story is half Gujarati, half Pakistani,
working hard not just in football, but in
school as well.

My story could be that, if football
doesn't work,
I will be a surgeon by locking in on all
subjects.

My story will be an adventure of my
life in football,
with it ending as me playing for Real
Madrid.

My story looks like an educated
student
and a skilled footballer leaving for his
academy.

Our story looks like us being educated,
leaving for university,
finding a good job,
and succeeding - becoming
trillionaires.

Once, I was a student who was not
very smart.

Now, I am a highly intelligent student
who is leaving for university.

I stand here with my voice held high,
a voice full of stories reaching the
clouds.

I've been quiet before,
I have stayed out of class opinions,
but today my voice is ready to roar.
I am more than my worries,
more than my fears,
more than the moments I wanted to
play.

I am stronger with each day.

I know who I am.

I am the sight of the mosque,

I am the sound of the Azaan,

I am the taste of butter chicken,

I am the smell of fresh perfume,

I am the touch of a fluffy, cuddly,
warm blanket.

My happiness is Miss Javaid.

My dream is becoming a Hafiz and
an Ālim.

My faith is the Five Pillars of Islam
and believing in the King of all Kings
the one and only Allah.

My safe and happy place is not just
my home,

but the Kaaba and Masjid an-
Nabawi.

My fears try to hold me back, but
my Dīn keeps me grounded.

So, when someone looks at me and
asks,

“Who are you becoming?”

I won't look down,

I won't hesitate,

I won't shrink.

My story will be everything that I
have felt,

everything I have faced,

and everything I have chosen to
become.

My future is a door waiting to be
opened.

My future is bigger than I can
imagine.

My story will be MINE.

COMMUNITY PAGES, POSTS AND UPDATES

You're Invited!



ALDERSBROOK
PRIMARY SCHOOL

SCHOOL SPORTS DAY 2026

Wednesday 1st July 2026

Location: Wanstead Flats

Schedule:

Reception: 9:15 AM – 10:00 AM

Year 1 & 2: 10:15 AM – 11:00 AM

Year 3 & 4: 11:15 AM – 12:15 PM

Year 5 & 6: 1:45 PM – 2:45 PM

Special Events:

• Parents Tug of War

• Parents Race





Aldersbrook Primary School Nursery

Sports Day

A fun filled Mini Athletics sports day that will be packed with fun and our super Mini Athletics games.

Friday 3rd July

Wanstead Flats

Bumblebee Class: 9:15 - 10:15

Tiger Class: 10:30 - 11:30



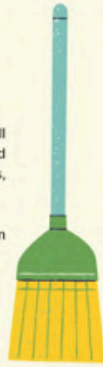
www.miniathletics.com

ALDERSBROOK COMMUNITY DAY



Did you know that by the time your child finishes Year 6, they'll have spent over 7,800 hours at school, run across the playground more than 5,000 times, used the school toilets over 4,000 times, and sat in classrooms for nearly half of their childhood lives.

That's why it's so important that their school is the best it can possibly be and we can only make it happen together.

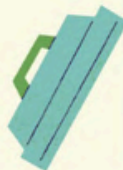


SUN 10TH MAY 11AM - 3PM

ALDERSBROOK PRIMARY SCHOOL



FREE DRINKS &
HOT DOGS



St Gabriel's Church Aldersbrook Invites You To Join Us...

Saturday 9th May 2026

Messy Church

Refresh!

All Ages Welcome!

Arts & Crafts 2-3.20
Story & Singing 3.20-3.30
Food & Fellowship 3.30-4

Free, small donations are welcomed

KIDS' FUN RUN

Aldersbrook Primary School PTA

16/05/2026 11AM - 1PM

Location:
Wanstead Flats & Aldersbrook Primary School

£5 to Sign Up
On Eventbrite

GET SPONSORED & RAISE MONEY FOR THE SCHOOL

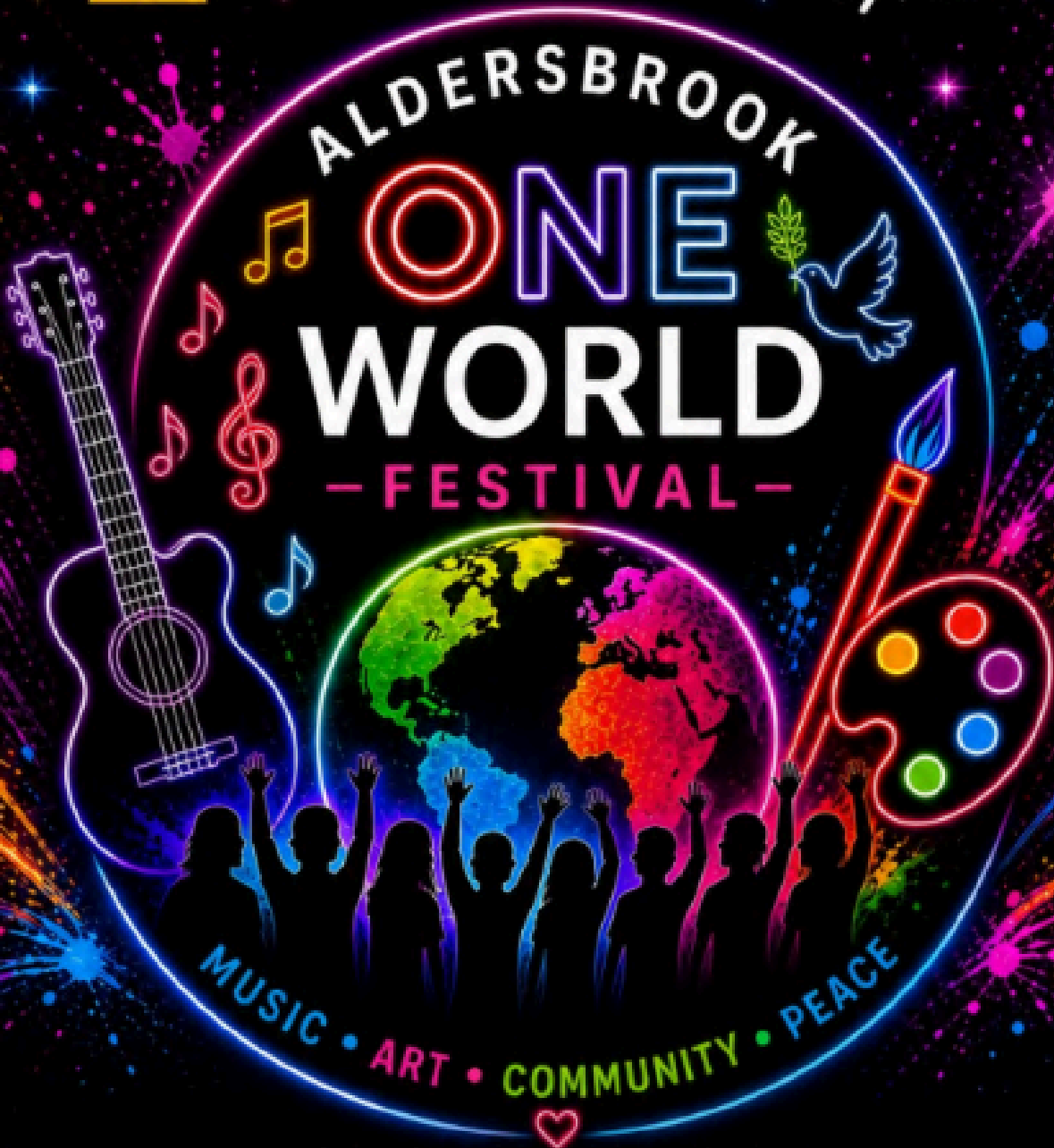
Medals for every runner! Plus food & drinks in the playground



PRESENTED BY

ART CLUB

EYRIE



JOIN US FOR A DAY OF

MUSIC • ART • COMMUNITY • PEACE

CELEBRATING UNITY, CREATIVITY & CULTURE IN ALDERSBROOK



ST GABRIEL'S
CHURCH & HALL
Aldersbrook



JULY 18TH
Saturday



FROM 4:00 PM
All ages welcome

A FUNDRAISER FOR ST GABRIEL'S CHURCH HALL

Supporting and improving our community space



FULL LINE-UP COMING EARLY JULY!

Stay tuned for artists, activities & special guests



SCAN FOR TICKETS

Redbridge Mental Health Support Team presents...

PARENT AND CARERS IN MIND: WEBINARS FOR WELLBEING

Hear from mental health professionals about how to promote your child's emotional health and wellbeing. Our summer webinar offer continues with three popular topics

**REGISTER
NOW!**

ENCOURAGING POSITIVE BEHAVIOUR WITH YOUR PRIMARY AGED CHILDREN

In this webinar, we look at behaviour as a form of communication and how testing boundaries is a normal part of child development. Learn to enhance your child's emotional regulation and promote positive behaviour through play, boundary setting and clear expectations.

WED 20.05.26 7-8PM

TALKING WHEN IT MATTERS: STRATEGIES FOR SUPPORTING YOUR CHILD'S IDENTITY

Join this webinar exploring how identity develops through an LGBTQIA+ perspective and the impact of minority stress. The session includes practical tips and strategies to help you navigate challenging conversations with confidence, supporting you and your child to feel emotionally safe.

TUES 16.06.26 7-8PM

DEVELOPING BETTER RELATIONSHIPS WITH TEENAGERS

In this webinar, we focus on working together with your teenagers to support positive communication. We will look at the development of the teenage brain and implications for emotional regulation. You can learn strategies for giving effective instructions using a "connection before correction" approach.

THURS 16.07.26 7-8PM

**SCAN
ME!**



**FOR MORE INFORMATION & TO SIGN UP
CLICK HERE,**

**VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'
OR GO TO LINKTR.EE/REDBRIDGEMHST**

London Borough of
Redbridge
#BREAKTHESTIGMA

