

THE FRIDAY POST

**AMBITION****BRAVERY****COMMUNITY**

Year 6: report on the Lake district trip

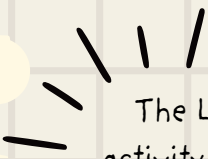


At Lake District there were many activities we enjoyed. Some were individual and some were team building activities like kingswing: your team members pull you and you ascend into the trees. Then, you let go of the rope and swing really high. The instructors were very funny and helped build confidence in us. I really enjoyed my stay in the Lake District and I'd love to go again (especially for the amazing food!).

Amelie W - 6B

At the Lake District, we participated in many fun activities. Some of them were team building activities: such as nightline where we were blindfolded and did an obstacle course. I really enjoyed the many activities we did in our fun time at the Lake District. The food there was really nice. The instructors there were very friendly and helped us understand the activities. We did a really really long hike up and down mountains. I really enjoyed it and would love to go again.

Maryam M - 6B



The Lake District trip was incredible. I loved everything about it! My favourite activity was king swing. You would get pulled up on a rope by your team mates then unclip yourself and fly so high!!! There were other activities like homing, obstacle course, abseiling and the night line. But it wasn't just activities, on Thursday we had a great camp fire where we got to roast marshmallows! The activity instructors were very friendly and happy to help us with the games. This trip has taught me to be more independent and ready to learn. Thank you teachers for this amazing trip.

Frida - 6B



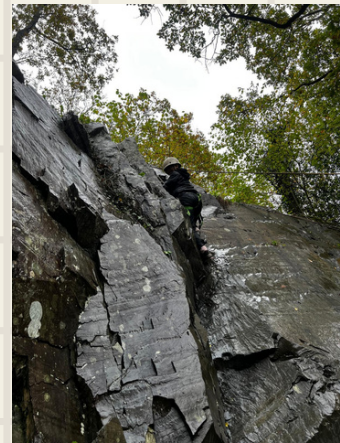
My favourite activity was kingswing because I went so high up. It made me feel so good because I hadn't done anything like it. The whole experience was fun and made me feel more confident.

Haadi - 6C



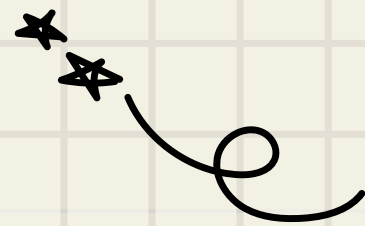
My favourite activity was kingswing because I went so high up this made me feel a bit scared but it made me feel excited. The lake district trip made me feel more adventures because we tried new activities.

Ben - 6C



My favorite was abseiling because it was like climbing down an adventurous landscape. It makes me feel joyful and excited. The lake district helped to build my resilience and courage throughout the experience

Max - 6C



I really enjoyed homing and hiking around the lake district, the view at the top was beautiful!

Will - 6C



Art for breakfast

In Art, the Year 4 children have been exploring the concept of texture. They applied their learning and developed their artistic skills to create their own breakfast plates, using different techniques to represent the textures of various foods.



Mrs. Pottwail
Art lead

The children enjoyed getting creative and using their knowledge of texture to bring their artwork to life!

Update from the office

You may have already spoken to her on the phone or met her in the office. We are delighted to **welcome Mrs Simpson** to our office team, where she has joined us to take over from Mrs Butler.

Mrs Simpson brings with her a wealth of experience working in London schools and is already familiar with the many aspects of the role, including admissions, HR, finance and attendance. Her experience will help ensure continuity and provide valuable support to our wider school community. We are very pleased to have her as part of the team.

Thank you!

A huge thank you to all our parents and families for supporting our Book Fair, where almost £2,200 worth of books were purchased! Thanks to your generosity, we can earn up to 60% of this in Scholastic rewards to spend on even more books for our school. Your support helps us nurture a love of reading and provide exciting new books for all our children to enjoy!

Reminder: next whole school reading morning is on Friday 6th November



You may have noticed that we no longer share clear, front-facing photos of the children in our Friday Post or on our website.

We have made this change to help protect the children's privacy and keep them safe online. We follow advice from the Internet Watch Foundation (IWF) and UK government safeguarding guidance, which highlight the importance of sharing children's photos carefully and protecting their identities.

We will continue to celebrate the children's learning, achievements and special moments, while taking extra care with the photos we share.

ONLINE SAFETY

From using them for communication, work, shopping and entertainment, devices such as smartphones, laptops and the rest are now deeply ingrained into modern society. Small wonder, then, that young people – who've grown up surrounded by such gadgets – can sometimes struggle to put them down, switch them off or keep themselves occupied without them.

While limiting our screen time may require a great deal of restraint, the effort can be rewarded with significant benefits to our physical and mental health. The guide on the next page of our Friday Post has simple tips for helping to manage the amount of screen time in your household – encouraging the whole family to spend more quality time together and live in the moment.



Mrs McDermott

Deputy Head Teacher

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 of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

Ideas for Aldersbrook families this half term and beyond

A change of scene need not cost money. Try a playground, borrow some books or explore art together. These places offer free entry; travel and refreshments may cost extra.

Get outside and play

Wanstead Park woodland play area Find the natural play area behind The Temple, near Warren Road, E11 2LT. Add a woodland walk and see how many autumn colours you can spot.

Henry Reynolds Gardens Bush Road, Leytonstone, E11 3AE. Play areas for younger and older primary children, with space for a short outdoor adventure.

Jubilee Pond and nearby playground Wanstead Flats, near Dames Road, Forest Gate. Spot ducks and other water birds, then visit the playground south of the pond. The pond has a level 0.5 km path with benches; no nearby toilets.

Christchurch Green Beside Wanstead High Street. A children's playground and open green space: bring a ball or invent a family scavenger hunt.

Queen Elizabeth Olympic Park Stratford. Try Tumbling Bay's treehouses, bridges and sand play. The playground is free. For something creative, check free [Dance Floor sessions](#) at Sadler's Wells East; ages and booking vary.

Books art and rainy day adventures

Leytonstone Library Church Lane, E11 1HG. Look for free children's crafts, stories and colouring sessions. Library membership is free, including for families living outside Waltham Forest. Check each event for ages, times and booking. Library and activity listings

Redbridge Museum and Central Library Clements Road, Ilford, IG1 1EA. Explore the free museum on the second floor and choose some books. Museum usually open Tuesday–Saturday, 11am–5pm. Museum details

[More Redbridge family events — check listings for free entry](#)

Tate Modern Bankside, SE1 9TG. The collection is free; some exhibitions cost extra. Ask about free [family activities](#) or take pencils and draw your favourite artwork. Plan travel via St Paul's and the Millennium Bridge. Family visits

Try at home too

Make a collage from old packaging, draw the view from your window, build a blanket den or create a treasure hunt. Let your child choose one activity to try together.

Checked 22 October 2026. Check opening times and bookings before travelling. Supervise children near water; woodland paths may be muddy or uneven.

Show racism the red card

On Friday 16th October, our pupils and staff swapped their normal school clothes for a splash of red to show their support for Wear Red Day!

We joined thousands of people across the UK in supporting the charity Show Racism the Red Card, sending a powerful message to our community that we stand together against racism.

By wearing red, our pupils helped raise awareness and show that everyone deserves to feel safe, valued and respected, whatever their background.



DONATE ❤️

If you want to donate to this charity, you can do so on their website:

<https://www.justgiving.com/charity/theredcard>

FROM OUR PTA

SAVE THE DATE

ALDERSBROOK PTA WINTER FAIR 2026

FRIDAY DECEMBER 4TH
3:20 - 7PM

PLANNING MEETING:
9TH NOVEMBER 8PM, LEYTONSTONE TAVERN

PLEASE GET IN TOUCH IF YOU CAN
OFFER ANY OF THE FOLLOWING:

- LIGHTING
- CHEFS
- BAR PEOPLE
- MUSICIANS
- ARTISTS/CREATIVES
- ELVES
- GENERAL HELPING HANDS
- RAFFLE PRIZES

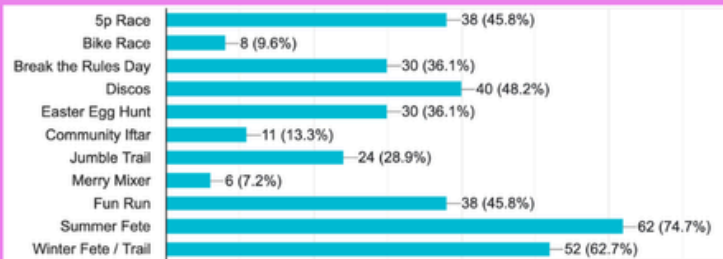
2026

PTA Feedback



Thank you so much for your feedback!
Here are the results....

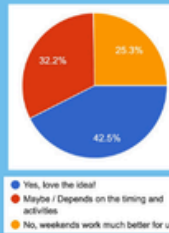
Which 3-5 events did your family enjoy the most?



Which of these PTA initiatives have you bought from or supported this year?



Would Friday night activities work for your family?



Some of your ideas, changes, suggestions:

We love receiving Xmas cards from the children of our friends that have been designed in school

Bring back: movie afternoon when everyone piled into the hall to watch the Wild Robot.

I find the cake sales and ice pop sales quite stressful on a Friday after a long week of school and work. They are quite chaotic.

More quizzes!

Mini London Marathon

Less cake sales

Bring back break the rules

Silent disco was great.

The art opening preview was held a couple years ago, which was so fun.

Bring and swap old books for new ones.

Lower ticket price for discos.

"Wonka's Golden Ticket" (sell a load of chocolate bars and a handful have the golden ticket inside related to a prize) or a monthly/termly "Guess how many LEGO pieces" - the kids could get involved by helping to build a LEGO structure.

Cardboard city - kids collect copious amounts of cardboard boxes, paint and tape and build a city/fort/castle in the playground (bar for the adults compulsory)

Aldersbrook is filled with musicians which worked so well at the last summer fete. It really added something special, and really tapped into the uniqueness of Aldersbrook. More of that please!

Be more about the community and the kids than just hard fundraising