

Notable Dates

Mon 12th Oct—Year 5 & 6
Disco 4—5.30pm

Wed 14th Oct—Year 3 & 4
Disco 4—5.30pm

Thurs 15th Oct—Reception
Disco 2.30—3.10pm

Thurs 15th Oct—Year 1 & 2
Disco 3.30—4.30pm

Fri 16th Oct—TT Rockstars
Day

Tues 20th Oct -
Parent Forum 9am

Thurs 22nd Oct -
Parent Forum 6pm

Thurs 22nd Oct—Year 4
Church Walk

26th—30th Oct - Half Term

Tues 3rd Nov - Parent
Consultations 3.30—6pm

Wed 4th Nov - KS1 Phonics
Workshop

Thurs 5th Nov—Year 5 & 6
Flu Vaccinations and catch
up

Thurs 5th Nov— Parent
Consultation 3.30—6pm

Fri 6th Nov—Non Uniform
Day for PTA Chocolate Bingo

Lunch Menu w/c 12th October

Monday—
Veggie Burgers & Wedges

Tuesday
Sausages, Hash Browns &
Beans or Vegetarian Option

Wednesday
Roast Beef or Quorn Fillet

Thursday
BBQ Chicken Pizza or Mar-
gherita Pizza

Friday
Fish Cake & Chips or Veggie
Finger

Jacket Potatoes available daily

No Nuts

We are a nut



Cedars Park Primary School

School Newsletter

Friday 9th October 2026

Girls on Track Day

Last Thursday girls from Year 4, 5 and 6 attended a 'Girls on Track UK' event. The event is an initiative managed by Motorsport UK, whose main aim is to inspire, connect and showcase females in motorsport as well as in Science, Technology, Engineering and Maths (STEM) subjects. Through active, engaging activity days for schools, they aim to excite and encourage girls into believing that there is a rightful place for females within the motorsports industry.

The girls got to have hands-on experience learning about roles in the motorsport and aviation industry. This included taking part in a real life racing pit lane by performing a pitstop challenge, speaking to female soldiers, working with firefighters and much more! The girls had a fantastic day and were truly inspired!



PTA Update

The PTA would like to thank all parents and carers for helping them with their fundraising efforts recently. During our recent anniversary picnic, a fantastic **£114.90** was raised through the PTAs refreshments stand. In addition, last week's Break the Rules day raised an enormous **£404.90!**

Thank you to the PTA members and volunteers who helped with both of these events. They now look forward to the upcoming school discos and future planned events!

Just in case you missed it, the timings of the discos are as follows:

- Reception—Thursday 15th October 2.30—3.10pm
- Year 1 & 2—Thursday 15th October 3.30—4.30pm
- Year 3 & 4—Wednesday 14th October 4—5.30pm
- Year 5 & 6—Monday 12th October 4—5.30pm



Parking

Please remember that the bay parking spaces outside Cedrus House are only for use by the care home's visitors and staff.

Please also be aware that the residential car park on Pintail Road must not be used at drop off or pick up times—unless you are a resident.

The car park in the community centre can be used in the mornings so that we can continue a harmonious relationship with our local community and neighbours.



TT Rockstars

On **Friday 16th October**, we will be holding a Times Tables Rockstars Day—please help your child come to school in their best Rock Star get ups!

In preparation for our upcoming TTRS day, the children have been asked to create an **A4 poster celebrating times tables and numbers**. Be as creative as you like and show us why maths is something to celebrate! The winning poster will be announced in our Celebration Assembly on 16th October and will feature on our Hall of Fame display. Good luck!



JRSOs

We are on the hunt again for our next Junior Road Safety Officers (JRSOs) from Years 4, 5 and 6! This is a fantastic opportunity for children to take on a leadership role and help promote road safety across our school. Children interested in applying will bring home a Job Description and Application Form; this will need to be handed into class teachers by next Wednesday. We look forward to hearing from our future JRSOs—last year's group helped the school achieve the Silver JRSO Award. We can't wait to get started with the children in going for Gold this year!



Reporting Pupil Absence

If your child is too unwell to attend school, we ask you to report this using the school telephone number or send in an email to the office on each day of absence.



Please remember to report your child's **symptoms**—simply stating they are 'ill' or 'unwell' is not enough information.

Below is a useful link to NHS guidance about when to keep your child off school:

[Is my child too ill for school?](#)

Parent Forums

Behaviour at Cedars Park, and how we teach, nurture and develop it, is a real focus for us.

Over the last year or so, we have been moving towards a more intentionally therapeutic approach—without lowering our usual high expectations of course.

To hear more, and to have a chance to share your thoughts and ask questions, we will be holding Parent Forums, as below. We hope these will be helpful in keeping parents and carers better informed about why we do what we do.



Tuesday 20th October at 9am

Thursday 22nd October at 6pm

Both sessions will take place in the school hall—we hope to see you there.

KS1 Phonics Workshop

We will be holding a Phonics workshop for our Key Stage 1 (Year 1 and 2) parents and carers on **Wednesday 4th November at 9am** in the school hall.

This will be a great opportunity to see some phonics teaching in action with the children, learning about how we teach letters and sounds to children, as well as how to apply this knowledge to blend for reading and segment for spelling. We'll also share information about the Phonics Screening Check, and what this looks like for your child.

Most importantly, you'll find out how to help your child at home too.

We hope you can make it!



Young Carers



Rachel, from Suffolk Family Carers came into school today. She works in the Young Carers team and came to spend time with our children about what being a Young Carer means to them: together, they worked collaboratively in groups to create a noticeboard of support. Spending time together is an important part of how we support our Young Carers. The small community-feel of these sessions helps to reassure children that they are not alone and that they are amazing. These half termly opportunities to bring our Young Carers together is a great way to check in with them, ensuring they feel supported and a sense of belonging.

To build on our work in this area further, and allow more informal opportunities for our Young Carers to check in, after half term, we will hold a Young Carers Breakfast. Children can attend this if they wish; there will be one held each half term. More details will follow soon.

If you think your child may be a Young Carer (if they help care for someone in their family who may have a long-term illness, a physical or mental disability, a mental health condition, or an issue with drugs or alcohol), then please do let us know via the school office. We are here to help.



Cedars Stars



Reception	Year 1	Year 2
Joshua E Teddy B	Lila W Sukirah J	Marley D Evelyn B
Year 3	Year 4	Year 5
Hannah H Logan R	Charlotte J Summer W	Archie R Bonnie C
Year 6		
Elizabeth P & Takudzwa M		

Each week, teachers choose a child in their class who has really stood out that week for following our school rules (The Cedars ABC) or showing our school values (Leadership, Organisation, Resilience, Initiative and Communication).

Well done to this week's Cedars Stars!

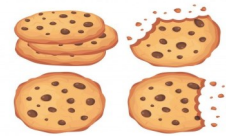


Class Cookies

Attendance at Cedars Park is a real strength.

Each week, we celebrate the class that has the highest attendance—the children each get a cookie as a treat!

Well done to **Puffin class in Year 3**, for having the highest attendance this week of 100%



Attendance

Good attendance to school supports pupils' attainment, progress and well-being.

This week's attendance was as follows:

Reception: 97.59%
Year 1: 95.59%
Year 2: 97.59%
Year 3: 96.84%
Year 4: 98.16%
Year 5: 96.17%
Year 6: 98.11%

Well done to **Year 4** for having the highest attendance this week!





YOUR PTA

Supporting our school, children and community

Together we make a big difference

DID YOU KNOW?

Here's what your PTA has been working on and what's coming up...



SCHOOL TRIPS

This year we have raised the amount of contribution to school trips to

£300

from £220 last year.



YEAR 6 LEAVERS PARTY

We have set a budget of

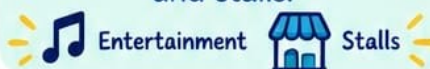
£900

for the year 6 leavers party.



SUMMER FETE / CAR BOOT

We are also planning a summer fete/car boot in July with entertainment and stalls.



FUNDRAISING

We work hard to raise funds so we can provide extra resources, support school trips, and create special events for our children.



BUILDING COMMUNITY

We bring families, teachers and the wider community together through events, fairs and activities.



SUPPORTING THE SCHOOL

We help fund equipment, resources and experiences that enrich our children's learning and school life.



GET INVOLVED

Whether you can give an hour, bake a cake, donate an item or join the PTA team — your support makes a real difference!



UPCOMING EVENTS



Summer Fete / Car Boot

July

Entertainment and stalls



Uniform Sales

Pre-loved and new uniform items (stay tuned for dates!)



School Discos

Fun for all ages



Raffles

Great prizes, fantastic support



And More...

Throughout the year we'll have lots more events and ideas!

Thank you for your continued support!

TOGETHER WE CAN MAKE A BIG DIFFERENCE



Cedars Park
Primary School
NO LIMIT TO LEARNING



"Pupils enjoy attending a vibrant and welcoming school." Ofsted 2023



EYFS open days

We would love to welcome you to our school!

Our open days are on:

5th October - 6pm

7th October - 9:30am

9th November - 9:30am

12th November - 6pm

2nd December - 9:30am

9th December - 9:30am

6th January - 9:30am

Book via the school office on:

01449 778230

admin@cedarspark.net



Feel free to contact us if you are unable to make these dates as we would love to show you around!

What Parents & Educators Need to Know about GROUP CHATS

WHAT ARE THE RISKS?

On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

TEASING AND BULLYING

Children of all ages are keen to fit in socially, and group chats can sometimes complicate that process. While group chats can foster connection, they can also give way to mean comments or jokes at someone's expense, especially when others join in for laughs. When bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact – adding to embarrassment, anxiety and feelings of isolation for the child being targeted.

UNKNOWN MEMBERS

Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.

PEER PRESSURE

Children may feel they have to constantly stay engaged just to be included and keep up with the conversation. In some cases, they might partake in inappropriate behaviours – like sharing explicit photos, jokes or teasing – just to fit in. Group settings can also encourage children to act in ways they normally wouldn't, or stay silent when they know something is wrong, out of fear of being excluded. Some children may find it difficult to leave toxic group chats.

INAPPROPRIATE CONTENT

Some group chats may include inappropriate language or imagery. Even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only available once or for a few seconds, which makes it harder for children to report something they've seen.

EXCLUSION AND ISOLATION

Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may happen on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out – even unintentionally.

VIDEO AND LIVE CHATS

Many popular apps allow children to engage in live streaming with interactive chats or have group video chats. Anyone can be added to these streams, and often children tag peers in the comments and have conversations which are unmoderated. There's a risk of being exposed to inappropriate or violent content and offensive language, either in the group videos or via the group chats.

Advice for Parents & Educators

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for children to compete for social status. Help children consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

SET SOME GROUP CHAT RULES

Discuss safe group chat practices, such as asking a peer for consent before adding them to a group chat, or leaving a group chat if a stranger is added. Tell children that if they're added to a group they didn't agree to beforehand, it's OK for them to leave immediately.

BLOCK, REPORT AND LEAVE

If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure children know it's OK to leave a group chat if they feel uncomfortable or unsafe.

SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being bullied.

PRACTISE SAFE SHARING

It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details – like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up or how it might be used.

SILENCE NOTIFICATIONS

Being bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of a group chat while disabling notifications. In fact, it would be healthier for them to do so, helping them avoid the pressure to respond immediately.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and online behaviours of young people in the UK, USA and Australia.



The National College



STOWMARKET TOWN FC GIRLS SECTION



**STARTING
15TH OCTOBER 2026**



**FREE WEEKLY
FOOTBALL SESSIONS
FOR GIRLS 5-10 YEARS**



**MID SUFFOLK
LEISURE CTR
3G PITCH**



**THURSDAYS
5PM - 6PM**



**UNDERTAKEN BY
FA QUALIFIED COACHES**



PATHWAY INTO TEAM FOOTBALL

BOOK VIA THE LINK OR EMAIL



stfcsatgirls@gmail.com