

Cedars Park Primary School

School Newsletter

Friday 16th October 2026

Diary Dates

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

Fri 13th Nov - Children In
Need Non Uniform Day

Tues 17th Nov - Year 1 Trip
to Bury St Edmunds

Wed 18th Nov - Individual
& Sibling Photos

Sun 22nd Nov - PTA
Tombola

Fri 27th Nov - PD Day

Wed 9th Dec - Welcome
Wednesday 2.30-3.30pm

Thurs 10th Dec - Christmas
Dinner and Jumper Day

Fri 11th Dec - EYFS
Christmas Sing-a-Long

Tues 15th Dec - Year 6
Christmas Market

Wed 16th Dec - KS1
Christmas Performance

Fri 18th Dec - Last day of
Term

Mon 21st Dec - Fri 1st Jan -
Christmas Holidays

Mon 4th Jan - PD Day

Tues 5th Jan - Pupils

Girls' Football

Huge congratulations to Kaitlyn C, Savannah J, Evie H, Naomi MC, Emilia P, Evana S, Martha W, and Arabella B for their fantastic performance in the U11 Girls' Football Competition at Stowmarket High School!

They played brilliantly against eight other local primary schools, drawing their first match, followed by two wins of 1-0 and 2-0. Thanks to their incredible teamwork and unstoppable determination, they smashed their way into the final and won 3-1!

A special mention goes to Martha, who was likely the top scorer of the entire tournament with an amazing six goals! Huge credit also goes to all the girls, who took turns in defence to help Kaitlyn (goalkeeper), who only conceded one single goal throughout the whole competition.

What a spectacular achievement!! They have now officially qualified for the Suffolk finals in November! Go Cedars! 🏆



Staff News

We will sadly be saying goodbye to Miss Lancaster at the end of this half term.

Miss Lancaster will be taking on an exciting opportunity to gain experience in an Alternative Provision setting, working directly with pupils with SEND.

We thank Miss Lancaster for her hard work at the school, and wish her well in her new role.



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.

Please also be reminded that the staff car park is for staff use only – this includes drop off and pick up times for our wrap-around care clubs (Early Birds and Night Owls).



Cedars Stars

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!



Reception Milo B Roman E	Year 1 Saaya G Alfie N	Year 2 Bella L Darcy F
Year 3 Mila W Carolina AV	Year 4 Jaxon P Elisha C	Year 5 Jace J Sophie F
Year 6 Evelyn F & Adelina S		

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 **Chaffinch class in Year 2**, 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: 94.63%
Year 1: 96.77%
Year 2: 98.62%
Year 3: 94.49%
Year 4: 97.96%
Year 5: 94.67%
Year 6: 98.11%

Well done to **Year 2** for having the highest attendance this week!

Next Week's Menu

Monday: Mac & Cheese with Garlic Bread

Tuesday: Meatballs & Pasta with Garlic Bread or Veggie Meatballs

Wednesday: Roast Chicken or Quorn Fillet

Thursday: 3 Cheese Pizza with Herby Diced Potatoes

Friday: Chicken Nuggets & Chips or Veggie Nuggets

Jacket Potatoes available daily.



Parents' Consultations & Book Fair

Parent consultations are just around the corner – they will be taking place on Tuesday the 3rd and Thursday 5th November from 3:30pm – 6pm. During the parent's evenings, Miss Suhail, Mr Main and Mrs Scarlett will be in the hall and available to answer your questions on SEND, Behaviour, Attendance and Inclusion.

As always, the Book Fair will be in school the week of the Parent Consultations as well. The Book fair will be open from 3:15pm – 3:45pm on Monday, Wednesday and Friday and on Tuesday and Thursday, for the duration of the Parent Consultations.

The booking system for parents and carers to secure their appointment will be Live on Arbor from Monday (19th October).

Finally, our wonderful PTA will be selling refreshments for parents and carers.

We look forward to seeing you.



Welcome Wednesday – 9th December 2026

Parents and carers are invited in to come into school and see the children's learning on the penultimate Wednesday of the term, at the end of the day (2:30 – 3:00pm).

Moving forward, this is something that will happen at the end of every term to provide an opportunity for your children to share their learning with you in the classroom. Further details will be provided closer to the time.



WhatsApp and Social Media

We are receiving growing numbers of reports from pupils and parents about inappropriate and foul language being used in social media group chats as well as late night and early morning messaging. As a school, we are seeing the effect of this with children being over tired and a reluctance to come to school due to friendship issues which have developed online. We ask that parents carefully monitor children's activity online – thank you for your continued support.



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!



No Nuts

We are an allergy aware school. In particular, we are NUT FREE.

Please help us keep everyone safe and ensure your child does not bring food (or other items) containing nuts into school.

Thank you.



Poppy Appeal

From Monday, our Year 6 House Captains will be selling poppies and other items to raise money for the Royal British Legion's Poppy Appeal.

This is a charity that we support every year and we are proud to say we raise a significant amount of money through your generous contributions.

As with previous years, we will be operating a one donation one item system so that all children have access to the range of Poppy Appeal merchandise available.

Thank you for giving generously.



YOUR PTA

Supporting our school, children and community

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.

Entertainment 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 & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.



CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.



BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.



GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.



STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.



Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.education.gov.au/documents/about/program/bullying-prevention/minority-principles.pdf> | <https://www.education.gov.au/documents/about/program/bullying-prevention/minority-principles.pdf> | <https://www.education.gov.au/documents/about/program/bullying-prevention/minority-principles.pdf>



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