

Diary Dates

26th—30th Oct - Half Term

Mon 2nd Nov - Pupils Return to School

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 Tombola

Wed 11th & Thurs 12th Nov - Skipping Workshops

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

Thurs 10th 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 Return to School

Cedars Park Primary School

School Newsletter

Friday 23rd October 2026

National Non-Fiction Month - Competition

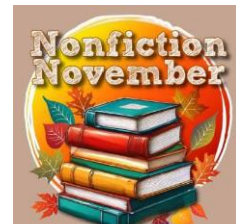
November is National Non-Fiction Month and this year's theme is 'Reading is an Adventure'. It would be great to see each child use non-fiction books in the outside world – not just to read them, but to use the information in a more practical way.

Some examples could include:

- Read a book about bugs and then be inspired to go on your own bug hunt.
- Read about learning a new skill and having a go at doing the skill yourself.
- Read about an exciting destination and then visit it.

We would love for the children to record their adventure with their book by either drawing a picture or writing about it using the postcard they will be bringing home today.

Children should send in their entries by **Thursday 26th November 2026**. A winning entry from each Key Stage will be chosen by the Junior Librarians and will receive a certificate and a prize!



U9 Mixed Football Festival

It was another successful football performance for Cedars last Thursday!

This time the turn was for a group of Year 4 children (Sophia B, Robson B, Lawson S, Naveah S, Summer W, Harry P, Oscar B, Elisha C, Charlotte J and Bobby L) who took part on a U9 Mixed Football Festival at Stowupland High School.

They won all four group matches and qualified for the final where they narrowly lost 2-0. For many of them this was the first sport tournament, but they showed remarkable confidence.

Thank you for the support from all the enthusiastic parents, family members and former Cedars students who cheered the children on. We always appreciate your support.



Skipping Workshops

Mr Massey will be back after half term for his hugely popular Skipping Workshops! A letter explaining the details around the purchasing of skipping ropes has been shared today: the children are very much looking forward to learning all sorts of tricks and skips to utilise on the playground at breaks and lunchtimes!



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 Amaya P Devon BH	Year 1 Amelia K Harry C	Year 2 Karina F Mya U
Year 3 Penny C Malachi D	Year 4 Daniel OD Chloe Z	Year 5 Sophia W Scarlett D
Year 6 Adam L & Lily O		

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 **Woodpecker Class** in **Reception**, 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: 98.32%

Year 1: 95.08%

Year 2: 96.21%

Year 3: 96.3%

Year 4: 93.47%

Year 5: 95.5%

Year 6: 97.74%

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

Menu Week Commencing 2nd November

Monday: Roasted Vegetable Pasta Bake with Garlic Bread

Tuesday: Spaghetti Bolognese with Garlic Bread or Vegetarian Option

Wednesday: Roast Chicken or Quorn Fillet

Thursday: Pepperoni Pizza or Margherita Pizza with Wedges

Friday: Fish & Chips or Veggie Fingers

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 is live on Arbor.

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

We look forward to seeing you.



News from the PTA

A huge thank you for your support of the recent PTA discos – over £800 was raised!

The PTA will be having a stall at the Christmas Fayre at Cedars Park Community Centre on Sunday 17th November.

Friday 6th November will be a non-uniform day in support of the PTA. It is kindly asked that in return, children bring in a donation towards the PTA Tombola stall.

The donations can be big or small – from a bottle of wine to a bar of soap – but please make sure they are suitable for a tombola stall.

Your donations & support are very much appreciated.

TT Rockstars

The children looked great for last Friday's TT Rockstars Day! Thank you for helping them get involved with the day.

A huge thank you to everyone who entered the Hall of Fame display competition! Mr Johnson had well over 70 posters to look through. Below are the winners for each year group and these children's work will now be proudly displayed:

Year 1 - Margot T

Year 2 - Liam M-J

Year 3 - Imogen A

Year 4 - Charlotte J

Year 5 - Anthony S-A

Year 6 - Emily G



A huge well done to our first 6 Hall of Famers! If you would like to come and collect your posters, Mr Johnson will keep hold of them for a week.

Archaeologist Visit: Year 4

Year 4 have been learning about Romans this term. We are very lucky to have Mr Cass, who is an archaeologist, come in to talk and share with the children a variety of Roman artefacts that have been found around Suffolk. The children were able to be hands on with the objects and even tried on some Roman armour! As always, thank you to Mr Cass for his inspirational and practical sessions with the pupils!



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!

phonics

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

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!



CEDARS PARK PTA PRESENTS



FAMILY QUIZ NIGHT

TUESDAY 1ST DECEMBER

CEDARS PARK
PRIMARY SCHOOL

4PM - 6PM

Join us for an evening brimming with fun, laughs and
entertainment!

QUIZ | GAMES | REFRESHMENTS

ptacedarsparke@gmail.com



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College®