



Cedars Park Primary School School Bulletin

Friday 27th September 2024

Notable Dates

Mon 30th Sept & Tues 1st Oct
Year 5 Bikeability Group 1

Thur 3rd Oct - Year 1 Local Walk

Mon 7th & Tues 8th Oct
Year 5 Bikeability Group 2

Mon 7th Oct - Year 4 Meet the Teacher 9—9.30am

Tues 8th Oct - Year 5 Meet the Teacher 9—9.30am

Wed 9th Oct - Year 2 Meet the Teacher 9—9.30am

Wed 9th Oct - Year 6 Meet the Teacher 2.30—3pm

Thurs 10th Oct - Year 3 Meet the Teacher 9—9.30am

Thur 10th Oct - EYRS Meet the Teacher 2.30—3pm

Fri 11th Oct - Year 1 Meet the Teacher 9—9.30am

Mon 14th & Tues 15th Oct
Year 5 Bikeability Group 3

Mon 21st & Tues 22nd Oct
Year 5 Bikeability Group 4

Mon 28th Oct - Fri 1st Nov Half Term

Lunch Menu w/c 30th September

Monday
Margherita Pizza or Vegetable Enchilada

Tuesday
Meatballs in Tomato Sauce & Pasta or Cheesy Vegetable Bake

Wednesday
Roast Beef or Vegan Sausages

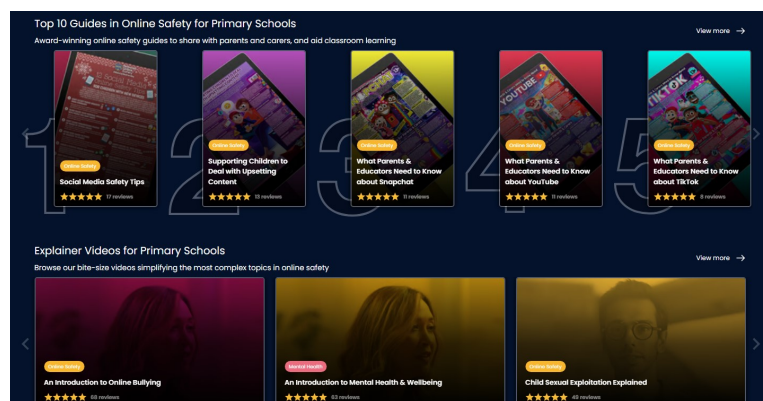
Thursday
Pulled Pork Wrap or Cheese & Onion Quiche

Friday
Fish Fillet or Vegan Fish Fingers

Jacket Potato available every day.

Online Safety

Did you know that you can create an account with the [National College](#) to access a wealth of free information about keeping your child safe online. There are guides to online platforms such as Snapchat and YouTube and online pre-recorded courses to watch, specifically designed for parents and carers.



Staff News

Some of our teachers at Cedars have been busier than usual over the summer—

Mrs Scarlett gave birth to a baby girl called Hallie in May.

Mrs Marsh also gave birth to a baby girl called Maisie in June.

And finally, girl power continued with Mrs Schulen, who gave birth to a baby girl last week—Florie Honey Rose.

Many congratulations to Mrs Scarlett, Mrs Marsh, Mrs Schulen and their families at this most exciting time.



Lost Property

We have an abundance of items in our lost property at the moment.

Next week, on Monday and Tuesday, we will place all lost property under the gazebo on the main playground after school. Please look through and claim anything that belongs to your child/ren.



Anything remaining behind after Tuesday will either be recycled or reused.

Staff Car Park

We have noticed recently that parents are using the staff car park at pick up and drop off.

Please be advised that the school car park is strictly for school staff only.

We thank you for your cooperation with this.



Parking

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

Please also be mindful of parking on the road—be safe, be considerate.

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.

Thank you.



Scooters and Bikes

Please ask children riding to school on scooters or bikes to be careful on the paths around the school—a number of older pupils have had near collisions with pedestrians as they are riding up and down the paths ways, attempting tricks. This is a particular concern during busy drop off and pick up times.

In addition, we have had reports of near misses involving cars and pupils on bikes: we will talk to children about both concerns in today's assembly, however a reminder from home would be beneficial. Please remind children to wear safety gear (e.g. a helmet) and to ensure they are looking both ways before crossing roads. Thank you.

No Nuts

We are a nut free school!

Coats

Please ensure that your child/ren wear a coat to school. We are outside in all weathers, therefore it is vital that children are dressed appropriately. Thank you.



Cedars Stars

Well done to our recent Cedars Stars!

Reception Ava-Mai B Arlo C	Year 1 Ella G Toby L	Year 2 Charlotte J Zakary T-B
Year 3 George P Maverick N	Year 4 Logan J Kirin K	Year 5 Daisy C Amelia W
Year 6 Ethan B Jack G		

Asda Rewards

If you shop at Asda, they are currently running a 'Cashpot for Schools' incentive—simply download the Asda app, and nominate our school. Every time you shop in Asda and scan your rewards app, Asda will donate 0.5% of what you have spent in store, directly to the school. This event is being held until the 30th November—we thank you in advance for your support!



Reception Intake: September 2025

We are holding two open evenings and two open mornings for parents with children looking to start school in September 2025.

The sessions will take place as follows:

Open Evening: 30th September 2024 - 6pm

Open Morning: 1st October 2024 - 9:30am

Open Morning: 2nd October 2024 - 9:30am

Open Evening: 9th October 2024 - 6pm

During the Open Mornings, parents will have the opportunity to take tours of the school—led by members of our School Council.

Meet the Teachers

Parents/Carers will have the opportunity to pop into school to officially meet their child/ren's teachers.

The sessions will provide information about the school year—curriculum to be taught as well as trips or visits. In addition, it is a great opportunity to ask the teachers any questions you may have about the year ahead.

Sessions will be held as follows:

Year 4—Monday 7th October at 9:00-9:30am

Year 5—Tuesday 8th October at 9:00-9:30am

Year 2—Wednesday 9th October at 9:00-9:30am

Year 6—Wednesday 9th October at 2:30-3:00pm

Year 3—Thursday 10th October at 9:00-9:30am

EYFS—Thursday 10th October at 2:30-3:00pm

Year 1—Friday 11th October at 9:00-9:30am

If you can join us, please arrive for the session via the school reception.

Attendance

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

This week's attendance was as follows:

Reception: 98.45%

Year 1: 96.46%

Year 2: 95.21%

Year 3: 97.07%

Year 4: 96.46%

Year 5: 99.19%

Year 6: 95.57%

Well done to Year 5 for having the highest attendance!

Class Cookies



Well done to Nuthatch Class in Year 5 for having the highest attendance this week!

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

follow

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

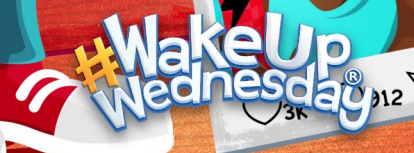
Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

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



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

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