



Cedars Park Primary School School Bulletin

Friday 4th October 2024

Notable Dates

- Mon 7th Oct**
Year 4 Meet the Teacher 9—9.30am
- Tue 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
- Thur 10th Oct**
Year 3 Meet the Teacher 9—9.30am
- Thur 10th Oct**
EYFS Meet the Teacher 2.30—3pm
- Thur 10th Oct**
Flu Vaccination Catch Up Clinic
- Fri 11th Oct**
Year 1 Meet the Teacher 9—9.30am
- Mon 14th Oct to Fri 18th Oct**
Book Fair in School (details to follow)
- Wed 16th Oct**
Parents' Consultation evening 3:30—6pm
- Thur 17th Oct**
Parents' Consultation Evening 4:30—7pm
- Mon 28th Oct - Fri 1st Nov**
Half Term

Lunch Menu w/c 7th October

- Monday**
Pepperoni Pizza or Margherita Pizza
- Tuesday**
Mac & Cheese or Mexican Quesadilla
- Wednesday**
Roast Chicken or Roast Quorn Fillet
- Thursday**
BBQ Chicken Melt or Southern Fried Veggie Burger
- Friday**
Fish Fingers & Chips or Sweet Potato and Chickpea Curry

Jacket Potatoes available every day.

Meet the Teachers

Parents/Carers 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.

Road Safety

A reminder that the roads around school can get very busy during the start and end of the school day. Please be vigilant as road users—both in cars and as pedestrians.

Parent Consultations

You will be aware that parent consultations will be taking place on 16.10.24 and 17.10.24—book your appointment on Arbor if you haven't already!

Cedars Stars

★ Well done to our recent Cedars Stars! ★

Reception Dougie H Lilly R	Year 1 Elodie J Isaiah S	Year 2 Aria F Amelia L
Year 3 Alys R Archie R	Year 4 Henry A Savannah J	Year 5 Jack M Esther M
Year 6 Ruby W Belle P		

No Nuts

We are a nut free school!

Reception Intake: September 2025

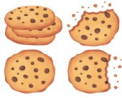
There is still one Open evening left for prospective parents—
Open Evening: 9th October 2024 - 6pm
Do come along, if you haven't already!



Macmillan Coffee Morning Update

Thank you to everyone who came along to last Friday's Macmillan Coffee Morning, hosted by our wonderful Year 5 pupils and staff.

An amazing £918.54 was raised—thank you so much to everyone who donated—WOW!



Class Cookies

Well done to Kittiwake Class in Reception for having the highest attendance this week!

Attendance

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

This week's attendance was as follows:

Reception: 99.13%

Year 1: 97.29%

Year 2: 96.25%

Year 3: 93.45%

Year 4: 96.46%

Year 5: 94.68%

Year 6: 93.61%

Well done to Reception for having the highest attendance!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about GROUP CHATS

On messaging apps, social media and online games, group chats are among the most popular ways that young people engage with their peers online. Involving three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they can be great for connecting with others, there are several risks posed by these tools.

WHAT ARE THE RISKS?

BULLYING

Teens are often trying to find their place in their social group. Unfortunately, group chats can sometimes lend themselves to unkind comments being shared freely, putting people down to make their peers laugh – often creating a vicious circle that encourages others to join in. Being bullied so publicly – in front of friends and acquaintances – can also amplify the hurt, embarrassment and anxiety that the victim feels.

SHARING GROUP CONTENT

Group chats can feel more private and protected, allowing children to share inside jokes and video calls with a smaller group of friends. It's important to remember that while the chat's content is private between those in the group, individual users can easily share material with others outside of the group, or screenshot what's been posted. The risk of something a child intended as private becoming public is higher if there are strangers in the chat.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: for instance, starting a new group, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one person doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss events that exclude them – for example, sharing photos from a day out that they didn't attend.

UNKNOWN MEMBERS

Within larger group chats, it's more likely for children to communicate with people they don't know. These strangers may be friends of the host, but not necessarily friendly towards everyone present. It's wise for young people to avoid sharing personal details and remember that they have no control over what others do with the material they send into the chat.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by a child if they are part of that group, whether they actively engage in it or not. Some apps have features that cause messages to disappear after they're viewed, so children may be unable to report something they've seen, as it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications they tend to generate. Every time someone sends a message, each member's device will be 'pinged' with an alert. This could result in hundreds of notifications a day. This is often highly distracting, and young people's fear of missing out (FOMO) can cause increased screen time as they try to keep up with the conversation.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for young people to compete for social status. This could cause them to do or say things on impulse which could upset others. Help children consider how people might feel if they behave in this way. If the child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

GIVE 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 picked on.

BLOCK, REPORT AND LEAVE

If a child is in a chat where inappropriate content is being shared, advise them to block whoever sent the material, report that person to the host app or platform and exit the group. If any of this content could put a minor at risk, contact the police. Emphasise that it's OK for children to simply leave any group chat that makes them feel uncomfortable.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Ensure children understand the importance of not revealing identifiable details like their address, their school, or photos that 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 and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their identity to gain a child's trust and serve their own ends – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure the child understands why they shouldn't add people they don't know to a group chat – and why they should never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a device 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 the group chat while disabling notifications – and that it would be healthier for them to do so, avoiding a situation where they could feel pressured to respond.

Meet Our Expert

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

#WakeUpWednesday

The National College

www.thenationalcollege.com | www.nos.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/

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