



# Cedars Park Primary School School Newsletter

Friday 25th October 2024

## Notable Dates

**Mon 28th Oct - Fri 1st Nov** Half Term

**Mon 4th Nov**—Pupils return to school

**Fri 8th Nov**—PTA Non Uniform Day - Details to follow

**Tues 12th Nov**—Odd Sock Day

**Tues 12th Nov**—Reception Phonics Evening

**Wed 13th & Thurs 14th Nov**—Skipping Workshops

**Thurs 14th Nov**—Chaffinch Class Library Visit

**Fri 15th Nov**—Dove Class Library Visit

**Fri 15th Nov**—Children In Need Non Uniform Day

**Tues 19th Nov**—Individual / Sibling photos

**Wed 20th Nov**—Year 6 Duxford

**Wed 20th Nov**—Reception Maths Evening

**Wed 4th Dec**—Reception Christmas Sing Along

**Tues 10th Dec**—KS1 Christmas Performance 1.30pm & 6pm

**Wed 11th Dec**—Christmas Dinner and Christmas Jumper Day

**Tues 17th Dec**—Year 6 Christmas Market

**Fri 20th Dec**—End of Term

## Lunch Menu w/c 4th November

**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 or Sweet Potato & Chickpea Curry

Jacket Potato available every day.

Dear Parents and Carers,

It has been such a wonderful half term—the children have been kept very busy, and as always, time flies when you're having fun! So much has been happening at school, that I will do my best to give you some of the highlights!

Year 6's returned to school following their 3-day residential visit to PGL Bawdsey Manor in high spirits. The children had a fantastic time engaging in a range of activities which placed them outside of their comfort zones. Effective teamwork was the order of the day and this was seen in abundance as the children supported each other in taking on new challenges.



Well done to Kaavi, Blake, Leyton and Joseph in Year 6, who have recently taken on the challenge to represent the school in a national Mathematics tournament. The competition has four heats with plenty of schools across the country taking part.

The top five schools of each heat will have an opportunity to compete in the grand final. We'll hear in early November whether we have gotten through to the next round! Well done to all four children—they showed excellent organisational skills and resilience throughout the heat, answering some extremely challenging maths questions superbly as a team.







Year 5's had a fantastic DT day this term, where they designed and made pop-up books. Once made, the children were delighted to be able to go down to see the children in Reception and share their stories and creations with them. The Reception children were equally as excited to receive such engaging visitors—they enjoyed the stories immensely!



Also in Year 5, I was taken aback by the commitment to learning shown by Emma, who following my assembly about the origins of Halloween earlier this week, was so inspired that she went home and created an information poster all about Halloween. What an extraordinary piece of extra homework! It is displayed proudly outside my office for all to see and Emma earned 100 house points for her

house—Elm!

Finally, well done to all in Year 5 who took part in Bikeability this term—we had a record number of pupils pass the Level 2 qualification this year, which means the children confidently demonstrated that they can be safe road users when navigating the roads!



In Year 4, the children have been enjoying learning about Romans this term. As part of their learning, they have written impressive brochures to Rome, commenting on its rich history and the legacy of the ancient Romans—well done, everyone!



In Year 3, children have loved learning to sing and play a variety of songs on the glockenspiels. Once mastered, both classes proudly performed to each other in the studio, giving critiques and enjoying each others musicality.

Children in Year 2 have been busy designing and making healthy wraps—they thought carefully about having a balanced diet and selected the freshest ingredients to put together a delicious final product!



Earlier this term, children in Year 1 went for a local walk, linked to their learning in Geography, to look for human and physical features of geography. The children were also on the hunt for familiar road names and were most excited as they spotted them!

As always, thank you to our wonderful parent helpers on this trip, for giving up their time to support the children on this day.



Finally, a huge thank you to all parents who supported our recent book fair. We raised our biggest total yet—£1990.87. This means we now have £1194.52 to spend on books—an enormous amount due to your support, so thank you!

With best wishes for the half term break,

Miss Suhail  
Principal



### 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.



### PSHE—We are a Flagship School

Cedars Park has once again been recognised as a flagship school for PSHE Jigsaw—the programme we follow when promoting children's Personal, Social, Health and Emotional development.

We are now champions of the PSHE Jigsaw approach and will be engaged in supporting other schools with their PSHE offer. Thank you to Mrs Begum for her fantastic leadership of this important area of our school curriculum!



### No Nuts

We are a nut free school!

### Odd Socks Day

During the week beginning 11th November, we will be raising awareness of bullying, as part of Anti-Bullying Week.

As part of this, **Tuesday 12th November** is Odd Socks day, and we'd love all the children to take part by wearing mismatching socks to school on this day.

Please note that this will not, however, be a non-uniform day—just an Odd Socks one!



### Cedars Stars

Well done to our recent Cedars Stars!

<b>Reception</b> Raia B Milo H	<b>Year 1</b> Jade H Hannah H	<b>Year 2</b> Daria I Gile P
<b>Year 3</b> Ivy W-P Lawrence H	<b>Year 4</b> Charlie H Alice S	<b>Year 5</b> Loic N Elijah P
<b>Year 6</b> Maisie R and Isabel T		

### Children in Need

**Friday 15th November** is Children in Need Day. This will be a non-uniform day, where children can wear yellow, or spotty clothing, to tie in with this year's theme, in exchange for a cash donation towards this worthy cause.



### PE Days

For your information, please find PE days for next half term below:

Reception: Thursday

Year 1: Monday and Friday

Year 2: Wednesday and Friday

Year 3: Monday and Thursday

Year 4: Tuesday and Wednesday

Year 5: Tuesday and Thursday

Year 6: Wednesday and Friday

Please ensure that children wear the correct PE kit on these days and that all jewellery is removed. Long hair must also be tied up. Thank you.

Guidance around our school uniform can be found on the school website [here](#).

### Parent and Visitor Code of Conduct

We are continuing to have a small minority of parents who at times are falling short of our Code of Conduct expectations.

Whilst we welcome all forms of feedback, the manner in which it is delivered must operate within the boundaries of mutual respect.

Once again, we ask parents to read the [Parent and Visitor Code of Conduct](#), particularly 'Section 3: Behaviour that will not be tolerated', so that all are aware of the behaviours which are considered as unacceptable when communicating within the school community.

We thank you for your support in this matter.

### Attendance

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

This week's attendance was as follows:

Reception: 97.4%

Year 1: 96.94%

Year 2: 98%

Year 3: 97.59%

Year 4: 95.83%

Year 5: 99.35%

Year 6: 97.54%

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!



# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

## 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, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College