



Cedars Park Primary School School Bulletin

Friday 15th November 2024

Notable Dates

Tues 19th Nov—Individual / Sibling photos

Tues 19th Nov at 5:15pm—PTA meeting

Wed 20th Nov—Year 6 Duxford Visit

Wed 20th Nov—Reception Maths Evening

Thur 21st Nov—Choir Rehearsal at Combs Ford Primary

Wed 27th Nov at 2:30pm—Year 3 Sharing Assembly

Thurs 28th Nov—Year 1 Bury St Edmunds Visit

Thurs 28th Nov at 2:30pm—Year 4 Sharing Assembly

Mon 2nd Dec at 6pm—Choir performing at Stowmarket Christmas Tree Festival

Wed 4th Dec—Reception Christmas Sing Along

Thurs 5th Dec at 10:45am—Choir performing to residents at Cedrus House

Tues 10th Dec—KS1 Christmas Performance 2:10pm & 6pm

Wed 11th Dec—Christmas Dinner and Christmas Jumper Day

Fri 13th Dec—Year 3 Church Trip

Mon 16th Dec—Santa Fun Run

Tues 17th Dec—Year 6 Christmas Market

Fri 20th Dec—End of Term

Tue 7th Jan—Children return to school for Spring Term

Lunch Menu w/c 18th November

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 Potatoes available daily

Sports Tokens—East Anglian Daily Times

We are collecting sports tokens from the East Anglian Daily Times.

Tokens will be printed in every edition of the paper, running for 10 weeks (final tokens December 7). The paper has a single token each day and then double tokens in the weekend edition.

Main winners—those who collect the most tokens—in each county will receive a primary athletics kit along with an Olympian visit worth over £1,300! Other prizes are also available for those in second place and for those who have collected 1000 tokens. These prizes are a range of free sporting equipment for the school.

Thanks in advance for your support!



Santa Fun Run

This year's annual Santa Fun Run—a Cedars Park tradition—will be on **Monday 16th December**. This is a non-uniform day in the theme of Christmas—ideally we ask everyone to dress as Santa!

The fun run consists of Christmas-related 'obstacles' for the children to overcome on their way around the school field. A change of shoes is essential on this day as the field is very muddy this time of year!



Individual and Sibling Photos

Photo day for individual and sibling photos is on **Tuesday 19th November**.

All children must wear their school uniform and look their smartest! If your child has PE on this day, we ask they bring their PE kit with them, so they can change for their PE lesson.

Class Cookies

Well done to **Curlew Class in Year 6** for having the highest attendance this week!



Cedars Stars



Well done to our recent Cedars Stars!



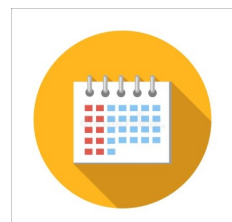
Reception	Year 1	Year 2
Shelby R Albert K	Seth L Erin W	Arthur K Teddy T
Year 3	Year 4	Year 5
April J Jacob C	Autumn-Rose K Mark W	Poppy W Emma D
Year 6		
Maisie R Lillie-Rose M		



Term Dates—2025-2026

Term dates for next academic year are now available on the school website and can be found here:

[Term Dates](#)



Sharing Assemblies

Parents/carers are warmly invited to come into school for their child's sharing assembly. Dates have been added to the school calendar on our website. For quick reference, these take place at 2:30pm on the following dates:

- Wednesday 27th November—Year 3
- Thursday 28th November—Year 4
- Thursday 27th March—Year 2
- Thursday 3rd April—Year 1
- Thursday 26th June—Year 5
- Thursday 17th July—Reception
- Friday 18th July—Year 6

Attendance

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

This week's attendance was as follows:

Reception:	93.7%
Year 1:	93.1%
Year 2:	95.1%
Year 3:	92.9%
Year 4:	96.8%
Year 5:	95.9%
Year 6:	98.4%

Well done to Year 6 for having the highest attendance!

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'



ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faithfully and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

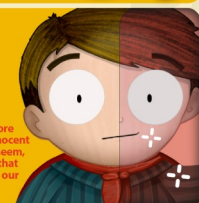
AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



FILTERS

Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.



APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.



MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



Safety Tips for Parents



QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain comments and 'likes'?
- How often do they talk about their physical image in a negative way?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering apps.

DON'T GO COLD TURKEY

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.



BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.



WHEN TO GET HELP

If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them. <https://www.bacp.co.uk/search/therapists> <https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves



Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

