



Cedars Park Primary School

School Bulletin

Friday 8th November 2024

Notable Dates

- 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**—Children In Need Non Uniform Day
- Fri 15th Nov**—Dove class library visit
- Tues 19th Nov**—Individual / Sibling photos
- Wed 20th Nov**—Year 6 Duxford Visit
- Wed 20th Nov**—Reception Maths Evening.
- Thurs 28th Nov**—Year 1 Bury St Edmunds Visit
- Wed 4th Dec**—Reception Christmas Sing Along
- Tues 10th Dec**—KS1 Christmas Performance 2:10 pm & 6pm
- Wed 11th Dec**—Christmas Dinner and Christmas Jumper Day
- Tues 17th Dec**—Year 6 Christmas Market
- Fri 20th Dec**—End of Term

Odd Socks Day

It is Anti-Bullying Week next week. To help mark the occasion, we are having an 'Odd Socks Day' on **Tuesday 12th November**. We ask all children to wear mismatched socks to help us emphasise key messages such as celebrating differ-



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

Phonics Info Session

Reception parents are invited into school on **Tuesday 12th November** at 6pm to find out how we teach children to read and spell in EYFS and how

Skipping Workshops

Next week, on **Wednesday 13th and Thursday 14th**, we will be having our annual Skipping Workshops—a real favourite with all of our children and staff!

If your child does not have PE on this day, please can we ask that they

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

Class Cookies

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



Lunch Menu w/c 11th November

- Monday**
Chicken with Gravy & Vegetables or Spicy Bean Burrito
- Tuesday**
Bolognaise & Pasta or Veggie Bolognaise
- Wednesday**
Roast Gammon or Roast Quorn Fillet
- Thursday**
Sausage or Vegan Sausage
- Friday**
Chicken Burger or Southern Fried Veggie Burger

Jacket Potatoes available every day.

Cedars Stars



Well done to our recent Cedars Stars!



Reception Albie B Eden C	Year 1 Imogen A Finley J	Year 2 Amelia L Daniela B
Year 3 Rylee R Bonnie C	Year 4 Katie C Elizabeth P	Year 5 Mila B Grace P
	Year 6 Ashlee S Mia S	

Photographer Visit

We will be visited by professional photographers on **Friday 22nd November** to take new promotional photos for our school website.

If you have not updated photo permissions for your child(ren) on Arbor, please can we ask

When is my child too unwell to attend school?

A reminder that you can find below full guidance on what to do about sending your child into school on a range of common illnesses and ailments.

[Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[HPECS Exclusion Table](#)

Attendance

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

This week's attendance was as follows:

Reception:	95.17%
Year 1:	96.2%
Year 2:	94.4%
Year 3:	96.9%
Year 4:	95%
Year 5:	98.89%
Year 6:	97.87%

Parking

Bittern Crescent, outside Cedrus House, becomes incredibly busy at school drop off and pick up times.

This week, we have had Cedrus House get in touch with us to report that parents have been parking across the yellow lines—which should be kept clear at all times for emergency services. When asked to move, Cedrus House staff were met with resistance. In addition, it has been reported that parents have been using the bay parking spaces. These bays are for staff and visitors of Cedrus House only. Parents are able to use the layby spaces, near the school gates, but not the bay spaces outside the care home.

We politely ask parents to help us maintain respectful relationships with all of our local community and neighbours. Please remember that parents/carers can park at the Community Centre if

Anti-Bullying Alliance Parents' and Carers' Pack

The Anti-Bullying Alliance have created a resource pack for parents to give information about bullying, tips about what to do if you're worried about bullying, and the tools to help you talk to your children about bullying.



Click on the picture above to be taken to the parent and carers pack.

At Cedars Park, allegations of bullying are taken extremely seriously. Bullying is not tolerated at the school. Please remember to talk to your child's class teacher if you ever have any concerns around bullying. Together, we can ensure that children continue to come to school, happy and thriving, and that bullying is stamped out at the first opportunity. For more information on our approach, our Anti-Bullying Policy can be found on the school website [here](#).

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel ..." or "I think ..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



#WakeUpWednesday

The National College

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

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