



Cedars Park Primary School School Bulletin

Friday 6th December 2024

Notable Dates

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

Wed 11th Dec—Christmas Dinner and Christmas Jumper Day

Fri 13th Dec—Year 3 Church Trip

Fri 13th Dec—EYFS local walk to postbox (posting letters to Santa)

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

Thur 23rd Jan—Year 1 trip to Hollytrees Museum

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 at this time of year!



Staff Car Park

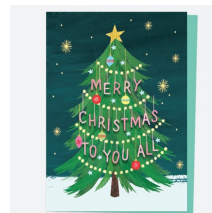
Please be reminded of the following:

- The staff car park is for use by the staff only—this is to ensure the safety of all children.
- Users of Breakfast Club should not be parking in the staff car park.
- The main school gates into the staff car park are not for pedestrian use—please do not cut across the staff car park both at drop off and pick up times.

We thank you for your support in this matter and in helping to keep all of our pupils safe at Cedars Park.

Christmas Card Fundraiser

If your child participated in the PTA's recent Christmas Card design fundraiser, please be advised that the children will be bringing home their orders today.



Class Cookies

Well done to **Puffin Class** in Year 3 for having the highest attendance this week!



Lunch Menu w/c 9th December

Monday
Margherita Pizza or Vegetable Enchilada

Tuesday
Meatballs in Tomato Sauce & Pasta or Cheesy Vegetable Bake

Wednesday
Christmas Lunch

Thursday
Pulled Pork Wrap or Cheese & Onion Quiche

Friday
Fish Fillet or Vegan Fish Fingers

Jacket Potatoes available daily—**EXCEPT WEDNESDAY** due to Christmas Lunch this week

Cedars Stars



Well done to our recent Cedars Stars!



Reception Mathias B Emma B	Year 1 Zion K Libby C	Year 2 Aurora A Olivia-May W
Year 3 Stanley T-W Eadie-Rae S	Year 4 Darcy H Dexter K	Year 5 Scarlett J Isaac B
Year 6 Darcey E Hollie B		



Christmas Lunch Day

Wednesday 11th December is not only our Christmas dinner day, but also our Christmas Jumper Day—children can wear a Christmas Jumper to school instead of their usual school jumper/sweatshirt or cardigans.

Please be advised that this is not a non-uniform day.



Is your child eligible for Free School Meals?

Did you know that your child will get free school meals if you receive any of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- And more...

To find out more, and to apply for free school meals (even if your child is in EYFS and KS1), please follow the link below:

[Apply for Free School Meals](#)

Attendance

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

This week's attendance was as follows:

Reception: 96.2%

Year 1: 94.6%

Year 2: 95.2%

Year 3: 98.1%

Year 4: 95.2%

Year 5: 97%

Year 6: 93.6%

Well done to Year 3 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 MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of 'Your child is good to go. Let them take it from here'. It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it's important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

#WakeUpWednesday
The National College