



Cedars Park Primary School School Bulletin

Friday 13th December 2024

Notable Dates

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

Mon 13th Jan at 4—5pm—Reception, Year 1 and Year 2 PTA Disco

Mon 13th Jan at 5:30—6:30pm—Years 5 and 6 PTA Disco

Fri 17th Jan—TT Rockstars Day (Details to Follow)

Mon 20th Jan at 4:30—5:30pm—Years 3 and 4 PTA Disco

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!



Maths Week



Teachers at school are currently organising a special maths week at school, commencing on Monday 13th January.

Details will follow in next week's newsletter, however in the meantime, please be advised that **Friday 17th January** will be our 'TT Rockstars Day' - where the children will be invited to come to school dressed as rockstars!



Having held a Rockstars Day previously, we know how much the children loved dressing up and so we look forward to some fantastic DIY outfits once again!

Next term's PE Days

Reception: Tuesdays

Year 1: Mondays and Thursdays

Year 2: Wednesdays and Fridays

Year 3: Mondays and Thursdays

Year 4: Mondays (swimming) and Fridays

Year 5: Tuesdays and Thursdays

Year 6: Wednesdays and Fridays



Class Cookies

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



Lunch Menu w/c 16th December

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 Potatoes available daily

Cedars Stars



Well done to this week's Cedars Stars!



Reception Arabella G Mollie P	Year 1 Elijah-Lee B Jasmine G	Year 2 Karis W Harry P
Year 3 Ethan M Isreal K	Year 4 Callum S Flourish A-P	Year 5 Isla S Holly R
Year 6 Kaelan F River H		



House Cup Winners

Well done to **Oak House** for earning the highest number of House Points this term and therefore winning the House Cup!

Children in Oak House can come to school wearing non-uniform on **Friday 20th December** in order to celebrate!



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: 97.7%

Year 1: 94.4%

Year 2: 96.2%

Year 3: 92.7%

Year 4: 97.3%

Year 5: 98.3%

Year 6: 93.9%

Well done to Year 5 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.

The whole concept of social media relies upon users having friends and/or followers. 'Friends' tend to be those with whom users will share their own personal profile. It's usually a mutual relationship with both parties able to engage and interact with everything their friends post online. 'Followers' on the other hand can typically be just one-way relationships and, dependent on the platform, only provide access to certain aspects of an individual's profile, such as a person's content feed. A common trait that often exists between the two however is the desire to gather as many friends or followers as possible.

What parents need to know about SOCIAL PRESSURES LINKED TO 'FRIENDS & FOLLOWERS'

Friend Requests

POSSIBLE 'FRIEND ENVY'

Children may compare the number of friends or followers that they have with their own online friends and people they know. In some cases, this could lead to 'friend envy', particularly if they see this as a sign of popularity. This could lead to your child showing signs of jealousy and resorting to sending friend requests to people they don't know that well, or even strangers, in a desperate bid to increase their own status online.

OPEN DOOR POLICY

Another way that children can increase their following is by leaving their accounts open so that they can be easily found, and anybody can view their posts. This is in the hope that other users will like their posts and decide to follow them, therefore increasing their numbers. Once again, this can leave your child vulnerable to being followed by strangers or people who have dishonest intentions.

FEELINGS OF REJECTION

Just like increasing friends and followers can bring a sense of happiness and satisfaction, so the loss of friends and followers can cause children to suffer feelings of sadness and rejection. Depending on how invested your child is in their social media activities, this could influence their attitude and behaviour offline and potentially have a negative impact on their mental health and wellbeing.

COLLECTING 'FAKE' FRIENDS

Children who feel under pressure to increase their friend count or want to increase their following as quickly as possible can be vulnerable to collecting 'fake' friends. They may, for example, accept friend requests from people they don't know very well or from complete strangers, inadvertently leaving themselves open to online bullies, trolls or even the possibility of being groomed.

CONSTANT NEED TO PLEASE

As children start to gain more friends or an increasing number of followers, they might start to feel an added level of pressure to provide them with more interesting and likeable content. Almost as if they now have an audience waiting, this constant need to please may be an extra burden that pushes your child into oversharing personal information or posting material that is inappropriate or offensive, inaccurately portraying what they're actually like in the offline world.

OSCAR@NOS
25K Friends
26K Followers

Friends

- Aarav P.
- Suzey S.
- Jayden S.
- Frankie T.
- Gran F.

Safety Tips For Parents

BE THEIR FRIEND OR FOLLOWER

The best way to know who your child is friends with online or who follows them is to be their friend or follower yourself. This will allow you to see who your child is engaging with most online or open up discussions about how they know certain people they've added to their network who you haven't heard them speak about before or you yourself don't know.

TURN ON PRIVACY CONTROLS

All social media platforms have their own privacy controls which can be used to help protect children online. For instance, removing the ability for strangers to comment on public posts or having a screening process for friend or follow requests is good practice which can help to ensure your child's experience online is a safer one.

TALK ABOUT STRANGERS

If privacy measures have been put in place, then usually your child will receive a notification if somebody tries to befriend them online. Talk to your child about making sure they don't open up their personal life to people they don't know and that if they are ever in any doubt, they should never accept a friend request from a stranger.

BEHAVE ONLINE AS THEY WOULD OFFLINE

Your child's behaviour online should always be treated as an extension of their behaviour offline. Discuss with your child the pitfalls of trying to be somebody they're not and that trying to please everybody will only make them unhappy. Tell them that they should be proud of who they are and that they should always behave in an appropriate and responsible way when posting content online.

TALK TO THEM ABOUT THE VALUE OF REAL FRIENDSHIP

Social media can often distort what true relationships and friendships should actually be like. It's important to teach your child the value of true friendships and that meeting and speaking to people face to face in the real world, offline, is often a better way to build a more trusting and confident relationship with someone rather than just speaking to them online.

DISCUSS WHAT BEING POPULAR ACTUALLY IS

A higher number of followers can be a measure of popularity but can also lack substance beyond just the number itself. Discuss with your child that popularity can come and go and that a large number of followers doesn't necessarily mean a large number of friends, particularly online where the real value in a relationship cannot be accurately determined.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

