



Cedars Park Primary School School Bulletin

Friday 10th January 2025

Notable Dates

- Mon 13th Jan at 8:30am**—PTA Uniform Drop
- Mon 13th Jan**—Year 4 Swimming starts
- 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
- Mon 20th Jan at 4:30—5:30pm**—Years 3 and 4 PTA Disco
- Tue 21st Jan at 1pm**—Visit from Owl Sanctuary for Year 6
- Thur 23rd Jan**—Year 1 trip to Hollytrees Museum
- Mon 3rd Feb-Fri 7th Feb**—Book Fair in School
- Mon 3rd Feb**—Year 5 Chocolate Workshop
- Tue 4th Feb**—Year 4 Trip to West Stow Anglo Saxon Village
- Wed 5th Feb at 3:30-6pm**—Parents' Consultation Evening
- Thur 6th Feb at 4:30-7pm**—Parents' Consultation Evening
- Wed 12th Feb**—Year 3 Stone Age Day—visit from Portals to the Past

Lunch Menu w/c 13th January

- Monday**
One-pot Vegetable noodles or BBQ Bean Bake
- Tuesday**
Beef Chilli or Bean Chilli
- Wednesday**
Roast Chicken or Vegan Sausage
- Thursday**
Cheese Burger or Cauliflower & Broccoli Cheese Bake
- Friday**
Fish Fillet or Vegan Fishless Fingers

Jacket Potatoes available daily

Maths Week & TT Rockstars Day

Teachers at school have organised a special maths week at school, commencing on Monday 13th January.



We will spend the week raising the profile of not only times tables, but also maths more generally.

Throughout the week, the children will be engaging with special maths lessons that allow them to think outside of the box and really develop their reasoning and problem solving skills, doing so in a creative way that also utilises the outdoors!

All of the children's work will culminate in our next exhibition space display—'Maths in Action'!

On **Friday 17th January** we will be holding a '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!



PTA Discos



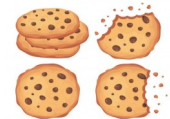
A reminder that the much-loved PTA discos will be taking place over the next few weeks as follows:

- Monday 13th January at 4-5pm:** Reception, Year 1 and Year 2
- Monday 13th January at 5:30—6:30pm:** Years 5 and 6
- Monday 20th January at 4:30—5:30pm:** Year 3 and Year 4

If you can be a parent helper, please let the PTA know via email (ptacedarspark@gmail.com), as parent support is vital in running these fantastic events for our children!

Class Cookies

Well done to **Cormorants Class in Year 5** for having the highest attendance this week!



Cedars Stars



Well done to this week's Cedars Stars!



Reception	Year 1	Year 2
Charlie-Thomas W Harriet H	Alessia-Ioana I Victoria O	Nevaeh S Lexie C
Year 3	Year 4	Year 5
Scarlett D Oskar W	Dylan B Beau P	Ethan G Ellie B
Year 6		
Joshua M Maxine J		



Attendance

This week's attendance was as follows:

- Reception: 98.7%
- Year 1: 98.7%
- Year 2: 96.5%
- Year 3: 97.03%
- Year 4: 98.9%**
- Year 5: 98.8%
- Year 6: 97.2%

Well done to Year 4 for having the highest attendance!



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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