



Cedars Park Primary School School Bulletin

Friday 24th January 2025

Notable Dates

Mon 27th Jan—Police in school to see Reception (Real life hero topic)

Mon 27th Jan at 6-7pm—Multiplication Tables Check (MTC) Information Evening for Year 4 Parents

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

Tue 4th Feb at 5:15pm—PTA Meeting—Parents welcome

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

Mon 3rd Mar at 8:30am—PTA Uniform Drop Off

Mon 10th Mar-Fri 14th Mar—Science Week (Details will follow)

Tue 18th Mar at 5:15pm—PTA Meeting—Parents Welcome

Fri 21st Mar—Non-uniform day in return for donation towards PTA's Easter Chocolate Bingo

Thur 27th Mar at 2:30pm—Year 2 Sharing Assembly

Thur 3rd Apr at 2:30pm—Year 1 Sharing Assembly

Fri 14th Mar—'Wonderdome' Planetarium in School for Year 5

Mon 7th-Mon 21st Apr—Easter Holidays

Tue 22nd Apr—Children return to school for Summer term

Playground Reminder

We have had an increase in the number of incidents requiring children to need first aid before the school day has started.

Please can we remind parents to keep children close to them on the playground in the mornings. Children should not be running around, unsupervised, playing with others.
Thank you.

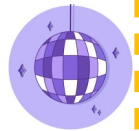


PTA Discos

A huge thank you to our parents for supporting the PTA discos—an amazing £788.74 was raised for the school and children!

Thank you to the PTA for organising the discos for the children—they were very much enjoyed by all who could attend!

Thank you also to all of our parent helpers, who helped make the discos happen.



School Drop off

A polite reminder that older siblings in Years 5 and 6 cannot bring their younger brothers or sisters to school. Children in Reception to Year 4 must be brought into school by their parents or carers. Thank you.



Parents' Consultation Evenings

Parents' Consultation Evenings will soon take place again—Wednesday 5th February (3:30—6pm) and Thursday 6th February (4:30—7pm) in your child(ren)'s classroom.

Appointments can be booked online via the Arbor app.

Each meeting lasts ten minutes and provides the opportunity for you to discuss your child(ren)'s progress with their class teachers.

You can also spend time perusing the children's workbooks—they will be available outside each classroom to view. Please also visit the book fair as it will be open each evening.

Class Cookies

Well done to **Kingfisher Class in Year 4** for having the highest attendance this week.



No Nuts

We are a nut free school.



Lunch Menu w/c 20th January

Monday
Margarita Pizza or Philly Quom Hotdog

Tuesday
Minced Beef Pasty or Cheese & Onion Pasty

Wednesday
Roast Beef or Roast Quom Fillet

Thursday
Cajun Chicken Tomato Pasta or Spicy Vegetable Turkish Pide (Flat bread)

Friday
Fish Fingers or Spicy Bean Burrito

Jacket Potatoes available daily

Cedars Stars

Well done to this week's Cedars Stars!

Reception Frankie W Harlee C	Year 1 Lorian M Florence F	Year 2 Alec W-T Elijah B
Year 3 Ruby C-S Isla GP	Year 4 Lily O Imola C	Year 5 Elliott R Afrem D
Year 6 Hotly C Lucian C		

Attendance

This week's attendance was as follows:

Reception: 93.6%

Year 1: 96.4%

Year 2: 92%

Year 3: 97.3%

Year 4: 97.9%

Year 5: 97.5%

Year 6: 94.9%

Well done to Year 4 for having the highest attendance!



What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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.



The National College

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

@wake_up_weds

/uw.the national college

@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: 22.01.2025