



Cedars Park Primary School School Newsletter

Friday 4th April 2025

Notable Dates

Mon 7th-Mon 21st April -
Easter Holidays

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

Thurs 24th April—Year 3 & 4
School Farm & Country Fair

Fri 25th April—PTA Break the
Rules Day

Mon 5th May—Bank Holiday

Mon 26th—Fri 30th May -
Half Term

Fri 20th June—Sports Day

Tues 24th June—Year 6 Cru-
cial Crew at The Mix

Wed 25th June—Year 4 WCET
Music Festival at The Apex

Thurs 26th June—Year 5
Sharing Assembly

Fri 4th July—Reserve Sports
Day

Thurs 17th July—Reception
Graduation Assembly

Fri 18th July—End of Term

Lunch Menu w/c 21st April

Monday—Easter Monday

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 Po-
tato & Chickpea Curry

*Jacket Potatoes available
daily*

Dear Parents and Carers,

I am delighted to be writing my very first newsletter as Head of School and to be sharing some of the wonderful things that the children have been involved in over the last few weeks. As always, it has been a busy term for pupils and staff and I can't believe that we have already completed two terms of this academic year!



At the beginning of the month, children across the school were able to go and talk to Mr Nunn, a local farmer, who kindly brought in his tractor! Children learnt about the types of machinery used within farming and the crops that are produced. It is great for our children to be able to make real links with an industry which is such a large part of Suffolk life and heritage. The children enjoyed asking lots of questions and completing related

activities in the classroom.

Year 3 had a great time at Framlingham castle last week. They had the opportunity to sketch the castle and have a look at its features; making links to their learning in school.

They also had the chance to explore the castle grounds and walk along the castle walls, imagining what it would have been like 100s of years ago. The children looked at different artefacts within the museum areas.



We are very proud of the children who represented the school exceptionally well, with members of the public commenting on their behaviour and how enthusiastic they were. Thanks goes out to all staff and parent helpers who make these trips possible and ensure our children get to have these exciting opportunities.



Science week is always a big event across the school and the children get to be inspired by the world around them.

Year 3 and 5 were visited by our amazing STEM ambassador Mr Jones who led them through an amazing session of rocket building and launching!



It was a real pleasure for me to be involved with the Year 5 Space Sleepover again this year. The children were fantastic and were treated to a great evening of activities.

The planetarium was a real highlight, along with astronaut training. Clear skies this year, treated the children to some fantastic star gazing opportunities with Jupiter, Betelgeuse and Mars all on glorious display. The evening was rounded off with a new addition to this years programme—Alien Taskmaster—which the children threw themselves into!

Thank you to Mrs Chapman for all of the organisation and all the staff that stayed overnight to make sure this experience for the children is a positive one.



Red Nose's 40th Birthday saw the children getting involved in a non-uniform day and a Red Nose Fun Run around the school grounds. Red noses were hidden along the route for the children to find. There were 49 in total, secreted away in different locations. Well done to Jackdaw class, in Year 6, who found 48 on their Red Nose Run. The school raised a total of £312.75.

Speaking of fundraising,, a huge thank you to our wonderful school community and the amazing PTA for making our Chocolate Bingo event on Saturday, 29th March such a fantastic success! Thanks to your generosity and hard work, we raised an incredible £1,100, which will go directly back into the school to benefit our children. We truly appreciate all the support, donations, and enthusiasm that made this event so special—thank you!



It is great to be able to celebrate and reward the children's achievements and hard work in school. Over 50 children signed up to use their Gold Award Cards to take part in some Easter themed cooking this week. It was quite the chocolatey affair—all topped off with even more chocolate in the shape of some Mini Eggs!



Year 4 have been combining Design Technology and Science this week, making some very inventive sling shot cars. The children studied how the mechanisms within the car work and made links with Science, thinking about how the weight of their car impacted its speed. It was great to see so many creative designs!



It was wonderful to see the children embracing World Book Day again this year with some fantastic costumes on display.



As is tradition now at Cedars, in the afternoon, pupils were able to choose to go and listen to a story read by a teacher of their choice!



Reading for pleasure is so important in developing children's love of literature and allows them to access different worlds through the books they read and is great for developing their imaginations. In turn, this impacts on their ability to access other exciting subjects in school and we also know that better readers make better writers! Please encourage your children to read at home and get involved with next terms reading for pleasure challenge which is highlighted later in this newsletter.



This week 8 students from Year 4 and Year 5 took part in the annual Swimming Gala at the leisure centre. The team was made up of 4 boys and 4 girls who competed in lots of different races, from backstroke, breaststroke and freestyle races. Cedars were one of six schools competing in the gala. Over the morning, points were awarded depending on positioning, 1st = 1 point and 6th = 6 point with the team scoring the lowest points total being the winners. With a super morning of swimming and lots of successful races, Cedars came first finishing on



an amazing total of 25 points and, with the second place school finishing on 44, this showed the level of quality in how well the boys and girls swam.

Well done to all the pupils involved on their excellent individual and team results.

The summer term is set to be just as busy for everyone at Cedars with events like Sports Day, the Year 6 end of year show, Year 2s trip to Colchester Zoo, Year 4 heading off to the WCET festival and EYFS visiting Jimmy's Farm, to name but a few of the exciting things the children have to look forward to.

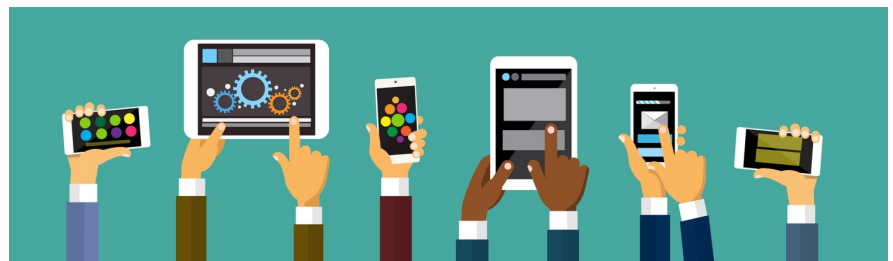
Finally, all that is left is for me to do is wish everyone a very Happy Easter and I hope that everyone enjoys a restful break. We look forward to seeing the children back in school on Tuesday 22nd April.

Mr Main

Head of School

Online Safety and Social Media

- After the Easter break, our Year 5 and 6 pupils will be doing some extra PSHE and Online Safety learning with a particular focus on the use of mobile phones.
- In the first week back, staff will deliver an extra session in class assembly time using resources designed and provided in conjunction with Suffolk Police.
- Our local community Police officers have also kindly offered to come into school and follow up on this learning by delivering an extra assembly focusing on online safety and appropriate mobile phone use.
- We are pleased to be able to continue to work with the Community Police team to educate our pupils.



Parking

Please can we remind parents that the bay parking spaces outside Cedrus House are only for use by the care home's visitors and staff.

Please also be mindful of parking on the road—be safe, be considerate.

The car park in the community centre can be used in the mornings so that we can continue a harmonious relationship with our lo-



No Nuts!

We are a nut-free school.



Summer Term Reading For Pleasure Challenge

- The new reading for pleasure incentive will begin on Tuesday 22nd April 2025 and run until Tuesday 1st July 2025.
- The reading for pleasure battle will be between year group classes (Warblers vs Robins, Curlews vs Jackdaws etc).
- The aim is to read the most books collectively as a class in the time frame given (April-Jul) with the goal of 100 books!
- Children are to record what they are reading as usual in their reading record books. Once they have finished a book they must show an adult their reading record and then a star can be coloured in by the adult.
- Please note that school issued books for example Twinkl/Big Cat books do not count towards this challenge as this is a reading for pleasure incentive.
- The winning class in each year group will then be awarded a non-school uniform day!



Cedars Stars

Well done to this week's Cedars Stars!



Reception	Year 1	Year 2
Albie B Michael M	Erin W Rafael DAR	Arthur P Thea M
Year 3	Year 4	Year 5
Grace O Maverick N	Arabella B Charlie H	Gabriel B George B
Year 6		
Brody W Benjamin R		



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: 98.28%

Year 1: 96.41%

Year 2: 90.58%

Year 3: 97%

Year 4: 97.14%

Year 5: 96.99%

Year 6: 94.75%

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

Break The Rules Day!

On Friday 25th April, it is Break the Rules Day! Another very popular day with the children, organised by our wonderful PTA.

Posters about the event have already been sent out to parents. For one day only, children are encouraged to break the rules and for each one they do, they should bring in 50p. Amongst other options, pupils might decide to sneak on some make-up or nail varnish and not wear their school uniform!



PE Days—Summer 1

After the Easter break next week, children will return to the following PE days:

Reception: Thursdays

Year 1: Mondays and Tuesdays

Year 2: Wednesdays and Fridays

Year 3: Monday (swim) and Thursdays

Year 4: Mondays and Fridays

Year 5: Tuesdays and Thursdays

Year 6: Wednesdays and Fridays

Class Cookies

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



What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

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.



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