



Cedars Park Primary School School Bulletin

Friday 13th June 2025

Notable Dates

Wed 18th June - Nuthatch Library session 2.30pm

Thurs 19th June - Cormorant Library session 2.30pm

Fri 20th June - Sports Day

Tues 24th June - Year 6 Crucial Crew at The Mix

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

Thurs 26th June - Year 5 Sharing Assembly

Fri 27th June - Year 2 Colchester Zoo

Thurs 3rd July - Class Photos

Fri 4th July - Reserve Sports Day

Fri 4th July - Year 5 Culture Day at Stowupland High School

Wed 9th July - Year 4 Sports Festival

Wed 9th July 6pm - Year 6 School Production 6—7.30pm

Thurs 10th July - Year 6 School Production 9.30—11am

Fri 11th July - Year 2 Scotability

Wed 16th July - Year 6 Leavers Party 4—7pm

Thurs 17th July - Reception Graduation Assembly 2.30pm

Fri 18th July - Year 6 Leavers Assembly 2.30pm

Fri 18th July - End of Term

Lunch Menu w/c 16th

Monday
Pepperoni Pizza or Margherita Pizza

Tuesday
Bolognese & Pasta or Veggie Bolognese

Wednesday
Roast Gammon or Roast Quorn Fillet

Thursday
Sausages or Vegan Sausages

Friday
Fish Fingers or Southern Fried Veggie Burger

Jacket Potatoes available daily

PTA Fun Run



Last Friday, the children had a wonderful time, once again, taking part in the PTA Fun Run. We ran it again this year because the children enjoyed it so much and it was one of our biggest fund raising events raising over £2000!

However, the children really went all out this year with getting sponsorship and the event raised a whopping £3125.23.

We would like to thank all of the parents, carers and family members who sponsored the children—the money raised directly benefits all the pupils.

A final thankyou goes to our amazing PTA and all the parents that helped out with the event—we really appreciate all your support.

Sports Day—Friday 20th June

Sports day is next week! We are looking forward to welcoming parents and carers into school on Friday 20th June. You will have already received the Sports Day Programme with timings etc but, as always, KS2 will be held in the morning from 9am and EYFS/KS1 in the afternoon from 1pm.

Feel free to bring your camping chairs and picnic blankets!



Class Cookies

Well done to **Woodpecker Class in Reception** for having the highest attendance this week.



No Nuts

We are a nut free school.



Cedars Stars



Well done to this week's Cedars Stars!



Reception Airika R Theo B	Year 1 Hugo W Alessia I	Year 2 Arthur K Harry P
Year 3 Rylee R Harry M	Year 4 Adam L Adelina S	Year 5 Gracie L Amelia D H
Year 6 Summer C Harvey L		



Attendance

This week's attendance was as follows:

Reception: 96.95%

Year 1: 94.75%

Year 2: 95.00%

Year 3: 92.33%

Year 4: 96.12%

Year 5: 96.09%

Year 6: 96.72%

Well done to Reception for having the highest attendance!



A Message From the PTA Urgent: Join The PTA—We Need You!!

Dear Parents and Carers,

Out of the 394 wonderful children at our school, only two parent volunteers are currently staying on to help run the PTA. Without more parents stepping forward to join the committee, the PTA will have to fold – and that would be a huge loss for our school community.

If the PTA cannot continue, here's what it means for all our children:

- Increased costs for school trips – because the PTA won't be there to help subsidise them
- No Year 6 Leavers' Party – one of the most cherished milestones for our children
- Fewer enrichment activities and events – that make school life more fun and memorable. For example school discos, chocolate bingo events, the Christmas card scheme.

In the last few years, thanks to YOUR support, the PTA has:

- Funded £2,000 worth of brand-new library books
- Overhauled the pond and wildlife area, creating a wonderful outdoor learning space
- Funded a Chinese New Year workshops, fostering the diversity of the school
- Supplied new art equipment
- Fully funded a whole new Design & Technology room

This is the impact you can make.

Joining the PTA isn't just about fundraising – it's about being part of a team that makes real, lasting change. It's also a fantastic way to build stronger connections with the school, staff, and other parents. Whether you have a little time or a lot, your input matters.

We need new committee members to keep this vital work going. Please consider stepping forward – for your children, for their classmates, and for the future of our school.

Interested? Have questions? Please get in touch with ptacedarspark@gmail.com – we'd love to hear from you.

Thank you for your continued support,
The PTA Team



Cedars LOVE reading!

Before Easter you should have received a letter regarding our shared library sessions. As a reminder, parents/carers are welcome to come into school at 2:30pm:

- Y5 - Nuthatch class on Wednesday 18th June
- Y5 - Cormorant class Thursday 19th June



NSPCC—Speak Out, Stay Safe

In the penultimate week of term, the children in years 2, 5 and 6 will be having an online assembly delivered to them about different types of abuse. This, of course, will be delivered in an age appropriate way. Then, in the final week of term, a team from the NSPCC will come into school and do a follow up workshop with the children in those year groups. Further information will be sent out to parents in due course.



10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling' – trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREEN TIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important, set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference on original page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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