



Cedars Park Primary School School Bulletin

Friday 12th September 2025

Notable Dates

Mon 15th Sept - Year 4 Meet the teacher 3.15 - 3.45pm

Tues 16th Sept - Year 6 Meet the teacher 3.15 - 3.45pm

Wed 17th - Fri 19th Sept - Year 6 Bawdsy Residential

Thurs 18th Sept - Year 5 Meet the teacher 3.15 - 3.45pm

Wed 24th Sept - Flu Immunisations

Fri 26th Sept - Year 5 Macmillan Coffee Morning

Tues 14th Oct - Parent Consultations 3.30—6pm

Thurs 16th Oct - Parent Consultations 3.30—6pm

Fri 24th Oct - Last day of Half Term

Lunch Menu w/c 15th September 2025

Monday
3 Cheese Pizza

Tuesday
Spaghetti Carbonara or Cheesy Pasta

Wednesday
Roast Beef Falafel

Thursday
Brunch Lunch

Friday
Cod & Chips or Veggie Sausages

Jacket Potatoes available daily

PTA AGM

Thank you to everyone that attended the PTA AGM yesterday evening. I am really pleased to say that a new committee was successfully elected so the amazing work of the PTA will continue.

We look forward to the usual packed programme of events that the PTA run and we will make sure that these are in the school calendar, as soon as possible, so parents and carers know what's coming up!

Once again, if you would like to be involved with the PTA, please let us know. There is no required commitment level to be involved with the PTA—even if it is just half an hour of your time to help with the set up of an event or be involved with the initial organisation; any help is greatly appreciated.
Thank you.



Reception Intake: September 2026

We are inviting parents with children looking to start school in September 2026 to come and visit.

The sessions will take place as follows:

Open Afternoon: 22nd September 2025 - 1:30pm

Open Afternoon: 24th September 2025 - 3:30pm

Open Evening: 29th September 2025 - 5:00pm

Open Morning: 1st October 2025 - 9:00am

During the sessions on the 22nd of September and the 1st of October, parents will have the opportunity to take tours of the school—led by members of our School Council.



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 local community and neighbours.

Thank you.



Class Cookies

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



Attendance

This week's attendance was as follows:

Reception: 98.31% Year 1: 96.55%

Year 2: 95% Year 3: 98.85%

Year 4: 95.67% Year 5: 97%

Year 6: 97.62%

Well done to Year 3 for having the highest attendance!



No Nuts!

We are a nut-free school.

Cedars Stars

Well done to this week's Cedars Stars!

Reception Alfie N Kayden D	Year 1 Nichole E Mya U	Year 2 Imogen A Isaiah S
Year 3 Evalyn B Amelia L	Year 4 Leor M Elwis H	Year 5 Emily G Evana S
Year 6 Chloe S Emma D		

Salt and Ice Challenge :Warning for Parents

In the Suffolk Headlines this week, schools across the county were alerted to a resurfacing dangerous online trend called the 'Salt and Ice Challenge'. This is where children put salt on their skin and then press ice on top.

- This causes serious cold burns (like frostbite).
- Injuries can need hospital treatment and even skin grafts.
- Young people may not realise the damage until it's too late.

We thought we would pass this information on to parents and carers so that they can be aware, particularly for our older pupils who may have mobile phones. This is yet another example of why it is so important to monitor our children's online activity and continue those open conversations about keeping themselves safe when using social media.

Meet The Teachers

Over the next couple of weeks, there is the opportunity for parents and carers to come into school and meet with the children's class teachers. This year we have scheduled the sessions for straight after school so you can pick your child up and come straight into school for the session to begin at 3:15pm.

We ask that if you are coming to Meet the Teachers that you collect your child as normal from the playground, then go round to the front of the school and enter the school via reception. This will allow us to complete the safe dismissal of all pupils from their classrooms and manage the movement of adults and children at this very busy time.

Please refer to the 'Notable Dates' section of the bulletin to find out when your child's Meet the Teacher session has been scheduled.

Meet the
TEACHER

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they've switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes; not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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