



# Cedars Park Primary School School Bulletin

Friday 19th September 2025

## Notable Dates

- Wed 24th Sept** - Flu Immunisations
- Fri 26th Sept** - Year 5 Macmillan Coffee Morning
- Thurs 2nd Oct** - Random Acts of Kindness Day
- Tues 14th Oct** - Parent Consultations 3.30—6pm
- Thurs 16th Oct** - Parent Consultations 3.30—6pm
- Fri 24th Oct** - Last day of Half Term
- 27th—31st Oct** - Half Term
- 3rd—6th Nov** - Year 5 Bikeability
- 10th—13th Nov** - Year 5 Bikeability

## **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 with the first session on Monday:

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.

## **Random Acts of Kindness Day—Thursday 2nd October**

On Thursday 2nd of October we will be having a Random Acts of Kindness Day to link to International Non-Violence Day. The Senior Leadership Team have decided that their act of kindness is for the children to all wear non-uniform for the day. The kitchen teams act of kindness is to change the menu for the day—we will communicate what the revised menu will be closer to the time. Throughout the day staff will be looking out for children showing random acts of kindness around school and rewarding the children for these.



## **Lunch Menu w/c 22nd September 2025**

**Monday**  
Hawaiian Margherita Pizza

**Tuesday**  
Meatballs or No Meatball Pasta

**Wednesday**  
Roast Turkey or Quorn Sausage

**Thursday**  
Smokey Joe Chicken or Smokey Joe Quorn Rice

**Friday**  
Chicken Nuggets or Vegan Nuggets with French Fries

*Jacket Potatoes available daily*

## **MacMillan Coffee Morning for Year 5 Parents, Carers and Families**



Year 5 are looking forward to next Friday when they will be inviting their parents, carers and families into school for our annual MacMillan coffee morning. The event runs from 9:30 to 11am—we look forward to seeing you all.

If you are unable to make it, or you would just like to make a donation to the children's fund raising efforts, you can do so via our Macmillan school page here:

[Cedars Park MacMillan Coffee Morning Web Page](#)

We look forward to seeing you next Friday!

### 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.



### Flu Immunisation

Flu has had a serious impact on the health of England's population over the past two winters. Vaccinating your child helps reduce the risk of serious illness and plays an important role in protecting vulnerable individuals in your community, friends and family.

The flu vaccination team will be in school on Wednesday 24th September to offer the flu vaccine. **You can choose between the quick, painless nasal spray or a pork gelatine-free injection.**

For further information about the vaccines, please read attached E-consent letter. [E Consent Letter](#)

Alternatively, click here <https://eastanglia.schoolvaccination.uk/flu/2025/Suffolk>. The form is available in 10 languages— select yours when it opens.

### Illness



As we head towards more autumnal weather and colder temperatures, we know that our little ones are more susceptible to illness. Please help us keep the school community safe and healthy by following the guidance that can be found on the NHS website [here](#).

### Class Cookies

Well done to **Dove Class in Year 2 & Jackdaw Class in Year 6** for having the highest attendance this week.



### Attendance

This week's attendance was as follows:

Reception: 97.76%	Year 1: 93.45%
Year 2: 96.89%	Year 3: 96.54%
Year 4: 97%	Year 5: 96.23%
Year 6: 97.78%	

Well done to Year 6 for having the highest attendance!

### Cedars Stars

Well done to this week's Cedars Stars!

<b>Reception</b> Teddy M Sukirah J	<b>Year 1</b> Harriet H Ralph P	<b>Year 2</b> Oakley I Max B
<b>Year 3</b> Thea M Samuel Z	<b>Year 4</b> Charlie L Miranda DAR	<b>Year 5</b> Jolyon G Samson J

### Year 6

Double Cedars Stars next week due to Bawdsey Trip.

# 10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

## 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?" This encourages children to express themselves openly.

## 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked up, so I'm going for a walk to clear my mind."

## 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

## 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

## 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

## 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practising calm communication.

## 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child is upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

## 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting a child choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

## 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

## 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts, emphasise the hard work they've put in and be sure to let them know how proud you are.

### Meet Our Expert

Adam Gilbert is Associate Vice Principal for Personal Development at Farnborough Grammar School and works on Tuesdays one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

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