



# Cedars Park Primary School School Bulletin

Friday 3rd October 2025

## Notable Dates

**Mon 13th—Fri 17th Oct -**  
Book Fair in School

**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

**5th & 6th Nov -**  
Skipping Workshops

**10th—13th Nov -**  
Year 5 Bikeability

**Wed 19th Nov -**  
Individual and Sibling School  
Photos

## Lunch Menu w/c 6th October 2025

**Monday**  
Meatball or Cheese Pizza

**Tuesday**  
Chilli or Quorn Chilli with  
Rice

**Wednesday**  
Roast Beef or Falafel

**Thursday -** Spaghetti  
Bolognese or Quorn  
Spagetti Bolognese

**Friday**  
Fillet 'O' Fish or Veggie  
Sausage

*Jacket Potatoes available  
daily*

## Leadership Update

I am pleased to announce that Miss Suhail will be returning to her role as Principal at Cedars Park Primary School on Monday 13<sup>th</sup> October. We are all excited to welcome her back following her maternity leave.

This means that I will return to my role as Vice- Principal continuing with my usual responsibilities as Designated Safeguarding Lead, Attendance Lead and Behaviour Lead.

Mr Johnson continues as the KS2 Phase leader and Mrs Scarlett remains the school SENDCo as well as KS1 and EYFS Phase Leader

I would like to take this opportunity to thank Mrs Sait for her leadership and support over the last few months in her role as Executive Head.

Mr Main



## Harvest Collection for Stowmarket Foodbank

Wow! We would just like to say a huge thank you to everyone who has sent in donations for the foodbank. The office is bulging at the seams with all of the food that you have so kindly sent in. Your generosity will be greatly appreciated by the team at the foodbank and the local community who will benefit as a result.

Please note that the Foodbank will be collecting our donations on Monday at 10am so you still have time to donate!



## Year 5 Macmillan Coffee Morning

Another big thank you to everyone who came to the Macmillan Coffee morning last Friday. Your generosity helped us raise well over £600 for MacMillan. The children did a fantastic job and it was lovely to see so many of you in school.



## Breakfast Club Drop-off

A polite reminder to parents and carers that children in EYFS to Year 4 should not be left unattended before breakfast club begins at 8:00am. In addition, parents and carers should bring them into reception and deliver them to a member of the breakfast club team—please do not let children walk across the school car park unattended.

Finally, parents and carers should not use the staff car park (unless you have a blue badge and need to use the accessible spaces) and instead should park in the Community Centre.



## Parent Consultations and Book Fair



You will have noticed from the 'Notable Dates' section of the bulletin, that Parent Consultations are fast approaching. They will be held from 3:30pm—6:00pm on Tuesday 14th October and Thursday 16th October. The appointment booking system is now open on Arbor for you to book your slot to meet your child's teacher(s).

As always, we will have the Book Fair in school during this week. On the Monday, Wednesday and Friday the book fair will be open from 3:15pm—3:45pm. On the Tuesday and Thursday, the book fair will be open from 3:30pm until 6pm when parent consultations finish.

### Class Cookies

Well done to **Dove and Chaffinch** class in Year 2 for having the highest attendance this week.



### Attendance

This week's attendance was as follows:

Reception: 98.66%	Year 1: 97.54%
Year 2: 98.89%	Year 3: 98.08%
Year 4: 98.17%	Year 5: 99.22%
Year 6: 97.46%	

Well done to Year 5 for having the highest attendance!

### Cedars Stars

Well done to this week's Cedars Stars!

★	<b>Reception</b> Amelia K Emmet Q	<b>Year 1</b> Albert L Mollie P	<b>Year 2</b> Victoria O Jasmine G	★
	<b>Year 3</b> Teddy TW Henry V	<b>Year 4</b> Amir N Ramsey FB	<b>Year 5</b> Adam L Elliot B	
★		<b>Year 6</b> Ellis K Daisy C		★

# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



## WHAT ARE THE RISKS?

## LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



## THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



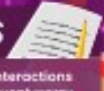
## THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



## ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



## Advice for Parents & Educators

## ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



## CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



## TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



## SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College