



Cedars Park Primary School

School Bulletin

Friday 24th October 2025

Notable Dates

27th - 31st Oct -
Half Term

3rd - 6th Nov -
Year 5 Bikeability

5th & 6th Nov -
Skipping Workshops

Fri 7th Nov - Non Uniform Day
for PTA Tombola

Mon 10th Nov - Odd Sock Day

10th - 13th Nov -
Year 5 Bikeability

Thurs 13th Nov - Dove class
Library Visit

Fri 14th Nov - Children In Need,
Non Uniform Day

Fri 14th Nov - Chaffinch class
Library Visit

Wed 19th Nov -
Individual and Sibling School
Photos

Fri 21st Nov - Choir at Snape
Maltings 'Friday Big Sing'

Tues 25th Nov—New Recep-
tion Intake Sept 26 Tour
9am & 5pm

Wed 26th Nov - Year 1 trip to
Bury St Edmunds

Fri 28th Nov—Year 6 Duxford
Imperial War Museum

Lunch Menu w/c 3rd November 2025

Monday
Margherita Pizza

Tuesday
Spaghetti Bolognaise or Veggie
Spaghetti Bolognaise

Wednesday
Roast Chicken or Quorn Fillet

Thursday -
Smokey Joe Chicken or Cheese
& Potato Pie

Friday
Fish & Chips or Veggie
Fingers

Jacket Potatoes available daily

Parking



We have a close working relationship with organisations in the local community—one of which is the management and residents at Cedrus House.

The parking bays outside Cedrus House are for staff and visiting family members only. On more than one occasion, staff at the care home have been unable to start work on time due to parents and carers taking up the parking spaces. This has meant that Cedrus staff have not been able

to begin their duties providing important care for vulnerable members of our community.

In addition, it has come to our attention that the behaviour of some members of our school community, towards Cedrus Staff, has not been in line with our [Parental Code of Conduct](#).

Also, we ask again that parents and carers do not use the staff car park. The Community Centre is right next door to the school and continue to offer their parking spaces for parent and carer use before and after the school day.

PTA Event Dates (Revised Date!)



You will have seen that the PTA have released some important dates for events coming in their calendar this year.

The first one will be the Tombola on Sunday 23rd November. On **Friday 7th November** the children will be encouraged to bring in an item for the Tombola and in return they can wear **non-school uniform that day**. Keep an eye out for

future events organised by our amazing PTA.

Anti-bullying Week—Odd Socks Day

On **Monday 10th of November**, to mark the beginning of anti-bullying week, the children are invited to **wear odd socks for the day**. The brighter the better!! This is to highlight that it's ok to stand out and be different and that our differences should be celebrated not something that we should hide away or be worried about. Our assembly that week will focus on diversity and acceptance and this will be carried on throughout the week in school.



Children in Need—Friday, 14th November (Revised Date!)

On **Friday 14th November**, children can come into school in **non-school uniform** and bring a donation in for Children in Need. This is an annual event and a cause that is obviously very close to our hearts as those working in primary education. We look forward to seeing those Pudsey ears!



Walk To School Week

Week beginning **Monday 17th of November** is Walk to School week. Our newly elected Junior Road Safety Officer team will be involved in the organisation of the week. Congratulations to Emma D (Year 6), Naomi M-C (Year 5), Charlie L (Year 4) and Freddie G (Year 4). For their first initiative, they have decided that, on the **Monday (17th)** we will have a Be Bright, Stand Out and Stay Safe day where the children will be invited to **wear non-uniform and wear their brightest clothes**—the message to the children across the week will be about them making sure they are visible when walking, cycling and scooting to and from school as the darker mornings and evenings draw in.



Individual and Sibling School Photos



Wednesday the 19th of November is individual and sibling photo day. Please ensure that your child(ren) are wearing full school uniform so they can look their best. If Wednesday is a PE day for your child(ren) please send them into school in their uniform with their PE kits in their bag and they will change in school for PE that day.

Class Cookies

Well done to **Puffin class in Year 3** and **Jackdaw Class in Year 6** for having the highest attendance this week.



Attendance

This week's attendance was as follows:

Reception: 94.41%
 Year 1: 94.91%
 Year 2: 95.91%
 Year 3: 98.04%
 Year 4: 96.64%
 Year 5: 98.43%
 Year 6: 99.21%

Cedars Stars

Well done to this week's Cedars Stars!

★	Reception Thomas J Tilly S	Year 1 Olivia B Ava B	Year 2 Sienna MM Malachi D	★
	Year 3 Remi N Aurora A	Year 4 Charlotte T Anthony SA	Year 5 Charlie H Christabel E	
★		Year 6 Jessica W Abozar N		★

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Dillett is Associate Vice-Principal for Personal Development at Penitence Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College