

Notable Dates

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

Mon 17th Nov—Non uniform Day
Wear Bright Colours

Wed 19th Nov -
Individual and Sibling School
Photos

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

Tues 25th Nov—New Reception
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

Wed 10th Dec—KS1 Nativity
2pm and 6pm

Thurs 11th Dec—Christmas
Dinner and Jumper Day

Tues 16th Dec—Year 6 Christ-
mas Market 9—11am

Wed 17th Dec—EYFS Christ-
ma Sing-a-long

Lunch Menu w/c 10th November 2025

Monday
Macaroni Cheese

Tuesday
Chicken Curry or Veggie Curry
with Rice

Wednesday
Roast Beef or Veggie Sausage

Thursday
Meatball & Mozzarella Pizza or
Margherita Pizza

Friday
Fish Fingers or Veggie Nuggets
with French Fries

Jacket Potatoes available daily

Cedars Park Primary School

School Bulletin

Friday 7th November 2025

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 on Monday, 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. 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 with the darker mornings and as the evenings

Individual and Sibling School Photos

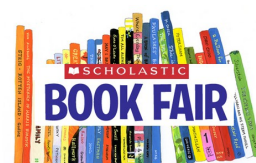
Wednesday the 19th of November is individual and sibling photo day. Please ensure that your child(ren) are wearing full school uniform so they can look their best.

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



Book Fair

Thank you to everyone who supported the Book Fair last half term, we sold an incredible £1805.74 worth of books. This has given the school £1083.44 to spend on books of our choice to update and restock our library.



Poppy Appeal

This week the Year 6 House Captains have been kept very busy taking donations at break and lunchtime for the Royal British Legion Poppy Appeal. The Poppy Appeal will continue to be available next week on Monday and Tuesday. On Tuesday 11th November at 11am the whole school will observe a minutes silence.



Woodland Trust Trees



We have been lucky enough to have the Woodland Trust donate 30 tree saplings to the school which arrived this week. Our intended purpose for them is to use them to establish a new wooded area next to the KS2 all weather court where there are already 3 well established trees. This will not only enhance opportunities for a further area for outdoor learning, it will provide a further habitat for natural life in the school grounds and hopefully provide some additional shade in the summer months.

We are looking for volunteers to come and help plant the trees straight after school on **Thursday 20th of November** - your children will be welcome too of course! If you would like to help, please email the school office by the end of the day on **Friday 14th November**—please note we will be asking volunteers to bring their own digging equipment (garden forks and spades).

Class Cookies

Well done to **Chaffinch class in Year 2**, **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: 92.41%
- Year 1: 96.43%
- Year 2: 99.55%
- Year 3: 96.67%
- Year 4: 96.58%
- Year 5: 96.47%
- Year 6: 99.37%

Cedars Stars

Well done to this week's Cedars Stars!

★	Reception Isla S Timothy Z	Year 1 Lenny C Thomas P	Year 2 Elodie J Mollie B	★
	Year 3 Harry P Summer W	Year 4 Ethan M Jacob C	Year 5 Autumn-Rose K Dexter K	
★		Year 6 Jack M Miranda K		★

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.

