

# Cedars Park Primary School

## School Bulletin

Friday 6th February 2026

### Notable Dates

**Mon 9th Feb**—Non Uniform Day

**Wed 11th Feb**—Year 4 West Stow Anglo-Saxon Village

**Wed 11th Feb**—Year 3 Stone Age Workshop

**Thurs 12th Feb**—PTA Cake & Uniform Sale

**Mon 16th—Fri 20th Feb**—Half Term

**Mon 23rd Feb**—Pupils return to school

**Thurs 26th Feb**—Year 2 Traffic Survey (Local walk)

**Mon 2nd March**—Year 5 Chocolate Workshop

**Thurs 5th March**—World Book Day

**Fri 13th & Sat 14th March**—Year 5 Space Sleepover

**Fri 20th March**—PTA Non Uniform for PTA Choc Bingo

**Sat 28th March**—PTA Choc Bingo (Details to follow)

### Lunch Menu w/c 9th February 2026

**Monday**  
3 Cheese Pizza with Wedges

**Tuesday**  
Meatballs & Pasta or Veggie Meatballs & Pasta with Garlic Bread

**Wednesday**  
Roast Chicken or Vegetable Fingers with Yorkshire Pudding & Roast Potatoes

**Thursday**  
Beef Burger or Veggie Burger with Herby Diced Potatoes

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

*Jacket Potatoes available daily*

### Children's Mental Health Week—Non-Uniform Day

Next week is Children's Mental Health Week and this year's theme is, 'This Is My Place'. Organised by the charity Place2Be, the aim is to empower and give children the chance to voice and explore the importance of belonging.

As such, on **Monday 9th February**, we invite the children to come into school and wear non-uniform to reflect and represent where they feel they belong, for example:

- Club kits (football, dance, martial arts)
- Cultural or traditional clothing
- Pyjamas / comfy clothes (home)
- Favourite hoodie or colour
- Uniform from scouts, brownies, cadets etc

There will also be a special assembly that day where children will be able to talk and discuss their ideas of belonging and their experiences with each other.

We look forward to seeing what the children wear to represent where they belong!



### Parent Code of Conduct

At Cedars Park, we take the mental health and wellbeing of every member of the school community very seriously; whether it is children, families, or staff. As such, please be reminded that the Parent and Visitor Code of Conduct, which can be found on the school website [here](#), makes clear that behaviour that intimidates or demeans members of staff is not tolerated.

As always, we value constructive feedback and are always willing to listen to concerns. In addition, the Complaints Procedure can be found on the school website, should it be required.

We are committed to working together in partnership with our parents and families to ensure our children receive the very best care and support that we can offer during their time at the school.

Thank you for your continued support.



## Pause Before You Post—The Risks of Sharenting

As you will be aware, Australia has recently adopted a social media ban for under 16s, and the adoption of the Online Safety Act in this country is an endeavour to keep children and young people safe online. We would also like to encourage parents to recognise the safeguarding risks of posting their own children's personal data online, particularly on social media that has unlimited privacy settings. We would encourage you to watch [this short video](#) produced by Ireland's Data Protection Commission which strikes to the heart of why we should all limit what we post online about our children, particularly when they are at an age too young to consent to it.



### Staff Car Park

A polite reminder again that the staff car park should not be used by parents or children at the start or end of the school day.

This includes cutting across the car park before or after school; please use the footpath along the perimeter of the school when going to and from the playground.

Children's safety is paramount so we thank you for your support with this.



### World Read Aloud Day

To celebrate World Read Aloud Day, some of our students in Key Stage Two took a trip across to Cedrus House to share a book with some of the residents.



Both the children and residents thoroughly enjoyed the afternoon and we continue to be proud of the school's strong link with Cedrus House.

Our pupils demonstrated behaviour to the highest standard and thoroughly impressed with the way they read to the residents: with confidence, enthusiasm, and real compassion—bravo!



### PTA Bake Sale

You may remember that a couple of weeks ago we reported that the last bake sale raised over £250 and will help with funding towards upcoming school trips. Due to its success, there is another Bake Sale planned for next Thursday (12th February). The PTA will be in the gazebo on the main playground at the end of the school day.

If you would like to get involved by donating, or baking cakes and snacks and/or helping to run the event, please email [ptacedarspark@gmail.com](mailto:ptacedarspark@gmail.com). All support is welcome however big or small. Thank you.



### EYFS Drop Off from Spring 2

After the half term break, children in early years will wait with their parents on the main playground and then will come into class via the wooden gate. The green gate on the top of the steps will remain closed.

Staff will come out to the gate at 08:40 to take children into class. This is part of our transition as we move through the year and begin preparing children gradually for the move into Year 1.



### Class Cookies

Well done to **Curlew & Jackdaw class** in **Year 6** for having the the highest attendance this week.



### No Nuts

We are a nut free school!

### Attendance

This week's attendance was as follows:

Reception: 94.46%

Year 1: 92.63%

Year 2: 98.89%

Year 3: 96.86%

Year 4: 95.21%




Year 5: 93.21%

**Year 6: 99.38%**

Well done to **Year 6** for having the highest attendance.

### Cedars Stars

Well done to this week's Cedars Stars!

 <b>Reception</b> Zoe OD Harry C	<b>Year 1</b> Arabella G Lylah S	<b>Year 2</b> Isabelle M Isaac C
<b>Year 3</b> Alec WT Harmony HC	<b>Year 4</b> Max W George G	<b>Year 5</b> Emma C Naomi MC
	<b>Year 6</b> Theo M Kelsie C	

### EYFS—People Who Help Us



In Early Years over the last few weeks the children have been looking at people in our community who help us. The children had visits from the Police and the Fire Brigade. The children looked around a police car, got to put the lights on and sound the siren! With the fire service, the children tried on the uniforms, learnt how to call 999 and what to do if there is a fire.

### Chicken Pox

Please be aware that we have had a number of confirmed cases of chicken pox in school this week. Please find the [link](#) here to the NHS guidance for Chicken Pox. If your child has Chicken Pox please do not send them into school until all of the spots have scabbed over. It is important that we follow this guidance in order to protect the more vulnerable pupils and staff within our community.



# BrightBites Advice for Parents



## You can help your child build healthy habits early by:

- Brushing their teeth twice a day with fluoride toothpaste, for 2 minutes each time.
- Supervising brushing to make sure every tooth is cleaned
- Choosing a healthy diet rich in fruit and vegetables
- Limiting sugary snacks and drinks, which can cause tooth decay
- Encouraging them to drink water and milk rather than sweet drinks like squash, juice and milkshakes
- Visiting the dentist every 6 months for check-ups to monitor their oral health



## For children aged 0-3 years:

Start brushing your child's teeth as soon as first tooth appears. Use a smear of toothpaste that has a fluoride content of 1000 ppm twice per day.



## For children aged 3-6 years:

Supervise your child's brushing. Use a pea-size amount of 1000ppm fluoride toothpaste and brush twice daily. Make sure to brush all of the teeth, brushing in small circular motions making sure to include the gums. Encourage your child to spit out the toothpaste rather than rinsing as this helps retain fluoride on their teeth for added protection.

## What is BrightBites / who is Dentaid The Dental Charity

Dentaid The Dental Charity's BrightBites programme is an oral health education scheme supported by Denplan. The sessions are for children and is delivered both in the UK and overseas. They visit schools, holiday clubs and childcare organisations to deliver an interactive presentation, which supports the national curriculum and covers toothbrushing, teeth names and functions, sugar awareness and the importance of regular dental appointments. Every child receives a toothbrush and toothpaste to take home too.



## Toothbrushing and positive health habits shouldn't been seen as a chore, here are some fun suggestions which may help to motivate children to look after teeth:

- Review sugar content in foods/drinks. You could make a game of seeing how many teaspoons/cubes are in each item. This reminds children that unhealthy foods should be a treat, and consumed in moderation.
- Use a sand timer or timer on your phone to motivate and encourage children to brush for the correct length of time.
- Utilise a toothbrushing chart to aid children with keeping on track of their brushing routine.
- Brush your teeth together, you could ask your children to 'help you'!
- Sing songs or read books about why and how we look after our teeth.
- Encourage your children to practice toothbrushing on one of their toys.
- Gently remind them what might happen if they don't take care of their teeth; show images of teeth with cavities, talk about bad breath and remind them that teeth may need to be removed in hospital if they aren't looked after.

## Why good oral health matters

Promoting the importance of good oral health is a key part of the national curriculum. This is designed to support children's learning and development, including their physical health and wellbeing. It is widely understood that oral health is an important part of general health even with baby teeth. **This is because children's teeth:**

- Help them to bite and chew
- Support speech and language development
- Help them feel confident when they smile
- Make space for and help to guide adult teeth

Good oral health also keeps children free from toothache, infection and swollen gums, which could result in tooth extractions being needed.

