



Cedars Park Primary School School Bulletin

Friday 27th March 2026

Notable Dates

Sat 28th March—PTA
Chocolate Bingo

Mon 30th March—Fri 10th
April—Easter Holidays

Mon 13th April—PD Day

Tues 14th April—Pupils Re-
turn to School

Thurs 21st May—PTA Fun
Run (Details to follow)

Mon 25th—Fri 29th May—
Half Term

Wed 17th June—Year 4 Music
Festival at Trinity Park

Thurs 18th June—Y6 Crucial
Crew at The Mix

Thurs 25th June—Class
Photos

Friday 26th June—Sports
Day

Lunch Menu w/c 23rd March 2026

Monday
PD Day

Tuesday
Chicken Noodle Pot or
Quorn Noodle Pot

Wednesday
Roast Chicken or Quorn
Fillet with Stuffing &
Yorkshire Pudding

Thursday
Pepperoni Pizza or Mar-
gherita Pizza & Wedges

Friday
Fish and Chips or Veggie
Fingers

*Jacket Potatoes available
daily*

Dear Parents and Carers,

We have come to the end of another busy term at Cedars Park. Looking back over the past few months, there are a great number of highlights for us all: seeing so many parents join us for World Book Day celebrations; the Caribbean Steel Pan workshops as well as a visit from Dr Prinsley, MP, who met with our School Council recently are just a few of mine.

We now look forward to a well-earned rest—not to mention the PTA's Chocolate Bingo which takes place tomorrow!

With best wishes for Easter, from all of us at Cedars Park.

Miss Suhail
Principal



Swimming Gala



Well done, to Ethan W, Abigail C, Emily G, Phoebe P, Miranda D, Elvis H and Henry A who represented the school at the Swimming Gala this week. Cedars Park were 1 of 11 teams that competed. The children swam over a number of events, having to take on extra races compared to other teams as they were a team member short on the day.

We are delighted to report that the team came 3rd after an exhausting but exhilarating morning programme.

Staffing Update

We say goodbye to Mr Barrett today after nearly 2 years working at Cedars. We thank him for all his hard work in Year 1 and wish him well with his future pursuits and endeavours.

As you know, we welcome back Mrs Gould to the school who has worked with us on a number of occasions. She has already settled in, having had the opportunity to join us before the Easter break to get to know the children in Robins class.



Fidget Toys and Regulation Resources

Fidget toys and regulation resources can be an important part of a child's provision to help them engage with learning, focus and concentrate but when they become a distraction they will have the opposite effect.

We have noticed more and more fidget toys coming into school from home and becoming a distraction for both the child they belong to and the children around them—resulting in an impact on teaching and learning. As such, after Easter, **only fidget toys and regulation resources provided by the school and part of a pupils agreed provision will be allowed.**

In addition, this includes cuddly toys and comforters, which are coming into school in increasing numbers, for the same reason.

We thank you for your support on this.



Fame the Musical at Stowupland High



Our Upper Key Stage Two pupils had the wonderful opportunity this week to go to Stowupland High School and see their production of Fame The Musical.

Children were treated to a fantastic show, giving them a taste of one of the wider opportunities they will get when they go to high school.

Thank you to Stowupland High for inviting us to this special event.

Porta Cabin Refurb

We are exceptionally lucky to have the porta cabin which provides an additional classroom space along-side space for our Night Owls after school wrap-around-care.

However, the porta cabin has been well-used and is in need of a well overdue face-lift!

We are excited to announce that, over the Easter break, the porta cabin is going to get some well earned TLC and have a total refurbishment.

We are looking forward to seeing the new look porta cabin after Easter!



PE Days Summer Term 1

Reception : Tuesday

Year 1: Thursday and Friday

Year 2: Monday and Wednesday

Year 3: Swimming Monday & PE Thursday

Year 4: Monday and Friday

Year 5: Tuesday and Friday

Year 6: Tuesday and Wednesday

Please can we remind you that no earrings are allowed to be worn in PE lessons, so we therefore ask that the children come to school without their earrings in on this day.

Spring Term House Cup Winners

Well done to Oak House on being this terms winners!

All children in Oak House will have a non-school uniform day on the first day of the Summer term (Tuesday 14th April).



Class Cookies

Well done to **Puffin Class in Year 3** 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: 96.95%

Year 1: 97.45%

Year 2: 98.7%

Year 3: 98.6%

Year 4: 95.92%





Year 5: 97.36%

Year 6: 95.47%

Well done to **Year 2** for having the highest attendance.

Cedars Stars

Well done to this week's Cedars Stars!

 Reception Oakley P Notan R	Year 1 Adi M Leo J	Year 2 Adira A Erin W 
Year 3 Daniel OD Georgina G	Year 4 Archie M Israel K	Year 5 Logan J Phoebe P
	Year 6 Samuel GJ Bethany H	

Term Dates 2027/28 Academic Year

Autumn Term

Wednesday 1st September—Friday 17th December 2027

Half Term Monday 25th—Friday 29th October 2027

PD Days Wednesday 1st Thursday 2nd & Friday 3rd September 2027

Spring Term

Tuesday 4th January—Friday 31st March 2028

Half Term Monday 14th—Friday 18th February 2028

PD Day Tuesday 4th January 2028

Summer Term

Tuesday 18th April—Friday 21st July 2028

Half Term Monday 29th May—Friday 2nd June 2028

PD Day Tuesday 18th April 2028

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead designs and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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