

Cedars Park Primary School

School Bulletin

Friday 15th May 2026

Notable Dates

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

Mon 25th—Fri 29th May—Half Term

Tues 2nd June—TT Rockstars Day

Thurs 4th June—Year 5 Forest School

Wed 10th June—Year 6 Food Museum

Thurs 11th June—Year 2 Scootability

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

Thurs 18th June—Y6 Crucial Crew at The Mix

Wed 24th June—Reception Jimmy's Farm

Wed 24th June—Year 5 Work Exhibition 2.30—3pm

Thurs 25th June—Class Photos

Thurs 25th June—Year 1 Work Exhibition 2.30—3pm

Friday 26th June—Sports Day

Wed 1st July—Year 1 Felixstowe

Lunch Menu w/c 18th May 2026

Monday
Hallowmi Burger & Wedges

Tuesday
Spaghetti Bolognaise or Quorn Spaghetti Bolognaise

Wednesday
Roast Turkey or Quorn Sausages & Yorkshire Pudding

Thursday
3 Cheese Pizza & Herby Diced Potatoes

Friday
Chicken Nuggets or Vegan Nuggets

Jacket Potatoes available daily

Staffing Update



Next Friday will see Mrs White's return, following her maternity leave. She will teach Robins class for the duration of Summer 2. This means that Mrs Gould's last day will be next Friday. We would all like to thank Mrs Gould for the amazing work she has done in Robins class this half term—she will be dearly missed.

In addition, with her return, Mrs White will resume her position as KS2 Raising Standards Leader. This means that Mr Johnson will step down from covering Mrs White whilst she was away. Thank you to Mr Johnson for all of his hard work and contributions to the Senior Leadership Team over the last 10 months.



You may have seen a new face in the office recently; we welcome Mrs Chapman to the school as the new School Business Manager. She will take on the role from September but is currently doing a handover with Mrs Knights who is retiring at the end of the school year having been with us since 2007. She will be hugely missed and we thank her for her loyalty, commitment and dedication to the school over the last 20 years.

Walk to School Week—Monday 18th May—Friday 22nd May

Next week is Walk to School Week. This year's theme is 'Be Safe, Be Seen'.

Given the theme, our Junior Road Safety Officers will be leading a special assembly to communicate some key messages to their friends and peers.



PTA Fun Run



PE at Cedars Park Primary School is an important part of school life, and the PTA will be holding a sponsored fun run for all children next Thursday (21st May).

The aim is to raise funds to support PTA sponsored activities within the school, promote a healthy life style and further encourage pupils to have life-long interest and enjoyment of physical activity.

The theme for this year is "Fun in the Sun!" and we invite all children to dress up accordingly. Go wild and let us see your creativity.

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Ducks!

The ducks made a return visit to school this week and were almost unrecognisable—they have grown so much! The children were delighted to see that their adult feathers were coming through.

One final surprise, is that with their recent growth spurt, one of the ducks has been revealed to be a different species to the others. Daffy has been confirmed as an Indian Runner Duck—there has been talk of changing his name to Usain!

Class Cookies

Well done to **Curlew Class in Year 6 & Cormorant Class in Year 5** for getting 100% attendance this week.



No Nuts

We are a nut free school!



Rock Hero Reward

Big news in the TT Rockstars world! Next half term, a special KS2 Rock Hero Party will be held for all pupils who have been confirmed as being at "Rock Hero" status.

Children will have until Monday 6th July to get themselves to "Rock" Hero on TT Rockstars. The reward party will then be held on Friday 10th July during the school day.



Attendance Focus—Fixed Penalty Notices

We all know that good attendance at school will help children achieve the best outcomes as they move through their educational careers. At Cedars, our first priority is to support pupils and families to ensure that they attend well and any barriers are removed.

However, sometimes, in line with DfE and Government legislation, we have to issue Fixed Penalty Notices. We often get questions from parents and carers about these so we thought we would remind parents and carers how these work.

The following link (which we have shared in a previous bulletin) will provide further information for parents and carers [Suffolk—What is A School Penalty Notice Flyer](#).

As we are moving into the Summer Term, where parents may be considering taking children out of school for a holiday, please note the DfE guidance in 'Working Together to Improve School Attendance' paragraph 38—"Generally, the DfE does not consider a need or desire for a holiday or other absence for the purpose of leisure and recreation to be an exceptional circumstance.." This means that, in most cases, holidays will be unauthorised and may trigger a Fixed Penalty notice.



Attendance Matters

Every student. Every day.

Attendance

This week's attendance was as follows:

Reception: 98.11%

Year 1: 96.67%

Year 2: 98.7%

Year 3: 95.6%

Year 4: 97.89%





Year 5: 99.06%

Year 6: 99.69%

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

Cedars Stars

Well done to this week's Cedars Stars!

 Reception Sukirah J Natalie O	Year 1 Penny K Isla C	Year 2 Ivy S Carter T	
Year 3 Roman G Summer W	Year 4 Brendan Q Isaac S	Year 5 Emilia P	
	Year 6 To all year 6 for your hard work and determination during SAT's week.		

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College