

Notable Dates

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—Y1 Felixstowe

Wed 1st July—Year 3 Work Exhibition 2.30—3pm

Thurs 2nd July—Year 4 Work Exhibition 2.30—3pm

Fri 3rd July—Year 2 Colchester Zoo

Tues 7th July—Year 6 Production 9.30—11.30am

Wed 8th July—Year 6 Production 6—8pm

Lunch Menu w/c 1st June 2026

Monday
Tomato & Basil Pasta

Tuesday
Chicken Noodle Pot or Quorn Noodle Pot

Wednesday
Roast Beef or Quorn Fillet

Thursday
3 Cheese Pizza

Friday
Fish Fingers or Veggie Fingers

Jacket Potatoes available daily

Cedars Park Primary School School Bulletin

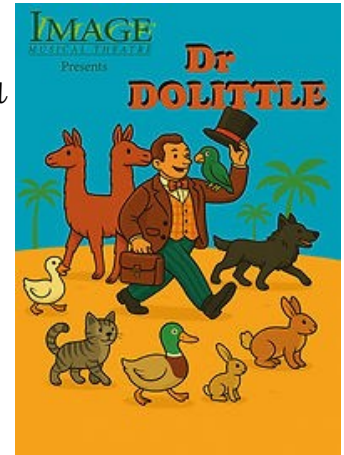
Friday 5th June 2026

Image Musical Theatre

On Tuesday next week, the children will have the wonderful opportunity to watch, and be involved in, a production of Dr Dolittle, presented by Image Musical Theatre Company.

EYFS and KS1 pupils will watch the performance in the morning and KS2 will see it in the afternoon.

Parents and Carers of KS2 pupils—please be aware that children may be released a little after 3:10pm if the performance overruns slightly.



Early Birds Breakfast Club—Earlier Start Time



Just a follow up reminder that parents and carers can now book their child in to Breakfast club from 7:30am. This earlier start time has been put in place following feedback from parents and carers and we hope that it will provide more flexibility for the school community. Please book your children into Breakfast Club

via the normal channel on Arbor.

Year 6 Production

We are excited to announce that this year's production is Let the Games Begin...!

As always, there will be a matinee and evening performance of the show— Tuesday the 7th July at 9:30am and Wednesday 8th July at 6pm.

This year, the evening performance will be for family 12 years and over. Younger children are very welcome to attend the matinee performance. Please also remember, that all of the children in the school will be watching the dress rehearsal in school.



Each Year 6 pupil will be issued with 2 tickets for each performance. We will ask that any unwanted tickets are returned to the school office. These will then be available on a first come, first served basis for other families up to a maximum of 2 extra tickets per performance (thus a possible total of 4 tickets per child per performance). More specific details will be sent out to Year 6 parents and carers in a letter next week.

Staff Car Park



We politely remind parents and carers that the car park at the front of the school building is for **staff only**. The community centre car park is available at drop off and pick up for parents—this includes if you are utilising Early Birds Breakfast Club and/or Night Owls After School Club.

In addition, please do not allow your children to cycle, scoot or run across the car park.

Thank you for your cooperation.

Class Cookies

Well done to **Kittiwake Class in Reception** and **Kestrel Class in Year 4** for getting 100% attendance this week.



No Nuts

We are a nut free school!



PSHE Summer 2—Changing Me

This half term, our Jigsaw PSHE curriculum focuses on the topic of 'Changing Me'. This topic covers a lot of content about growing up and the changes our young people may experience.

In order for parents and carers to be informed about what is covered, please remember that we are emailing out updated Knowledge Organisers for your child's year group(s) via Arbor before half term and in light of recent Policy changes in PSHE.



TT Rockstars Day

It was great to see the children show off their inner Rockstars on Tuesday for TT Rockstars day. The children were in full voice during the after noon singing assembly, with Mr Cole and Mr Johnson.



A big well done to Year 4 who completed the national multiplication Tables check this week as well.

Don't forget that the Rock Hero Party Challenge is still ongoing so make sure you keep encouraging KS2 pupils to keep practising on TT Rockstars!

Attendance

This week's attendance was as follows:

Reception: 96.8%

Year 1: 90.56%

Year 2: 97.17%

Year 3: 96.6%

Year 4: 97.54%




Year 5: 96.23%

Year 6: 93.13%

Well done to **Year 4** for having the highest attendance.

Cedars Stars

Well done to this week's Cedars Stars!

 Reception Tommy S Kayden D	Year 1 Issac J Ava-Mai B	Year 2 Logan R Isac C
Year 3 Evelyn B Robson B	Year 4 All Year 4 for their determination and effort that they have all put towards their multiplication check this week.	Year 5 All Year 5 for all of your incredible effort and enthusiasm during our 'Forest Day'
	Year 6 Bella M Logan W	

Message from Active Suffolk— The Daily Mile Twilight Wave 6:30pm Friday 17th July 2026



Dear parent/guardian,

We are delighted to announce that we will be offering FREE places in this years 'Daily Mile' wave of the Ipswich Twilight race.

Your child's school has been selected for free entry as they are currently signed up and committed to delivering The Daily Mile,

supporting children to live healthy and active lives.

As well as pupils having lots of fun, we hope that it will help to further raise the profile of The Daily Mile in Suffolk and encourage more schools to get moving!

The Daily Mile wave is a 2K run around Ipswich town centre, details of the event and route can be found at: www.ipswichtwilightraces.com

Entry Criteria:

Children must be over the age of 4 on the day of the run and all children under the age of 8 must be accompanied on the run by a parent or guardian. Parents/guardians are not required to register to accompany children participating and will not be issued with a run number or receive a medal.

Parents/guardians not accompanying children on the run are requested to be at the finish line to welcome them home. All of the children taking part and completing the run will receive a medal as they cross the finish line.

How to enter:

To register your child/children click the link below, enter the code DM2026 and complete the entry form:

[Twilight—Daily Mile Entry](#)



WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KATVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>