

Notable Dates

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

Mon 29th June—Cedars Park
Transition Day

Mon 29th & Tues 30th—
Stowmarket High School
Transition Days

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

Thurs 2nd July—Year 4 Meet-
ing re Residential Sept 2027

Thurs 2nd & Fri 3rd July—
Stowupland High School
Transition Days

Fri 3rd July—Year 2 Colches-
ter Zoo

Tues 7th July—Year 6 Pro-
duction 9.30—11.30am

Wed 8th July—Year 3 Fram-
lingham Castle

Wed 8th July—Year 4 Sports
Festival at Stowupland HS

Wed 8th July—Rec Gradua-
tion Assembly 2.30—3pm

Wed 8th July—Year 6 Pro-
duction 6—8pm

Thurs 9th July—Year 2 Work
Exhibition 2.30—3pm

Tues 14th July—Year 6
Leavers Party 4—7pm

Fri 17th July—Last day of
Term

Mon 20th July—PD Day

Cedars Park Primary School School Bulletin

Friday 19th June 2026

Class Photos—Thursday 25th June 2026

Next Thursday photographers will be in school to take class photos—these will be taken across the school day. With 16 classes and nearly 400 pupils this is always a big task.

Please ensure that your children come to school in full uniform with hair done appropriately.

If your child is due to have PE on Thursday, please send them into school with their kit in their bags.



WCET Festival

Kestrel and Kingfisher Class had a fantastic time at the WCET Festival at Trinity Park Showground.

They represented the school brilliantly, performing with enthusiasm and confidence while learning valuable new musical skills.

The children enjoyed the exciting experience of playing in harmony alongside 300 other young musicians and developed their ability to watch and respond to a conductor. They even learnt and performed a new song.

It was a memorable day filled with music, teamwork, learning, and lots of smiles!



Gym Trail



We ask that parents and carers do not allow their children to play on the gym trail before or after school.

This is to prevent any accidents and children requiring first aid before school has started or indeed at the end of the day.

Thank you for your cooperation.

Class Cookies

Well done to **Dove class in Year 2** for getting 100% attendance this week.



Jewellery

We ask parents and carers to ensure that the children are not wearing any jewellery into school such as elaborate earrings (only one stud per ear is permitted) bracelets, rings and necklaces.

This is to prevent damage to precious items but most importantly to keep the children safe from a health and safety perspective.



No Nuts

We are a nut free school!



Safety in the Sun

Please ensure that your child comes to school with a full water bottle, a sun hat and sun cream. We do have spare hats in school but not enough for everyone!

As the weather heats up again, we want to make sure that the children are safe and happy in the warmer weather.

The decision was made to have an **indoor lunch today** due to the heat—one of the **contributing factors** in this decision was the **number of pupils in school without a hat.**



JRSO Silver Award



Well done to our JRSO's Emma, Naomi, Freddie, and Charlie.

Their hard work and enthusiasm has meant that the school have achieved a Silver Award for the Suffolk County Council Junior Road Safety Officer Scheme.

Great Job!

Lunch Menu w/c 22nd June 2026

- Monday** - Cheese Panini
- Tuesday** - Sausage Roll or Vegan Sausage Roll
- Wednesday** - Roast Chicken or Quorn Fillet
- Thursday** - BBQ Chicken Pizza or Margherita Pizza
- Friday** - Chicken Nuggets or Vegan Nuggets

Jacket Potatoes available daily

Attendance

This week's attendance was as follows:

Reception: 96.62%

Year 1: 95%

Year 2: 99.35

Year 3: 96%

Year 4: 96.67%





Year 5: 96.42%

Year 6: 96.56%

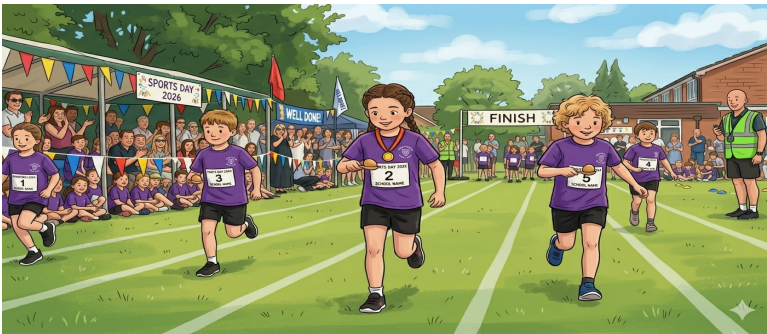
Well done to **Year 2** for having the highest attendance.

Cedars Stars

Well done to this week's Cedars Stars!

 Reception Nadia N Alfie N	Year 1 Karina F Mollie P	 Year 2 All Year 2 for all your hard work, resilience and determination in your SATs.
Year 3 Lottie B Aurora A	Year 4 All Year 4 for your amazing performance at the WCET Music Festival.	Year 5 Emma C Nylah K
 Year 6 Harry M Ava G 		

Sports Day— Friday 26th June



Sports day is only 1 week away! As always, KS2 will be in the morning and EYFS and KS1 in the afternoon.

For KS2 in the morning, the gate onto the school field, by the community centre, will open at approximately 9am for parents and carers to come onto school site. KS2 sports day will finish at approximately 11:45am.

For EYFS and KS1 in the afternoon, the same gate will be open as close to 1pm as possible. EYFS will have all of their events run back to back being cheered on by the KS1 pupils. This means that they don't have to be outside for the whole afternoon. EYFS will go back into school after their events are finished at approximately 1:30-1:45pm after which, KS1 events will begin.

Please be aware that the track down the side of the school is uneven and not paved. If you are a wheelchair user, mobility scooter user or use a walking aid and you are concerned about using the footpath, please report to the school reception and a member of staff will escort you to the field.

Please make sure that your child comes to school with a water bottle and roll on sun cream. This will ensure that they will be safe in the sun as (hopefully) we will have good weather.

Parents and carers are more than welcome to bring camp chairs and blankets to sit on. Please note that there is no smoking or vaping allowed on school site. Parents attending the morning session who will be returning for the afternoon, will be asked to take all their belongings with them so the field can be used, as usual, for lunch time.

Finally, our wonderful PTA will be present, as always, selling refreshments and running the second hand uniform stall. Please pop over and say hello. We look forward to welcoming you all into school next week.

10 Top Tips for Parents and Educators

STAYING SAFE IN HOT WEATHER

As temperatures rise, it's essential to take proactive steps to ensure children and young people stay safe and healthy. Hot weather can pose serious risks such as dehydration, heatstroke and sunburn. This guide provides practical tips for parents and teachers to protect children during sunnier spells, helping them enjoy the summer safely.

1 STAY HYDRATED

Ensure children drink plenty of water throughout the day, even if they don't feel thirsty. Encourage them to carry water bottles and take regular sips. It's better to drink small amounts to counteract the effects of sweating. Even if children replenish lost fluids with equal amounts of water, they may still be dehydrated due to salt lost from the body. Avoid sugary drinks and caffeine, which can contribute to dehydration.

2 APPLY SUNSCREEN

Use a broad-spectrum sunscreen with at least SPF 30 on all exposed skin and reapply every two hours or after swimming. Don't forget often-missed spots like the ears, back of the neck and tops of feet. Sunscreen needs around 20 to 30 minutes to be absorbed by the skin, so make sure you leave plenty of time to apply it.

3 WEAR PROTECTIVE CLOTHING

Dress children in light-coloured, loose-fitting clothing made from breathable fabrics like cotton. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. Wide-brimmed hats and sunglasses with UV protection are also essential to shield them from the sun. Be sure to check your school's dress policy, as uniform rules may be relaxed during amber or red Heat Health Alerts (HHAs).

4 SEEK SHADE

Covering up and seeking shade are the most important sun protection measures. Encourage children to play in shaded areas, especially during peak sun intensity between the hours of 11 a.m. and 3 pm. Use umbrellas or canopies if natural shade is unavailable.

5 AVOID STRENUOUS ACTIVITIES

Children shouldn't take part in vigorous physical activities in very hot weather. Limit these during the warmest parts of the day. Schedule any outdoor games or sports for early morning or late afternoon when it's slightly cooler.

6 KEEP COOL INDOORS

If it's safe and appropriate, open windows early in the morning to allow stored heat to escape from the building. Use fans or air conditioning to maintain a cool indoor environment. Close curtains or blinds to block direct sunlight. Switch off electrical equipment like computers, monitors and printers when not in use: don't leave them in 'standby mode' as this still generates heat.

7 TAKE COOL BATHS OR SHOWERS

Encourage children to take cool baths or showers to lower their body temperature. Alternatively, use damp cloths on their skin to provide relief from the heat. When heading out of the house, consider filling up a spray bottle to cool everyone down on the go.

8 MONITOR FOR SIGNS OF ILLNESS

If sensible precautions are taken, children are unlikely to be seriously affected by hot conditions – but teachers, assistants, school nurses and all child carers should watch for symptoms of heat exhaustion, such as heavy sweating, weakness, dizziness, nausea or fainting. If any signs are present, move the child to a cool place, make sure they drink some water, and seek medical advice if needed.

9 MAINTAIN A COOL SLEEPING ENVIRONMENT

Ensure children's bedrooms stay cool by using fans or air conditioning. Use lightweight bedding and consider letting them sleep in the coolest part of the house. Older children can have more choice over what they wear to bed. Some children may prefer to sleep without pyjamas, while some may prefer to opt for a light cotton t-shirt and shorts.

10 EDUCATE CHILDREN ON SUN SAFETY

Teach children the importance of sun safety and encourage them to take responsibility for their health. Explain the risks of sunburn and heatstroke and the value of following these safety tips.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings (and other industries) to help them maintain a safe working environment.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [staying-safe-in-hot-weather](https://nationalcollege.com/staying-safe-in-hot-weather)

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