

Notable Dates

Mon 13th July—Year 1 Work Exhibition

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

Fri 17th July—Reception Jimmy's Farm

Fri 17th July—Year 6 Leavers Assembly

Fri 17th July—Last day of Term

Mon 20th July—PD Day

Tues 1st & Wed 2nd Sept—PD Days

Thurs 3rd Sept—Pupils Return to School

Tues 29th Sept—Cedars Park Picnic

Wed 16th—Fri 18th Sept—Year 6 Bawdsey Residential

Wed 23rd Sept—Flu Vaccinations

Lunch Menu w/c 613h July 2026

Monday

Meat Free Sausage Roll

Tuesday

Meatballs Pasta & Tomato Sauce

Wednesday

Roast Chicken or Quorn Fillet & Yorkshire Pudding

Thursday

3 Cheese Pizza

Friday

Chicken Nuggets or Vegan Nuggets

Jacket Potatoes available daily

Cedars Park Primary School School Bulletin

Friday 10th July 2026

Framlingham Castle



Year 3 stepped back in time this week with their trip to Framlingham Castle. The children spent time identifying the features of the castle, looking around the museum exhibits and walking the castle walls. The

children even had time to dress up in some period costume! These opportunities really help bring the learning in the classroom to life.



Colchester Zoo

Year 2 had a zooper time earlier in the week when they visited Colchester Zoo. They spent time looking at all the animals but were particularly excited by the elephants and giraffe. The children were able to take a respite in the visitors centre from the sun—they took the time to look at a range of zoological artefacts and exhibits.



House Cup Winners and Non-uniform Day

The last celebration assembly of the year will be held on Monday. The final house points will be totalled up and the winning house for the summer term will be announced. The winning house will then have a non-uniform day on **Thursday 16th July**. We will communicate the winning house with parents and carers on Monday.



WhatsApp

We have been made aware of concerns from within the school community about the children's WhatsApp use.

These concerns include use of inappropriate, unkind and foul language and the times at which WhatsApp is being used, with messages arriving before 7am in the morning and as late as 11pm at night, on school days.

We ask for parents and carers support in monitoring their children's social media use. Thank you.



Cedars Park Picnic—Cedars is 20 Years Old!

In September, the school will be 20 years old! To mark this special birthday, we will be holding a special event—The Cedars Park Picnic. On the **29th of September**, we will be inviting parents and carers to join us at lunchtime to have a **picnic on the field**. We encourage you to come along bring a blanket and some lunch and join your children for some food and entertainment. More specific details will be provided in the new school term, but for now save the date!



Squishy Dumpling Toys—Safety Alert

Please note that a safety alert for **Squishy Dumpling Toys** has been added to the [Safety, Health and Wellbeing \(SHaW\)](#) page of Suffolk Learning. The toys do not meet the requirements of the Toys (Safety) Regulations 2011.

These toys are potentially toxic, causing irritation to the eyes, nose and throat, and skin. Social media trends are 'encouraging' the dangerous heating of these toys which has led to them bursting, causing burns to children.

We direct you to the following website which will provide you with more information:

[Product Recall: Squeezy Dumplings](#)



Year 6 Leavers Assembly

Next Friday we will be saying goodbye to our Year 6's as they head out of the school gates for the final time. We invite Year 6 parents and carers to join us at 2:30pm for the leavers assembly which will finish in time for the 3:10pm pick up. We look forward to seeing you next week.



No Nuts

We are a nut free school!



Staff Car Park

We politely remind parents again that children should not be scooting, riding or running across the staff car park before or after school.

There was a near miss this morning where a child, who was not being supervised, scooted straight across the car park behind a reversing vehicle.

We encourage parents and carers to avoid the car park during busy times.



PSHE/RSE Parent Consultation

As part of your child's education at Cedars, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme which we deliver through PSHE lessons, tutor times drop down days and assemblies. PSHE education gives the young people in our community the knowledge, understanding, attitudes and practical skills to live safe, healthy and productive lives.



PSHE and RSHE Policy

Personal, Social, Health & Economic (PSHE) Education policy – including Relationships education, Sex education and Health education (RSE)

It is a statutory requirement that all schools in England and Wales teach relationships, sex (RSE) and health education as a fundamental part of the curriculum. You may also be aware that there will be some changes to the statutory guidance which will take effect from September 2026. As part of the implementation of this updated curriculum, schools must consult with children, parents, staff and governors to ensure there is a consensus on our approaches to policy and curriculum content.

Next week, we will communicate with you on how you can provide us with your views as part of this consultation process.

Young Carers Bronze Award



Rachael, from Suffolk Young Carers, came into school today to present Mrs Boyd and Miss Suhail with our Bronze Accreditation. Mrs Boyd has worked really hard this year to raise the profile and provision for our Young Carers and this has been recognised by the county council.

Most importantly though, our Young Carers have had the opportunity to meet with each other, take part in some fun activities and make new friends with other children in a similar position to them. Mrs Boyd has already got plans for next academic year to further improve our Young Carers offer and achieve the Silver Standard!

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

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Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CAN WE HAVE A CHAT?

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

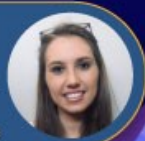
Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.education.gov.za/documents/about/programme/bullying/age-appropriate-content-inappropriate-content-teacher.pdf> | <https://www.education.gov.za/documents/training-professionals/professional-learning-program-teacher/inappropriate-content-teacher.pdf> | <https://www.medicines.gov.uk/medicines/2023/04/child-in-medicines-two-year-3.pdf>



National Online Safety

#WakeUpWednesday



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