



Cedars Park Primary School

School Newsletter

Friday 4th September 2026

Notable Dates

Mon 7th Sept - Year 6
Meet the Teacher

Tue 8th Sept - Year 5
Meet the Teacher

Wed 9th Sept - Year 4
Meet the Teacher

Fri 11th Sept - Year 3
Meet the Teacher

Mon 14th Sept - EYFS
Meet the Teacher

Wed 16th Sept - Year 1
Meet the Teacher

Wed 16th—Fri 18th Sep -
Year 6 Residential

Thurs 17th Sept - Year 2
Meet the Teacher

Tues 22nd Sept - PTA AGM 6pm

Wed 23rd Sept -
Flu Vaccinations

Wed 23rd Sept - EYFS Reading Work-
shop

Fri 25th Sept - Year 5 Macmillan
Coffee Morning

Tues 29th Sept - Cedars is 20 Picnic

Dear Parents and Carers,

Welcome to a new term at Cedars Park! This week, we have welcomed all of our new learners in Reception—they've had a great start to 'big school'! I've been so impressed at how well they are learning the routines and getting to know each other and the staff too.

We have also welcomed some new pupils across the school—it is great to see so many new faces join our school community.

And, of course, welcome back to all of our returning pupils—the children have settled back into school with great enthusiasm which is a pleasure to see.

I hope that the summer was filled with great memory-making moments for all of our families and staff; we now look forward to a busy Autumn term—there is much to look forward to!

Best wishes,

Miss Aisha Suhail
Principal



Staff News

Congratulation to Miss Cobbold and Mr Johnson who both got married in the holidays. Both weddings were simply beautiful and we wish both sets of couples well in their new journeys. Going forwards, Miss Cobbold will be known as Mrs Cobbold. (Mr Johnson will continue as Mr Johnson!)



Elsewhere, congratulations to Mrs Norman, who gave birth to her second baby boy over the summer. Mum and baby Bohdi are doing well and we wish Mrs and Mr Norman the best as they enjoy this new adventure together as a family of four!



Lunch Menu w /c 7th September

Monday— Tomato &
Basil Pasta

Tuesday
Sausage & Mash

Wednesday Roast
Chicken

Thursday Pepper-
oni Pizza

Friday Fish
Fingers

Jacket Potatoes available daily

Cedars is 20!

It's hard to believe, but Cedars Park Primary School is 20 years old!

To mark the occasion, the children have all contributed towards a fantastic whole school display in the exhibition area, focussed around what makes Cedars Park special to them.

We are also organising a celebratory picnic lunch (weather permitting!) on the school field with our parents and carers welcomed over lunchtime to enjoy a picnic lunch with their child(ren).

During the picnic, we will also enjoy songs from the choir and some other surprises along the way.

This special picnic lunch is planned for **Tuesday 29th September at 12–1pm**.

We hope parents/carers are able to join us in marking this milestone in the school's journey.



Meet the Teachers

You will have seen from the last newsletter dates for this year's Meet the Teachers sessions.

For parents new to the school, these sessions run in your child's class-room straight afterschool and are incredibly useful to not only meet the teachers but also learn key details about the year ahead; including upcoming trips and experiences the children will look forward to.

If you can't make the sessions, we share all presentations afterwards via Google Classroom. If you have any questions following this, please get in touch with your child's class teacher.



PE Days—Autumn Term

A reminder of when the children should come to school in their PE kits.

EYFS : Tuesday

Year 1 : Tuesday and Thursday

Year 2 : Wednesday and Thursday

Year 3 : Wednesday and Thursday

Year 4 : Monday and Friday

Year 5 : Monday and Friday

Year 6 : Tuesday and Wednesday



No Nuts

At Cedars Park, we are an Allergy Aware school.

In particular, we are a strictly NUT-FREE school.

Please help us ensure that our children with serious allergies are kept safe and healthy.



Illness

As we head towards more autumnal weather and colder temperatures, we know that our little ones are more susceptible to illness. Please help us keep the school community safe and healthy by following the guidance that can be found on the NHS website [here](https://www.nhs.uk).



Parking

Please remember that the bay parking spaces outside Cedrus House are only for use by the care home's visitors and staff.

Please also be mindful of parking on the road—be safe, be considerate.

The car park in the community centre can be used in the mornings so that we can continue a harmonious relationship with our local community and neighbours.



TT Rockstars Day

On **Friday 16th October**, we will be holding a Times Tables Rockstars Day—and it's going to be bigger than ever!

Mr Johnson, who is our Maths Leader, is finalising plans—which we'll share with the children and parents soon. However, a key part of the day is having fun dressing up as rockstars for the day. We ask all children to join in—you could go small with some cool sunglasses, or big with a wig!! We can't wait to see what the children come up with!



PTA—AGM

At Cedars Park, we are lucky to have the most amazing and supportive PTA. The parents who work together to raise money for the school help us to be able to subsidise trips so the cost of these are kept to a minimum. They also help us to improve the experiences children have at school too—for example, the purchase of our Reading Shed, which has created a quiet space for our children to use at social times.

If you can afford the time, we would love for you to consider giving your support to the PTA team! Their Annual General Meeting takes place on **Tuesday 22nd September 2026 at 6pm** in the school hall. Here, we can discuss even more exciting projects we can plan to help enrich the children's' experiences at school further.

See you there!



EYFS—Reading Workshop

We are holding a reading workshop for EYFS (Reception) parents on **Wednesday 23rd September at 9am** in the school hall.

Here, we will share how we teach phonics and early reading to our littlest learners in school. You'll also find out how you can help support your child at home too.



Parent Forums

Behaviour at Cedars Park, and how we teach, nurture and develop it, is a real focus for us.

Over the last year or so, we have been moving towards a more intentionally therapeutic approach—without lowering our usual high expectations of course.

To hear more, and to have a chance to share your thoughts and ask questions, we will be holding Parent Forums, as below. We hope these will be helpful in keeping parents and carers better informed about why we do what we do.

Tuesday 20th October at 9am

Thursday 22nd October at 6pm



Both sessions will take place in the school hall—we hope to see you there.

KSI Phonics Workshop

We will be holding a Phonics workshop for our Key Stage 1 (Year 1 and 2) parents and carers on **Wednesday 4th November at 9am** in the school hall.

This will be a great opportunity to see some phonics teaching in action with the children, learning about how we teach letters and sounds to children, as well as how to apply this knowledge to blend for reading and segment for spelling. We'll also share information about the Phonics Screening Check, and what this looks like for your child.

Most importantly, you'll find out how to help your child at home too.

We hope you can make it!



10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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