



Principal's update

Happy New Year! I hope all families had a happy and restful holiday period. Thank you so much for all the lovely messages, cards and gifts that families very kindly gave to staff before the holidays- they were all hugely appreciated.

As it is a new year and the time when we often take time to make resolutions I would like to ask for your help and support with two matters. Firstly please could all families work as hard as possible to ensure good punctuality and attendance for your children. Good attendance is vital if children are going to achieve their potential academically and so unless your child is extremely unwell and unable to attend it is important that they are in school every day. As a minimum we would aim for 96% attendance for all children. I am delighted to say many children last term had 100% attendance which is fantastic and means they have not missed one minute of learning time! As well as having an impact academically low attendance also affects social skills and confidence as children are not here consistently enough to build secure friendships. Punctuality is also key, not just for school, but for setting up lifelong routines and expectations for the world of work. Even if your child is just a couple of minutes late they have still missed the start of the lesson which is key to their understanding.

Secondly could I have your support in helping to keep our families safe when walking and driving to and from school. On Phelps Way entrance I am concerned by the number of parents and children entering school via the car park rather than the pedestrian entrance. This is potentially really dangerous - we have a pedestrian gate right next to the car park gate to ensure everyone can enter safely- please use this entrance at all times - thank you.

I am even more concerned at the St Dunstan's Close entrance because there are still many parents, with their children, who walk in the road, using it as if it is a pathway. This is extremely dangerous and I have have seen a number of very near misses. I am very concerned indeed. Please always only walk on the pavements and stay off the road by the school gate so that cars can get past safely.

So in summary for the New Year please can all families:

- 1. Focus on excellent attendance and punctuality.**
- 2. Ensure safe driving and walking to school - please do not walk in the road!**

Many thanks for your continued support. Sarah Evans

Dates for your diary

Staff Development Day;

Friday 9th February 2024

Half Term;

Monday 12th February to
Friday 16th February 2024



Attendance

The class with the best attendance this last week was:

1st place: 6LL
2nd place: 2RW
3rd place: 4SM



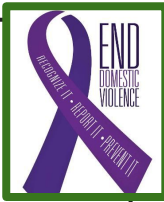
Safeguarding: Highlight on Domestic Abuse

Our school participates in a national scheme called 'Operation Encompass', which is a joint partnership between Hillingdon Police and schools.

One of the principles of Operation Encompass is that all incidents of domestic abuse are shared with schools, not just those where an offence can be identified. This system has been established to help schools provide in-house support to children who have been present at, exposed to or involved in any domestic abuse incident. We know that children can be significantly harmed physically and/or emotionally during these situations and that it negatively affects their learning and behaviour. Therefore, as part of the Operation Encompass procedure, and to help mitigate the resulting negative impact, the school receives and email the morning after a child has been witness to or involved in any reported domestic abuse incident.

We are then able to use this information to provide the right support to any child and their family as and when it is needed.

*If you hear anything that concerns you regarding a family or friend in need of support with this matter please don't hesitate to speak to **Miss Mitchell** or **Miss Logathas** who are here to help.*



OPERATION ENCOMPASS
In every force. In every school. For every child.

Well-Being:

January is the time for a fresh start, a new Year, a new you - a time for making resolutions and thinking of ways forward.

Make your well-being a priority as you start a new year. Take a look at January's calendar and get some ideas on what you can do to look after you!

Happy New Year!

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Find three things to look forward to this year	2. Make time today to do something kind for yourself	3. Do a kind act for someone else to help brighten their day	4. Write a list of things you feel grateful for and why	5. Look for the good in others and notice their strengths	6. Take five minutes to sit still and just breathe	
7. Learn something new and share it with others	8. Say positive things to the people you meet today	9. Get moving. Do something active (ideally outdoors)	10. Thank someone you're grateful to and tell them why	11. Switch off all your tech at least an hour before bedtime	12. Connect with someone near you - share a smile or chat	13. Take a different route today and see what you notice
14. Eat healthy food which really nourishes you today	15. Get outside and notice five things that are beautiful	16. Contribute positively to your local community	17. Be gentle with yourself when you make mistakes	18. Get back in contact with an old friend	19. Focus on what's good, even if today feels tough	20. Go to bed in good time and allow yourself to recharge
21. Try out something new to get out of your comfort zone	22. Plan something fun and invite others to join you	23. Put away digital devices and focus on being in the moment	24. Take a small step towards an important goal	25. Decide to lift people up rather than put them down	26. Choose one of your strengths and find a way to use it today	27. Challenge your negative thoughts and look for the upside
28. Ask other people about things they've enjoyed recently	29. Say hello to a neighbour and get to know them better	30. See how many people you can smile at today	31. Write down your hopes or plans for the future			

ACTION FOR HAPPINESS **Happier · Kinder · Together**



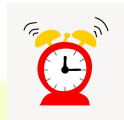
Self-confident Trustworthy Ambitious
Respectful & Responsible Supportive

Reminders



Medical appointments

Can we please remind parents that where possible, medical appointments are made outside of the school day to avoid as much disruption to the school day. You may be asked to provide a copy of your child's appointment in order for the school to authorise your child's absence.



Lateness

School starts at **8.40 am** and the school gates close promptly at **8.50 am**, after this time children will be marked as late. There are a number of families that continue to be late, can we please ensure children are in school by **8.40 am**.

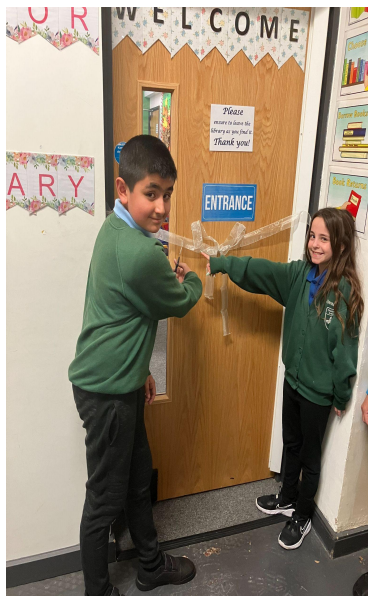
School finishing times

A number of children are being collected from school very late. Please be advised that your child may be sent to after school club and a charge made if you are late to collect your child.

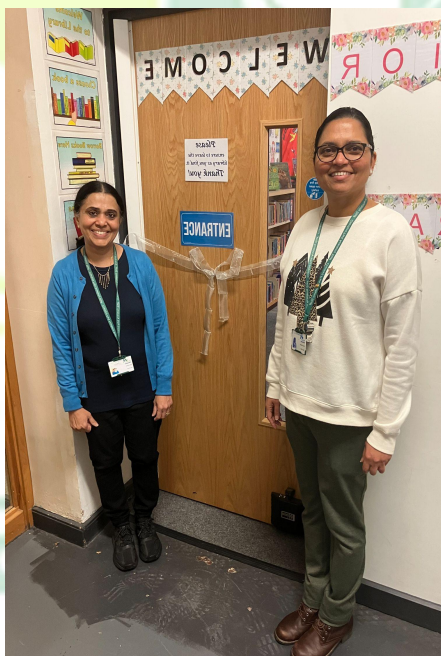
Reception, Year 1 and 2 - **3.15 pm**
Year 3, 4, 5 and 6 - **3.20 pm**

Obviously on some occasions circumstances may be out of your control however these should be rare occasions.

Events:



Our brand new library was officially opened by our Head Girl and Head Boy just before the end of term! They were very excited to see how great the library was looking.



A huge thank you to Mrs Abraham and Mrs Coutinho who have put in a huge amount of time and effort to ensure our new library is looking splendid and is extremely well stocked with a range of engaging books. Thank you so much!

Family Support Worker Focus:

Self-Care

Self-care is not selfish. We all have moments when we feel like we can't manage as parents and carers. That we are incapable. That there is too much to do, and it is overwhelming. This is something all of us experience from time to time. Everyone has moments when they feel frustrated and full of doubt. We also have moments that are fine. All is well. We tell ourselves: 'I can do this', 'I am doing this'. 'What was I worrying about?' Much of the time, we are not even aware of what we are thinking because we are just getting on with parenting and day to day things.

9 ways to prioritise self-care

So, how can we cope when it's all too much?

1: Breathe

It sounds simple, but focusing on your breathing can have a powerful effect on your feelings. Consciously try to take slower, deeper breaths in and out for a few minutes. Let your body calm down and begin to relax. Thinking about your breathing before rushing into deal with a crisis, stop children bickering, or having an argument with your child helps you regulate yourself so you can better support your child.

2: Talk

Think of someone who will listen to you. Someone you know will be available and either help you work it through or just listen without judging. A 'problem shared is a problem halved' is often true. If you're struggling to find someone to talk to, try writing down how you're feeling.

3: Prioritise

We can't possibly get through everything on our to-do lists. So what is important right now? What can wait? What will still be ok if it is dealt with next week? Just remember to get the most important things done, rather than putting them off for the future.

4: Move

Exercise can make a huge impact on your mental and physical health. You don't need to take out a gym membership or devote hours each day to exercising. Just find ways to build active moments into your day. That could be a quick five-minute walk during a lunch break, or getting active to do chores. Just standing up and moving around can really help if you've been sitting down for a long time.

Family Support Worker Focus:

5: Time

We can't magically create time (wouldn't life be easier if we could?) But you can ask yourself if whatever you are doing, is it really essential to get done, right now. What can wait?

6: Share

We often feel like we have to do everything ourselves, but there just aren't enough hours in the day. We might feel judged for things we don't do, or for asking for help, but true friends and supportive family members will want to help. Start accepting offers of help- and reach out to trusted friends, family, and perhaps your child when you need support.

7: Make sounds

There's something wonderful about letting your emotions out when you're feeling frustrated, stressed, or overwhelmed. Choose a safe space away from your child when you can sigh, cry, shout or even scream when it feels too much. You won't be the first person to yell into a pillow in frustration.

8: Go outside

Getting outside can have a strangely soothing effect. If you're in a built-up area, try and head for a park or playground for a bit of green space. What can you hear? How does the air feel? What can you see? What can you touch? What can you smell? Tune into the environment around you.

9: Smile

Perhaps it may feel that if you don't laugh, you might cry. That's okay. Know that this will pass, and calmer times will come again.

Looking after yourself to best support your child

Actively creating times when your health and wellbeing are prioritised also helps you best support your child. Parenting is one of the most demanding of roles we have. This is not about putting yourself first, *all the time*. It's about putting yourself first at *times* so your children can come first, in their time. If you notice that you're often feeling overwhelmed, or struggle with low mood, do talk to your GP for support and advice. Build rest into your day. Just rest for a few minutes. Sit still and let your mind wander without scrolling on your phone, watching TV, or thinking about all the jobs you have to get done. Practise slowing down for a few minutes to enjoy a cup of tea or coffee, listen to sounds outside, and let your body relax.

Curriculum Showcase:

Nursery



Nursery have been listening to the story of Jack and the Beanstalk this week.



They retold the story using puppets, drew some pictures and even planted our own magic beans and they have already started to grow! I wonder if we will see a castle at the top!



Curriculum Showcase:

Reception

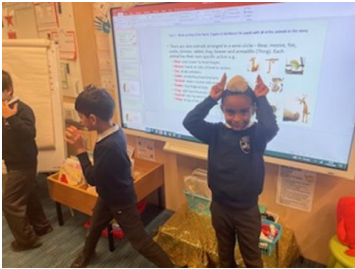


Reception have started the new term by learning all about the very popular topic that is 'Space'. They have learnt the names of the planets, made their own solar systems and role played being aliens and astronauts. What a great start to the new year!

Curriculum Showcase:

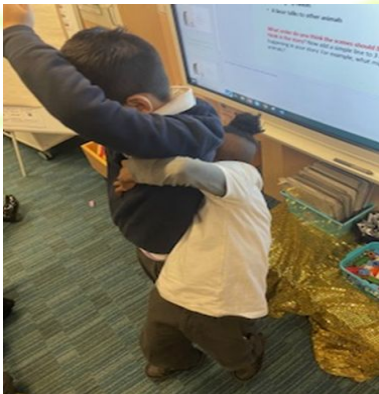
Year 1

In our talk for reading lessons, Year 1 have been expressing characters feelings, dilemmas and through drama.



The angry Bear chased the naughty fox because he stole my hat!

The grumpy Bear was telling off all the animals.



A slithering snake wrapped around a large tree in the forest.

The Big Bear in the forest



Curriculum Showcase:

Years 2

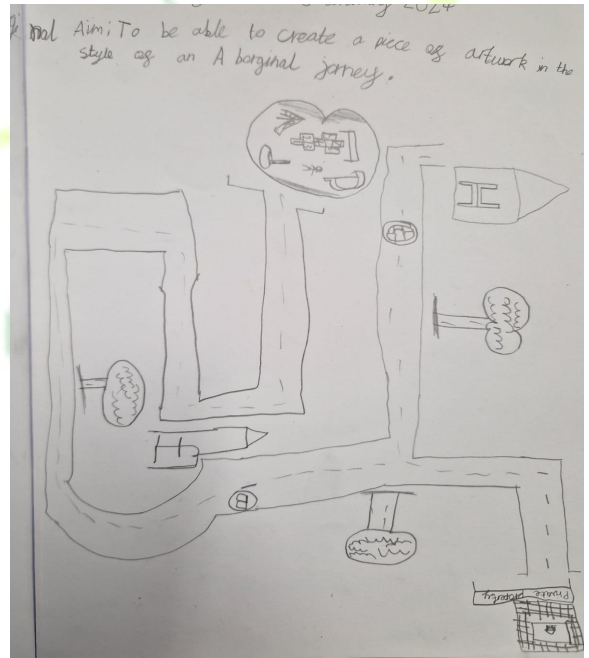
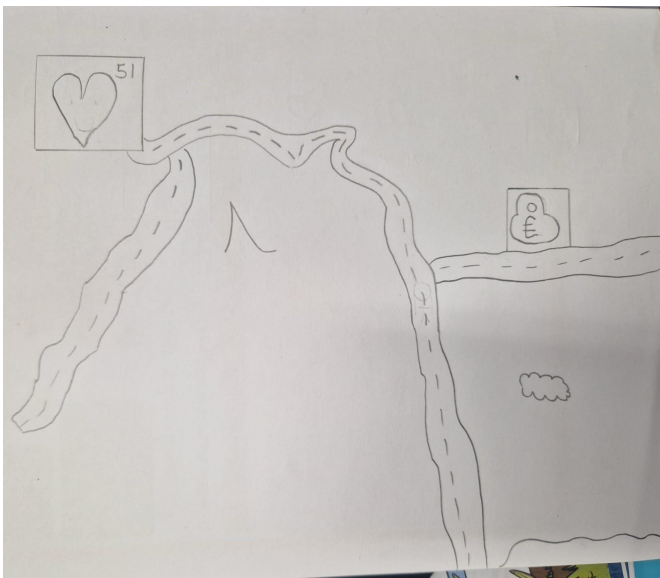


In topic this term we are learning about the Great Fire of London. Here are some photos from our topic lesson this week, where we made Tudor houses that people in London lived in during the Great Fire of London in 1666.

Curriculum Showcase:

Year 3

Year 3 have been learning about Aboriginal art. This week, they used their own symbols to draw a journey they take. In the following lessons, they will be completing it using a range of mediums.



Curriculum Showcase:

Year 4

Last term, in Year 4, the children enthusiastically crafted their own pencil cases, honing their sewing and stitching skills in Design and Technology. As you can see, they were able to create some fantastic final products!



Curriculum Showcase:

Year 5

In Music 5KB enjoyed performing an accompaniment to Ian Gray's 5 Note Swing. The children look forward to performing solos to the class for their Jazz music unit assessment next week.



Curriculum Showcase:

Year 6

Year Six wrote formal, persuasive letters thinking about ways to reduce traffic around our area during the school run. The following children's letters were chosen as being very successful.

6LL Sarina Gill
 6GD Lily Nguyen
 6DS Keshini Sayanthan
 6RH Guneet Harika

Cranford Park Academy
Phelps Way
Hayes
UB3 4LQ
Wednesday 6th December 2023

Dear parents/guardians of Cranford Park,

I am writing to inform you about the issues with the school run. Did you know that 1 in 5 cars are on the school run during the rush hour? With your co-operation, we hope to reduce the masses of cars swarming outside our school during the school run. The reasons for doing this are outlined later on in this letter.

Firstly, cars release a lot of pollution especially when they are idling. This is harmful to our environment, your children and you. We surveyed a total of 214 pupils in year 5 and 6; 34.4% of them went to school by car. This is slightly above the national average of a third so it would be very helpful if you consider to walk as this will reduce the half a million tons of carbon dioxide from the school run.

Secondly, I wish to point out the many problems regarding safety. For instance, many parents park poorly blocking driveways. This can get the driveway owner frustrated because they cannot exit their house and drive their own vehicle. How would you feel if your driveway became blocked? Situations

like these can result in aggressive ~~stand-off~~ stand-offs which use inappropriate language. Children might overhear these foul words and repeat them at home or even worse, at school. Not only that, but young children are crossing the road; this makes it very dangerous for them.

Finally, I wish to draw your attention to the wonderful benefits of walking. There are countless alternatives for going in a car: you can walk, cycle or scoot. We suggest that you walk because as you exercise, your blood pumps and this allows you to concentrate at a higher level in class. Did you know that you use 200 muscles with every step? Another positive is that you get natural vitamin D from sunlight, causing endorphins to be released. Consequently, you and your child are guaranteed to be content for the whole day.

As you can see, there are many reasons for why the high volume of cars that are flooding the roads surrounding the school are a hindrance. At Now that you have read this letter, I am certain that you will try to change to an active mode of travel. This is for your family's, mine and the students of Cranford Park's health and safety.

Yours faithfully,
Lily Nguyen

Curriculum Showcase:

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6LL Sarina Gill
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 6RH Guneet Harika

Cranford Park Academy
Phelps Way,
Hayes,
UB8 4LQ
13th December 23

Dear Guardians,

My name is Sarina Gill and I am a student in the year 6 class GL. I am writing this letter to inform you about issues that have been happening during the school run. Children have been arriving at school stressed because of the noisy and chaotic cars that are outside St. Dunstons and Phelps Way. Over a third of the UK school children are taken to school by car, meaning more cars are on the road creating more traffic. The school run is usually for about an hour before and after the school and tends to coincide in rush hour.

First and foremost, I will be telling you about the many different issues during the school run. According to a survey, 16% of people who drop their children off at school have witnessed a car crash on the school run and 84% have encountered a motorway incident or poor parking. To stop this from happening safety experts recommend leaving a few minutes earlier. Children who cannot walk to school cannot cross carefully because of the fumes from taxis cars. Parents

cycling to school is the best possible way to spend quality time with their children, while only one in ten (11%) said driving is a way to bond and engage with their children. Increased safety (34%) and cleaner air (10%) are listed as the biggest potential benefits of school streets, according to the poll. Meeting family and friends helps with social skills, in the parents car parents have to be focused on driving. Cycling and walking is an excellent way of getting some exercise and fresh air, in the morning, while cutting down on traffic congestion, angry drivers, which can lead to arguments, and pollution near schools. The rise in car ownership has led to more traffic and a reduction in car own families walking to school.

As you can see, these problems affect students in a number of different ways. There is an impact on learning, which no one would want for their children. Children who walk to school arrive ready to learn and concentrate. Walking and cycling can make you a lot more optimistic to start the day. I hope you will take in the information I have stated to make this a healthier and safer area for everyone.

Yours faithfully,
Sarina Gill

Curriculum Showcase:

Year 6

Cranford Park Academy
Phelps Way
Hayes
UB3 4LQ

Wednesday 6th December 2023

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I am writing to inform you about the issues with the school run. Did you know that 1 in 5 cars are on the school run during the rush hour? With your co-operation, we hope to reduce the masses of cars swarming outside our school during the school run. The reasons for doing this are outlined later on in this letter.

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As you can see, there are many reasons for why the high volume of cars that are flooding the roads surrounding the school are a hindrance. At Now that you have read this letter, I am certain that you will try to change to an active mode of travel. This is for your family's, mine and the students of Cranford Park's health and safety.

Yours faithfully,
Lily Nguyen

Curriculum Showcase:

Year 6

14 Safety Close
Hempstead
Trappicity
H31P U5

Hillingdon Council
Stress Lane
Stipendouscity
045H OFF

Dear Sir or Madam, Tuesday 23th November

I am writing to inform you about the road safety at our school. I strongly believe that our school needs some serious improvement. During drop off and pick up times there is a tremendous amount of traffic. I am going to suggest some rules and regulations, which I hope you take into consideration.

First and foremost, vehicles produce fumes which students and parents breathe in. This is a serious problem as they do not get to breathe in quality air. Pollution also has a huge impact on our environment. The residents living on the residential streets are not pleased. Recent studies show that CO² has increased by 62%.

If I were in your position, I could make the car park spaces increase as there are 840 students (without nursery), but there are only 35 car park spaces. If you are not willing to do

this, you should persuade parents to park their cars a few minutes away and they could walk or come by bus for the rest of the journey. Additionally, it could be really helpful if the council could assist Cranford Park Academy with reducing air pollution.

Secondly, our school is surrounded by many unsafe crossings. This could cause many accidents. Also there is always traffic so the people living in the residential are always complaining about the rush hour. They state that our school's students are parking on yellow lines and the council does not catch them.

I would appreciate it if you could warn parents not to park on yellow lines and it would be extremely helpful if you could fine the people parking on yellow lines.

In conclusion, I hope you will take some of my ideas to consideration. It is imperative that you make a wise decision.

Yours faithfully
Keshini Sayanthan

Curriculum Showcase:

Year 6

Nestles Avenue
Hayer
Middlesex
UB3 4QF

Parents at Cranford Park Academy
Phelps Way
Hayer
UB3 4LQ

Dear parents/careers,

I am writing to request for you to raise awareness of the school not meeting safety requirements during school. Walking to school is encouraged as there are multiple disadvantages of travelling. Furthermore, increasing chaos surrounds our school grounds within specific time boundaries, which is hazardous. If you are capable of preventing this from happening, this is a chance for what you are concerned. This matter has come to my attention more than once and it is crucial to not let this be incessant.

As my first and foremost point, rush hour (morning and evening) exceeds the number of cars surrounding the school. This creates thick congestion, that has many setbacks. Please be considerate of where you park your car, make sure no cars are located on the zig zags for instance, in the centre of the road. There is a large risk of accidents as there are accelerating cars. In fact, there are reports from nearby residents of their driveways being blocked. This situation makes it fairly difficult for people dwelling nearby to leave their property. As evidence, 56% of parents polled have taken notice of traffic encroaching the school. Students are not enabled to attend school on time with the majority of parents driving

Unfortunately, a cloudy morning can imbalance positivity in the children's mental wellbeing.

Additionally, idling vehicles still have the engine running which can impact the air quality. Children with respiratory illnesses - which in this case can damage their health to a further extent. A large contribution to climate change is making that 500,000 tonnes of CO₂ (carbon dioxide) is released into Earth's air. Not only releasing toxic gases, idling can be money consuming as the price of fuel is drastically skyrocketing up.

However, there are many other ways / recommendations of how pupils can get to school. These ideas are effectively healthier to the environment. Taking public transport can make a difference as one vehicle produces less CO₂ than duplicates. Doing this is not necessary, sharing your car with other students of Cranford would be beneficial. The best ways to come to school are: walking, cycling and walking. The national average for walking is 46% and do you believe we have met that? Walking is a type of exercise and being active supports education. Becoming aware and academically better only occurs by being healthy. To be familiar with road safety is common for regular walkers, even knowing your way to school. Being on your own from stranger community connections with family and friends to be mindful. Have you ever wondered how many muscles you use in each step?

After making these points, please take my advice on board and reconsider how your child gets to school. We, as a school, will attempt to have a successful walk to school week. We strongly hope that the number of cars used will decrease.

I am thankful for the notice.

Yours faithfully,
- Gunek



BOOK Review

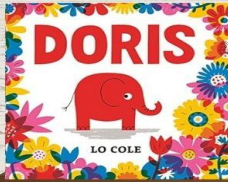
The Wishkeepers's Apprentice
Rachel Chivers Khoo

I loved this book because it was a thrilling adventure and excitement. In fact, I would have wished for this book in year 1! (I'm in year 3). I would rate this book a 10/10 and definitely recommend this book to all of year 3!

3TG's Reading
Ambassador
reviewed one of
Mrs Hall's
recommended
reads recently -
check out the
review!

Mrs Hall's Recommended Reads

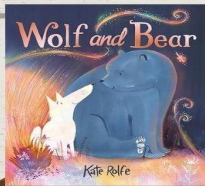
January 2024 Issue



Nursery and Reception

Come on a journey of self-discovery as one little elephant comes to appreciate her own specialness. A colourful adventure that will entrance even the youngest children.

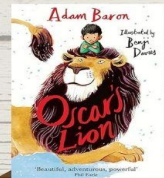
Doris by Lo Cole



Year 1 and 2

Wolf and Bear is a beautiful tale of kindness and hope, exploring the topic of depression. Authentic and sensitively illustrated, this picture book gently introduces young children to a topic which can often be difficult to discuss.† how even the smallest gestures can make a difference.

Wolf and Bear by Kate Rolfe



Year 3 and 4

A magical coming-of-age story about a boy spending his first weekend without his parents . . . and the lion who comes to babysit him. Get ready to fall in love with this instant classic.

Oscar's Lion by Adam Barron



Year 5 and 6

An enthralling tale of magic, riddles, and curses, from the bestselling author of The Cogheart Adventures.

Glassborn by Peter Bunzl