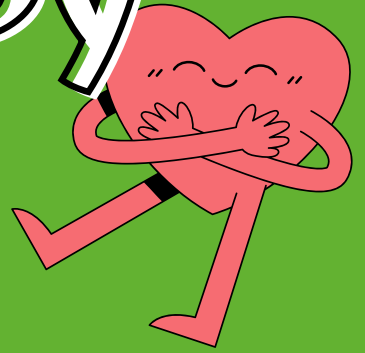




# CPA'S HAPPY NEWS



Issue 01: 29/01/2024

email: [cpa-magazine@theparkfederation.org](mailto:cpa-magazine@theparkfederation.org)

## Hello 2024!

Happy New Year!

We hope you have had a restful break and are ready to face 2024 with happiness, kindness and strength!

CPA's Happy news is a place where you can find good news only, as well as helpful hints and tips to keep a healthy mind!

Enjoy this first edition of Cranford Park Academy's Happy News, we hope you find it helpful and entertaining!

😊 The Happy News Team



## Teacher's Tip:

Mrs Evans' Top Tip for a healthy mind is...Keep active! Exercise is proven to improve your well being and mood and is great fun too. Whenever possible combine the exercise with being outside

Ride a bike, go for a walk, play football, skip, trampoline, go to the park, play basketball, go swimming ...the list is endless. Keep active and keep your mind and body healthy!

## Tres bien!

Prahbneet in 3HW will be dancing all the way to Paris! Not only has she received an award for scoring full marks in her French lessons but she also received a dancing award at Botwell Leisure Centre, which she has been practising very hard for!

## Positive Note of the Month :

smileeeeeee



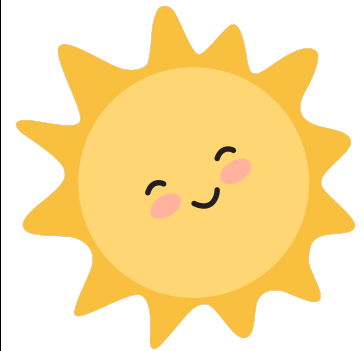
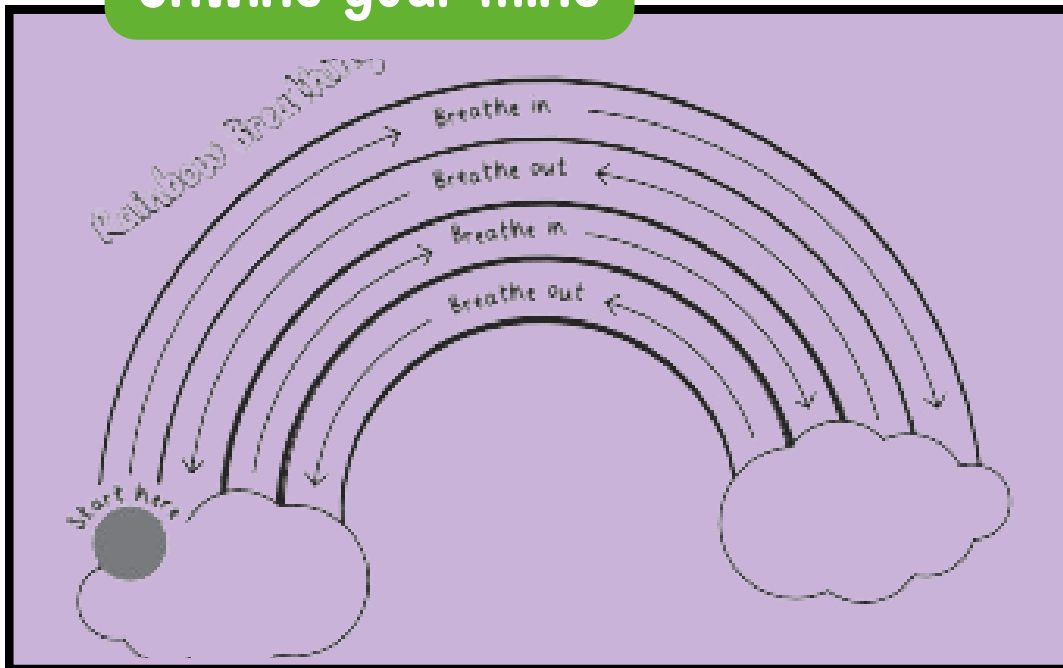
and the world will smile with you.

# Happy

## Look, no hands!

Will it be hard to keep track of Melinda in 4KS? Perhaps, as she has just learnt how to do her first aerial! That means she can do a cartwheel without using her hands! Good work on keeping active, Melinda!

## Unwind your mind



## School Heroes

Do you want to give a shout out to someone in school? We want to hear about some unsung heroes! Who is always spreading positivity? Which of your friends or classmates is always there to help you? Let us know so we can give them some appreciation in the next issue!

# Children's Mental Health Week 2024!

This year Children's Mental Health Week is from 5-11 February. The theme is 'My Voice Matters' and it's about empowering you and giving you tools to use your voice! At CPA's Happy News, we would love to see any work or activities you do for Children's Mental Health Week, inside or outside of school! Email us what you achieve or learn in this week so we can share it in February's issue!

## In the community...

A new family centre has opened in the heart of Hayes! Hayes Family Hub, near Coldharbour Lane, was opened on the 6th December and will provide the community with children's groups, outdoor space for play, youth services, SEND support and Youth Services!

## Pepped up playgrounds!

A fantastic 26 playgrounds across Hillingdon are lined up to be renovated with some brand new equipment! The upgrades will include more accessible equipment such as an inclusive see-saw and a cradle seat swing, as well as new climbing frames! Let us know if your park has had any work done and what you think of it!



## Do you have some happy news?

We want to hear from you! Email us your happy news at: [cpahappynews@theparkfederation.org](mailto:cpahappynews@theparkfederation.org) or post your news in the happy news post box, located outside 1HW.

Can you find the positive words  
hidden in this wordsearch?

b s k z s t r e n g t h x s v  
g r h l e k i n d n e s s u f  
b n o i u n i t y y p j k p u  
n e p a e m c d r o k p w p t  
v q e c n o i o u d n a u o u  
f u f r y m r y u o t a v r r  
l a u j y e e w x r j q p t e  
z l l e i n s p i r a t i o n  
s i q l r t p r i d e g b j j  
n t o u z o b r i g h t e x t  
o y o u c u g c a m s u s h f  
i j w z f s s e y n q u z f f  
r q k p t m p r o g r e s s h  
j c b e s u s t a i n a b l e  
n h p e a c e c w v a u f y j

progress	hopeful	journey	strength
unity	peace	bright	equality
sustainable	momentous	support	inspiration
future	kindness	encourage	pride