



## Principal's update

I hope all families had a lovely Easter break and managed to relax and enjoy the time together. I also hope all that were celebrating Easter, Eid or Vaisakhi had a wonderful time.

As term commences, we have just started to see the weather improve and the sun has begun to make an appearance again after all the recent rain. This will hopefully mean that children can start to spend more time being active outdoors. We are very keen to encourage children to get active and become involved in activities in school and beyond. Whether it is out on their bikes and scooters or at the park, it is fantastic for children to be out in the fresh air and getting some exercise. We have a wide range of clubs on offer at CPA including many sports clubs giving the children the opportunity to build on their skills and play as a team- see our website for more details. There are also many weekend clubs in the local area where children can learn to play a new sport.

We were pleased to welcome the 2nd Harlington Scout group along to our last parents' evening and it was wonderful to see how many families stopped at their stall to find out more. Joining the Scouts or Brownies is another great way for children to have fun, meet new friends and build skills and confidence.

I am excited to announce that in the summer term next year there will be a new opportunity for CPA children. We are keen to increase the time our children have to develop their swimming skills. Not only is swimming a lot of fun and a great way to be active, it is also a life skill. Therefore, next year throughout the Summer Term, CPA will have its own pop up swimming pool on site which will enable children across KS2 to have swimming lessons with a qualified instructor. We are determined to significantly increase the number of children who leave CPA as confident swimmers and we hope this facility will enable us to do that.

Finally thank you so much for all your support this year so far. I am extremely proud of how hard the children are working and of the progress they have made!

## Dates for your diary

**May Day Bank Holiday;  
(School closed)**  
Monday 6th May 2024

**Staff Development Day;**  
Friday 24th May 2024

**Half Term;**  
Monday 27th May to 31st May  
2024

## Attendance

The class with the best attendance this last week was:

1st place: 3HW  
2nd place: 3TG  
3rd place: 6RH

**It will be a non-uniform  
day for on ...., well done!**



## Safeguarding: A spotlight on Prevent

Prevent is a government strategy designed to stop people becoming terrorists or supporting terrorist or extremist causes.

The Prevent Strategy covers all types of terrorism and extremism, including the extreme far-right wing and extreme Islamist groups.

From July 2015 all schools have a duty to safeguard children from radicalisation and extremism.

This means we have a responsibility to protect children from extremism and violent views the same way we protect them from drugs or gang violence.

The Prevent strategy is not just about discussing extremism itself, which may not be appropriate for younger children.

It is also about teaching children the British Values: the Rule of Law, Democracy, Individual Liberty, Tolerance and Mutual respect.

We do many age appropriate things in school to help students become positive, happy members of society, which also contributes to the [Prevent Strategy](#). Click here to see it on our school website.



## Well-Being:

**Join Action for Happiness Active April by watching the video on YouTube.**

<https://youtu.be/Ls-qA10pe0s>

**Get out, commit to a new activity,  
Get active!**





## Family Support Worker Focus:

### A guide to regulating emotions

It can be difficult to manage and maintain your emotions especially when you are put under pressure and under stressful conditions such as exams, relationship breakdowns or change in.

- Focusing
- Thinking about what your body needs
- Eating well
- Taking time for yourself to be happy
- Spending time with your friends
- Being positive
- Getting a good night's sleep
- Thinking about your body and mind

You are important person and have the ability to regulate your own emotions and physical behaviour.

Try this tips to help regulate your emotions so that you can remain balanced and consistent in mood. If you feel that you are finding it difficult to regulate your emotions and feel it is having an impact on your daily life, seek specialist support.

### Thinking about your body and mind

It is important to think about when you need to take some time out. Often people keep going both physically and mentally until they start to feel tired or low in mood. A really important part of emotional regulation is knowing when you need to take a break.

### Focus on the positives

Sometimes when you are stressed and anxious, the uncomfortable feelings and emotions can take over and be overwhelming. Try to take some time to think about all the good things that are happening. Think about all the areas of your life that make you feel happy, proud and excited. The more room you can make for positive thoughts the better your mindset will be.

### Think about what your body needs

When you become stressed tired or worried your body can feel different, either lethargic or on edge. Take part in regular exercise that you enjoy.





## Family Support Worker Focus Contd:

### Get a good night's sleep

It is important to get enough sleep but it is equally important to get good quality sleep. Make sure you have a bedtime routine.

### Being positive

Use positive affirmations to feel happier to help when you do not feel positive or feeling low.

### Eat well

Eating healthy foods and keeping hydrate can make your body feel calmer and less tired.

### Take time for yourself

Life can be very busy and demanding. Think about all the things that make you happy and fulfilled.

### Spending time with your friends

Supportive friends may be the best people to spend time with and talk through how you are feeling. Your friends may be able to help you put things into perspective. Seek out those friends and choose to surround yourself with positive people

## Principal awards:

Congratulations to the following children who have received a Principal Award this month.

Very well done!

Kevin Nguyen (IHW)





## Events



On the 22nd of March, a few students from year 6 got chosen to represent Cranford Park Academy at a football tournament. We had the great privilege of playing at Eton College. The girls had a separate tournament from the boys but we all put in our best efforts and kept continuously supporting each other.

The girls enjoyed themselves and loved the experience as well as the challenge of competing with other schools. Our hard work paid off in the end as the girls came fourth and the boys came third in the tournament. The coaches were also a big help in this success as they gave us their time and expertise to help us prepare so it wouldn't have been possible without them. We hope to continue with our football journey in our secondary schools!

Report by Year 6 Student

On the 22nd of March, it was tournament day. This was the day we were waiting for. We trained hard and put lots of effort into it. As we entered the pitch it was very cold and wet. We played our first three games but unfortunately couldn't get a winning goal as we were still trying to get used to the pitch.

Then after the first three matches we won our first match and started to get used to the pitch and the conditions. Our team was gelling very well and the goals started to come. Game after game we won and by the end of it we came out with third place. I Am very proud of us and think we did very well!

Report by Year 6 Student



## Curriculum Showcase:

### Nursery



The children have really enjoyed the new role play areas in the Nursery. They have been queuing up to get an appointment in the new hair salon. They have a very enjoyable experience and would give them a 5 star rating!



They have visited the local Pet shop and have been looking at pets they would like to buy. The prices were low and the service was great, they will be coming back again!



## Curriculum Showcase:

### Reception

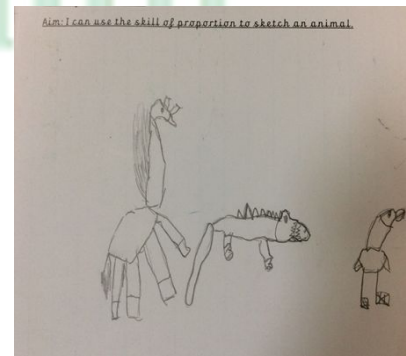
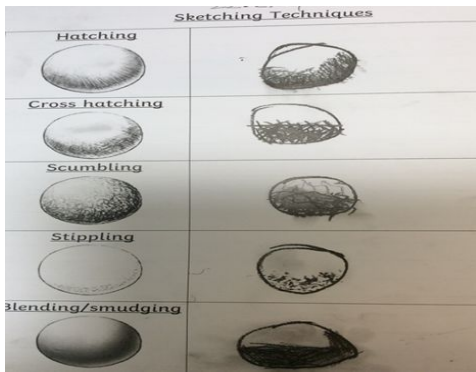
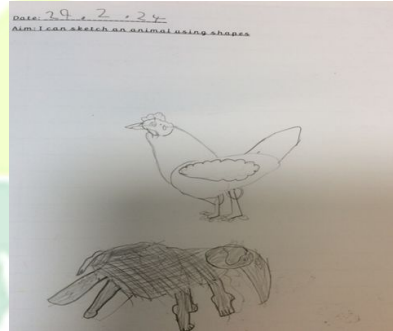


Reception have started the Summer term off with some literacy fun! They read 'The very hungry caterpillar' by Eric Carle. They drew their own caterpillars and even wrote a sentence to go with it. Together they acted out the story using props and costumes, but most importantly I think they were just really happy to be back at school, spending time with their friends.

## Curriculum Showcase:

### Year 1

Year 1 have just completed their new art unit on animals. They have learnt lots of new skills and techniques throughout the unit and were very proud of their final pieces.





## Curriculum Showcase:

### Year 2



This term year 2 have been learning about the Great fire of London. We extended our knowledge across many areas of the curriculum, in History we looked at the history of the fire, in DT we created some Fire engines of our own and in English we wrote diary entries from Samuel Pepys.

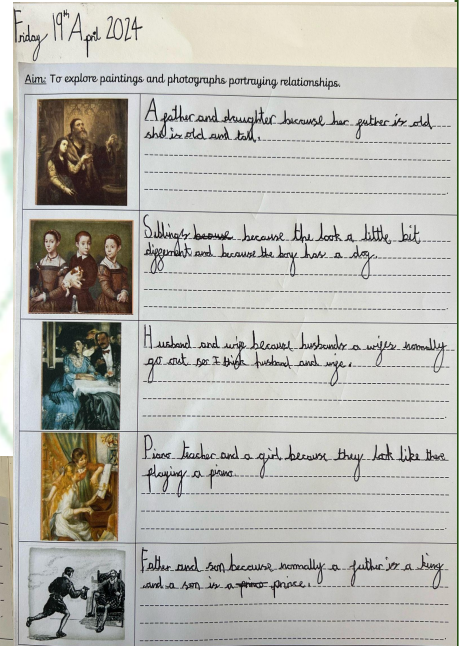
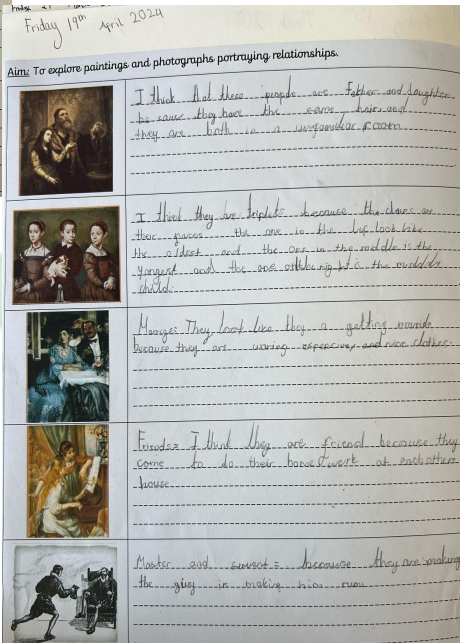
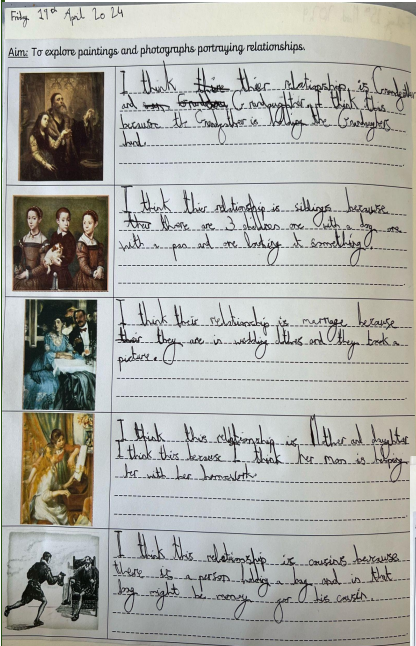
The children enjoyed every part of this topic and it inspired some very creative writing and imaginative play. The children learnt about the different parts of a fire engine and we discussed the important role the fire brigade play in our community today.



## Curriculum Showcase:

### Year 3

Year 3 will be learning about the portrayal of relationships in artwork, whilst refining their sketching and painting skills in later lessons!



## Curriculum Showcase:

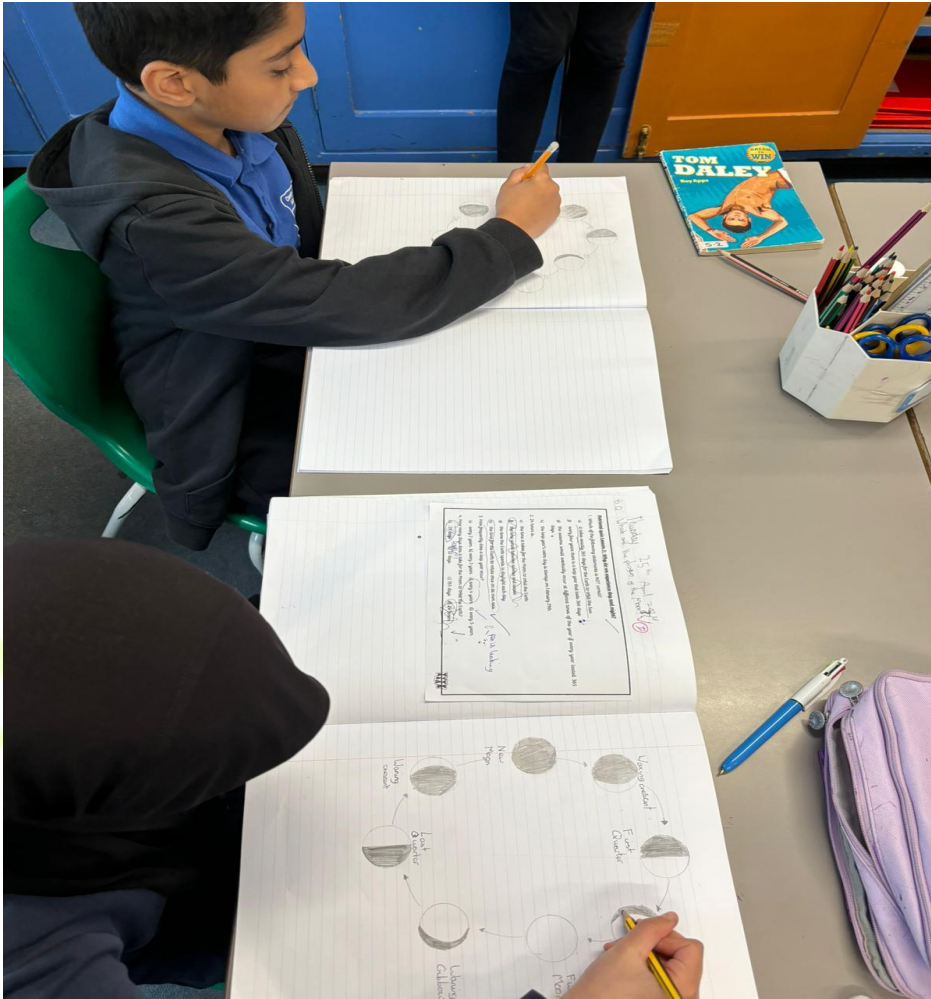
### Year 4

*In Year 4, students crafted torches in Design and Technology, resulting in excellent final pieces.*



## Curriculum Showcase:

### Year 5



5MD have loved learning about the phases of the moon this week.



## Curriculum Showcase:

### Year 6

When the weather allows, Year Six are enjoying working with Chris the cricket coach, who comes into school every Monday.

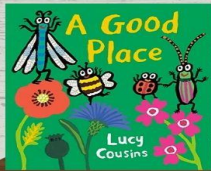


## Mrs Hall's Recommended Reads

April 2024 Issue



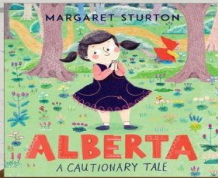
### Nursery and Reception



This book is perfect for encouraging little environmentalists and brings the natural world to life for young readers, inviting them to consider what they can do to help make our planet a good place for all living creatures.

**A Good Place by Lucy Cousins**

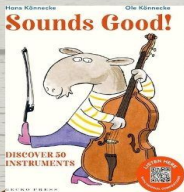
### Year 1 and 2



This story stars a wilfully naughty little girl who knows just how to get her way. She tricks 'Little Red Riding Wolf' out of the cake she baked for Granny, teases her for her "big nose and eyes", and eventually gets her comeuppance once Little Red Riding Wolf's "big teeth" make an appearance.

**Alberta: A Cautionary Tale by Margaret Sturton**

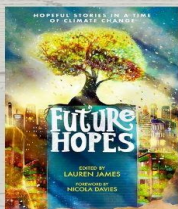
### Year 3 and 4



This book engagingly presents 50 musical instruments with practical and curious facts that will spark interest in music of all kinds. Each instrument features a piece of music composed by an award-winning musician, accessed via QR code.

**Sounds Good! Discover 50 Musical Instruments by Ole Könnecke and Hans Köne**

### Year 5 and 6



An anthology of short, hopeful eco-fiction from a range of contemporary authors and artists. By placing imagination, hope and action in the spotlight, and closing with a practical section on sustainable living, this well-crafted book feels like a vital resource in managing climate anxiety and opening imaginative horizons to combatting the climate crisis.

**Future Hopes by Various and edited by Lauren James**