



## Principal's update

As a school we are passionate about instilling a love for reading amongst our pupils. We want them to love books and reading alongside being confident readers. Reading is a lifelong skill and is key to unlocking learning across the curriculum. Reading is also a wonderful way to relax and unwind and getting lost in a book is a real joy.

Our new library is proving extremely popular and we have received fantastic feedback from children and parents alike. Our governors recently spent the morning in school observing lessons and children's learning whilst also taking time to visit the library. They were delighted when they saw the fantastic environment that has been created. If you have not been to visit as yet please come along with your child!



Our reading ambassadors have been involved in regularly restocking our playground book hut. We are very lucky to have such a great facility on site. Please encourage your child to have a look after school and choose a book to take home. All the books in there are for children to keep and take home forever and have been kindly donated.

Any chance you get to show your child how much you love books and reading will also help develop their enthusiasm. I would also highly recommend joining one of the local Hayes libraries and visiting regularly with your child.

## Dates for your diary

**Staff Development Day;**  
Friday 9th February 2024

**Half Term;**  
Monday 12th February to  
Friday 16th February 2024

**Easter - Term Ends;**  
Thursday 28th March to 12th  
April 2024



## Attendance

The class with the best attendance this last week was:

1st place: 6DS 98.7%  
2nd place: 4EJ 97.9%  
3rd place: 2ZA 97.3%



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

## Safeguarding:

This month on **6th February**, it is **Safer Internet Day**. The theme is **'Inspiring change? Making a difference, managing influence and navigating change online'**.

Video for parents/carers -  
<https://youtu.be/SD5KW6dqnv0?si=Eak1eSDxTEXJ8TK4>



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



Whilst most apps have moderation tools, inappropriate content can still slip through the net.



Understand what's being shared or what seems to be 'trending' at the moment.



Make sure they are old enough to use the app and meet the recommended age-limit.



Make accounts private and set content filters and parental controls where possible.



Get used to how apps work, what content is available and what your child likes to watch.



Ensure they know that there is support and advice available to them if they need it.



Talk about what people might post online and why some posts could cause distress.



Always make sure that children know how to use the reporting tools on social media apps.



If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.



If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)
Twitter - @natonlinesafety
 Facebook - /NationalOnlineSafety
 Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.09.2020



## Internet Safety for Kids



- 1** Never give out personal information! (Such as phone number, address, passwords or photos)
- 2** Talk to your parents, teacher, or guardians if you feel uncomfortable with what you see on the internet.
- 3** Be polite and respectful of others on-line. Never send a message you would not say face-to-face.
- 4** Never meet with some one you 'meet' on-line.
- 5** When chatting on-line use a nick name that will not reveal anything about you.

## Well-Being:

Children's Mental Health week will take place from 5-11th February 2024. The theme this year is 'My Voice Matters'.

My Voice Matters is about empowering the children and young people by providing them with the tools that they need to express themselves.

As parents and carers, you play an important role in your child's mental health - click the link below to see how you can support them in 2024 Mental Health week - [Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://families-childrensmentalhealthweek.org.uk)



## Children's Mental Health week - 5th - 11th February 2024

Children were interviewed as part of preparation for Children's Mental Health week - **My Voice Matters** here is what they said:

1. We want mental health to be talked about more at home and in school to remove the taboo around it - not just one-off assemblies or PSHE lessons.
2. We want you to acknowledge our mental health - not just mention it once in assembly. Sometimes we say we're stressed with homework and it seems like all our teachers care about is the deadline, not how we're feeling.
3. If you're talking about mental health, make it clear that mental health isn't a bad thing.
4. We want to know more about specific themes on mental health - men's mental health, teenage mental health etc.
5. Try not to make it sound so scary. Language like 'you have to tell someone' puts pressure on us, and can put us off - even if you don't mean to.
6. Make our assemblies or lessons on mental health more interactive - let us ask more questions, do a quiz, role play - then we'll want to engage more.
7. Give us opportunities to lead lessons on mental health ourselves. We have lots of ideas, and might know more than you think - we also have lots of advice to give.
8. If you're planning an assembly (on mental health, or anything else!) keep it short, active, play music, involve us in it.
9. Stop making out like social media is responsible for all of our problems. We know there are challenges with social media, but when we use it carefully it can help us connect with friends and find advice and support when we're struggling.
10. If we're being bullied or having issues with friends, don't just focus on punishing the other person or fixing it. Excluding someone might punish them, but it doesn't help with the way we feel about what has happened. Make the time to talk about our feelings too, if we need to.







## Hillingdon Young Carers

Young carers are children and young people, aged 5 – 24 years, who provide regular and ongoing care to a family member who has a long-term illness, disability, mental health issue or misuses substances. The family member may be a parent, sibling or grandparent living with them, e.g.e caring for siblings with ASD, additional needs and disability, a parent with mental health problems or an elderly parent who lives in the family home.

Caring responsibilities can have a significant impact on young people and can affect their physical and mental health, education and social opportunities. Carers Trust Hillingdon has been supporting young carers since 2001.

We aim to mitigate the impact of caring on young people through the provision of emotional support, school liaison, information and advice and regular social activities. We also work in partnership with local organisations and schools to identify young carers and raise awareness of their needs.

### The Young Carers are running a Schools Outreach programme for children who are young carers in Hillingdon and this will be supported by Cranford Park Academy.

The school outreach programme is an extension of their existing young carers service which provides information, advice, respite breaks and support to young carers and their families. The aim of the school outreach programme is to work with schools to address educational and social needs created by the pandemic and to support them to identify, and provide early intervention to, young carers in need.

The programme in schools offer bespoke packages of support tailored to the needs and size of each individual school with a particular focus upon improving young carers' mental health and self-esteem. To date, they have worked with fifteen schools within the London Borough of Hillingdon and supported 342 young carer pupils through regular 1:1 sessions, small group work, peer mentoring and home-school liaison.

**If you think your child would qualify as a Young Carer please contact our school  
Family Support Worker, Margaret O'Donovan on 07771 614981 for more information.**



**Self-confident Trustworthy Ambitious  
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## Family Support Worker Focus:

### Stress



#### What are the warning signs?

Warning signs include emotional symptoms such as anxiety, fear or loss of confidence, poor concentration, poor memory or repetitive thoughts.

Warning signs can also be physical such as excessive sweating, racing heart rate, headaches and muscle tension. You may also suffer from poor sleep, irritability, drinking excessive coffee or alcohol or losing your temper.

#### Understand your triggers

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and manage the causes.

#### Take control



Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

#### Make healthy choices

Plan regular, healthy activities which will reduce stress symptoms. These will be non-negotiable part of your week and a regular antidote to stress.

#### Induce Calm



Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.

#### Use your social network

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.



## Family Support Worker Focus:

Contd.

### Change your perspective

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.

### Manage your time



Prioritising tasks is a crucial first step to change and taking control. Get someone to help you to keep on track with the change.

### Prioritise wellbeing

As a way of preventing stress, you should prioritise your wellbeing and being consistent about it. A one-off activity will have some impact but it won't help you manage or maintain well being in the long term.



## Principal awards:

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

Very well done!

Kiana King - 4SM





## Attendance

We are supporting the Government's 'Moments Matter, Attendance Counts' campaign,

"From the first day of term to the last, the small moments in a school day make a real difference to your child. #AttendanceCounts"



## Curriculum Showcase:

### Nursery



This half term we have been busy listening to different fairy tales. We retold the stories using props, built our own props, made flapjacks and some gingerbread men too. It has been so much fun!





## Curriculum Showcase:

### Reception

Reception have been learning all about our planet and how we can protect it. We spoke about Greta Thunberg and David Attenborough and all the things they have done to help our planet, the animals and their habitats. The children made posters to raise awareness of things we could do to help this cause. They went on a peaceful protest around the school and even picked up any litter that they spotted along the way.

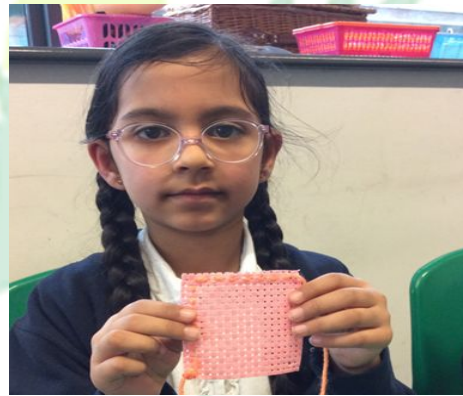




## Curriculum Showcase:

### Year 1

In our Design Technology lessons this half term, year 1 have been learning about puppets. We have looked at the different types of puppets there are and designed our very own animal hand puppet. We learnt sewing and decorating skills and are very proud of the end result!



## Curriculum Showcase:

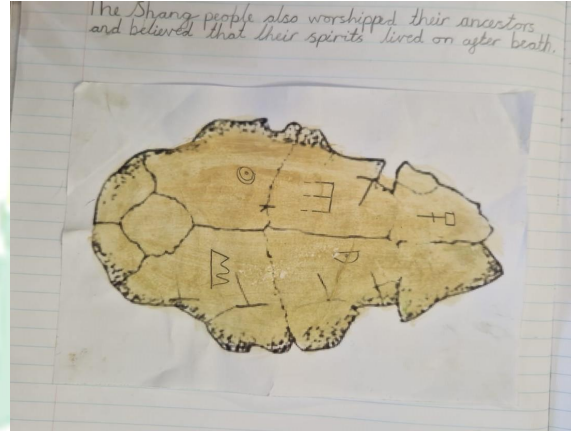
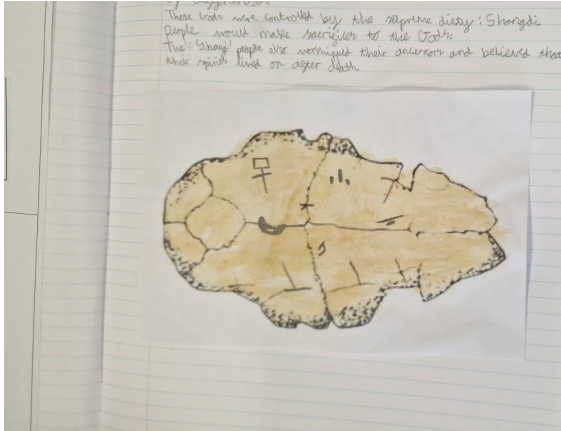
### Year 2



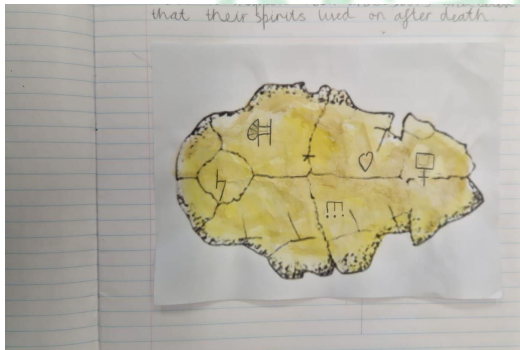
In Year 2 we have been using different mediums to create pictures of sparks and flames thinking about the Great Fire of London. We used chalk and tissue paper to create pictures of fire and try to recreate the shapes flames make when they flicker. We also used card to create 3D pictures of Ludgate on fire during those 4 frightful days! We hope you like them

## Curriculum Showcase:

### Year 3



Year 3 have loved learning about the Shang Dynasty this half term. They've explored what their beliefs were, the social classes that existed then and learnt about many Emperors and Empresses, such as Emperor Tang and Emperor Jia. Year 3 created their very own oracle bones using symbols used in the Shang Dynasty.





## Curriculum Showcase:

### Year 4

Through hands-on investigations, Year 4 have been unraveling the mysteries of where our food goes and how it's digested. What a remarkable journey our food takes!



## Curriculum Showcase:

### Year 5



The Lion King- live theatre in the West End! As their Childhood Promise trip, Y5 were taken on a journey to an African savannah in Central London. The children were mesmerised by the vibrant music and vivid colours. Furthermore, our children had wonderful etiquette in the theatre, where they received compliments from both members of the public and staff. We are very proud of Y5





## Curriculum Showcase:

### Year 6



Year Six were lucky enough to have a visit from 'The Riot Act' project who helped them to remind them of the very important messages about road safety in a fun way. It also reinforced brilliantly the environmental impact of having too many cars on the road, which we had already been considering during Literacy last term.

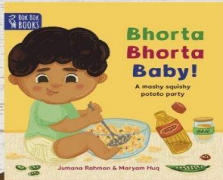


## Mrs Hall's Recommended Reads

February 2024 Issue



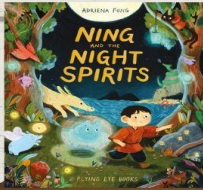
### Nursery and Reception



*An exuberant and inclusive board book celebrating family and food. It's filled with rhymes, rhythm and repetition, plus delicious sensory language.*

**Bhorta Bhorta Baby by Jumana Rahman**

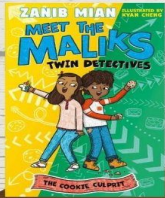
### Year 1 and 2



*A magical picturebook about bravery and using your voice, drawing on East Asian folklore and mythology, with a stirring central message about the power of empathy and understanding to combat unfounded fear.*

**Ning and the Night Spirits by Adriena Fong**

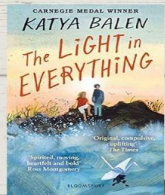
### Year 3 and 4



*Infectiously funny, and full of her trademark warmth, Meet the Maliks - Twin Detectives is the brand-new series from Zanib Mian. Perfect for fans of Planet Omar and Tom Gates.*

**Meet the Maliks: Twin Detectives by Zanib Mian**

### Year 5 and 6



*From the author of October, October, comes a life-affirming story about blended families and learning to find room in your heart for new life and new love.*

**The Light in Everything by Katya Balen**



[www.cranfordpark.academy](http://www.cranfordpark.academy)



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February 2024



**Nursery Places Available  
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