

## Principal's update

The summer term is such a busy term and we have so many events, trips and activities going on to enhance the curriculum. One of the most recent highlights has been Eco Week where many year groups got the opportunity to have a visit to Cranford Countryside Park and a talk with the park ranger who is based there. In class children took part in a range of Eco activities .



We also had an artist visit the school during Eco Week to create a willow sculpture with the help of many children and some of our parents. The tree sculpture is now based proudly at the main entrance. Please see the Events section for more photos from Eco Week.

## Dates for your diary

### Sports Day

Reception - Thurs 6th July  
 Year 1 - Mon 10th July  
 Year 2 - Tues 11th July  
 Year 3 - Mon 26th June  
 Year 4 - Mon 17th July  
 Year 5 - Thurs 13th July  
 Year 6 - Fri 14th July

**End of Term; Fri 21st July 2023**

## Attendance

The class with the best attendance this last week was:

1st place: 4HW  
 2nd place: 2SM  
 3rd place: 4KW

**It will be a non-uniform day for 4HW on Fri 23.6.23, well done!**

## Meet the Staff:

CPA has a pupil journalist team who take it in turns to interview staff members. This month's interview has been carried out by : Zaynab and Disha from Year 6.

**Name of staff member: Helen Walter Role: Vice Principal - Years 3 and 4**

**What do you enjoy most about working at Cranford Park Academy?**

"Working with all the incredible children and staff that are here"

**How would you describe CPA to someone who does not know our school?**

"It's welcoming, it's friendly and it's a very diverse school who welcomes everyone."

**Do You Have Any Hobbies?**

Mrs Walter said that she loves to read and also likes watching football at home and supports Chelsea.

**What is your favourite book?**

One of Mrs Walters favourite book series are the Harry Potter series by J.K. Rowling "Because those are the books that made me love reading when I was a child."

**What is your best memory of working here so far?**

"Going on trips with the children" Mrs Walter said her favourite trip was to a Roman museum with the year 4 children called Verulamium.



## Safeguarding:

### What's the importance of sleep?

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make you feel poorly, unable to learn and not want to go out with your friends and family. If you, or your child, is struggling to get a good night's sleep, follow these top tips:

1. Think about your bedtime routine - What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 20 to 30 minutes at a time.
2. Make sure you are tired before going to bed - the less time you have to spend awake on bed, the better.
3. Have at least 15 minutes of quiet time before going to sleep so that your body and brain can relax and prepare for sleep.
4. Don't use your phone or computer before bed - this can stimulate your brain and make it more awake.
5. Try having a lukewarm bath as this can help your body to relax.
6. Try to go to bed at the same time every day once you have a settled routine
7. Choose a relaxing activity before bed, such as reading or listening to calm music.
8. Create a cosy environment. Is the room dark enough? Is the room at the correct temperature... not too hot and not too cold?

## Well-Being:

**Joyful June 2023**

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |   |  |   |  |
|--|--|--|--|---|--|--|---|--|---|--|
| <br>1. Decide to look for what's good every day this month        | <br>2. Say positive things in your conversations with others        | <br>3. Re-frame a worry and try to find a helpful way to think about it | <br>4. Take a photo of something that brings you joy and share it       | <br>5. Think of 3 things you're grateful for and write them down       | <br>6. Get out into green space and feel the joy that nature brings | <br>7. Do something healthy which makes you feel good             | <br>8. Find joy in music: sing, play, dance, listen or share | <br>9. Ask a friend what made them happy recently | <br>10. Bring joy to others by doing something kind for them | <br>11. Eat good food that makes you happy and really savour it |
| <br>12. Write a gratitude letter to thank someone                 | <br>13. Take a light-hearted approach. Choose to see the funny side | <br>14. Share a happy memory with someone who means a lot to you        | <br>15. Look for something to be thankful for where you least expect it | <br>16. Speak to others in a warm and friendly way                   | <br>17. Take time to notice things that you find beautiful        | <br>18. Look for something good in a difficult situation        |   |  |   |  |
| <br>19. Get outside and find the joy in being active              | <br>20. Rediscover and enjoy a fun childhood activity               | <br>21. Send a positive note to a friend who needs encouragement        | <br>22. Watch something funny and enjoy how it feels to laugh           | <br>23. Create a playlist of uplifting songs to listen to            | <br>24. Bring to mind a favourite memory you feel grateful for    | <br>25. Show your appreciation to people who are helping others |   |  |   |  |
| <br>26. Make time to do something playful, just for the fun of it | <br>27. Be kind to you. Do something that brings you joy            | <br>28. Notice how positive emotions are contagious between people      | <br>29. Share a friendly smile with people you see today                | <br>30. Make a list of the joys in your life (and keep adding to it) |   |  |   |  |   |  |

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



## Events: Eco Week



Year 4 created a banner to encourage people to be more Eco friendly. Along with many other Year groups they also visited Cranford Countryside Park.

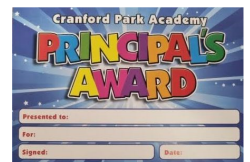


## Principal awards:

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

Jahnae Edwards 4EJ  
Fatima Raheem 4GB  
Johnny Doherty 4KS  
Bilan Yusuf 3TG

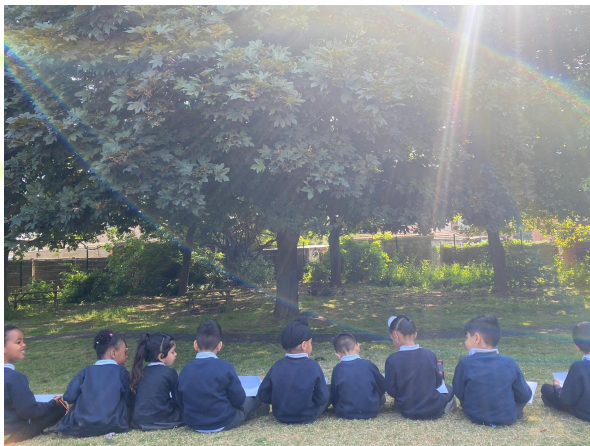
Very well done!



## Events: Eco Week



Reception did observational drawings of trees, learnt about the parts of trees and how they help us.



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## Curriculum Showcase:

### Nursery

#### The Farm animals came to visit the Nursery!



The Nursery children had a great time looking at all the different farm animals that came to visit. Children found out some interesting facts about the chickens, ducks, rabbits, sheep, goats, donkey and the dog that came to visit. They all had a great time looking at them and petting them.



## Curriculum Showcase:

### Reception

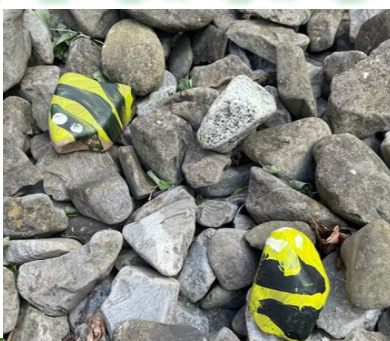
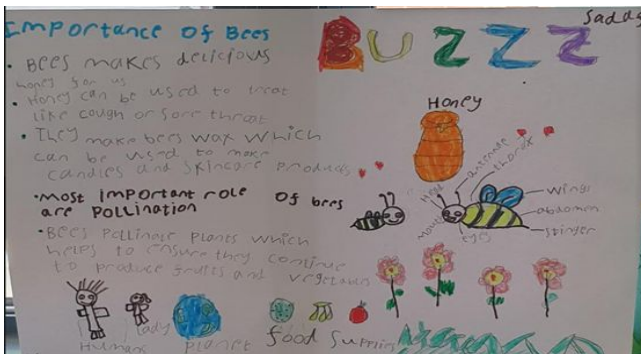
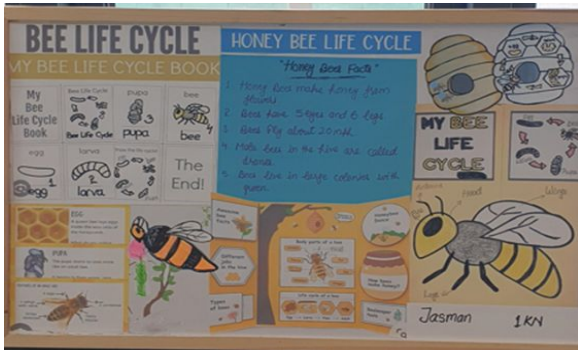
After a long wait, Reception finally went to London Zoo. We had a great day exploring the zoo and seeing all the wild animals that we have been learning about in school. We were lucky enough to see monkeys jumping over our heads, giraffes eating lunch, tigers sleeping, lions roaring and we even had some butterflies take a rest on our shoulders. We had the best time!



## Curriculum Showcase:

### Year 1

In year 1, we celebrated World Bee day, we learnt about the importance of bees in our lives and some interesting facts about them. We spent the day making crafts, fact files and making watering stations for the bees which we placed in the quad for the hot summer days. Our homework that week was to make a project all about bees – the teachers were so proud of the amazing work the year 1 children produced and we are now all bee experts!



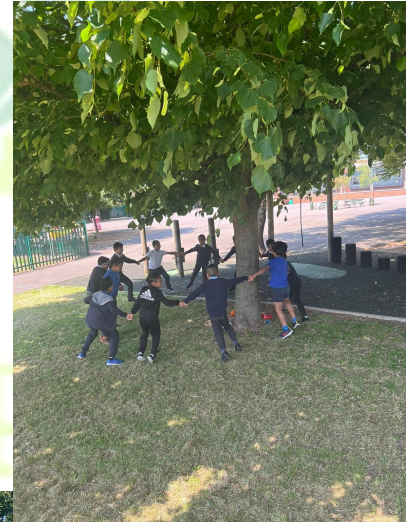
## Curriculum Showcase:

### Year 2

Year 2 really enjoyed learning about the importance of trees during ECO week.

We used a map of our school grounds to locate the different types of tree and also took part in a protest linked to our English text 'Greta and the Giants' where we learnt about Greta Thunberg and the impact she has had on saving our planet.

In English we have been writing persuasive letters to the Giants to stop cutting down trees and to stop destroying animal habitats.



## Curriculum Showcase:

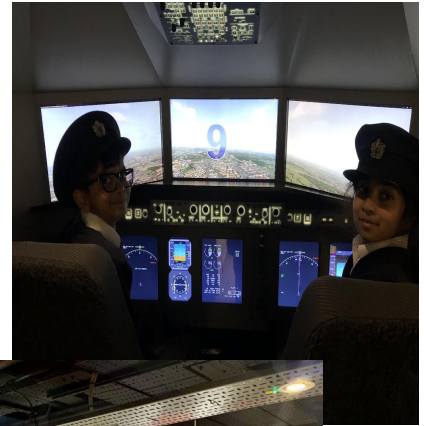
### Year 3



As part of Eco Week, Year 3 had an incredible time at Cranford Park, where they learnt about different trees and examined leaves to identify what type of tree they belonged to. Also, they learnt that trees have many uses, such as willow trees contain an ingredient used to make aspirin!

## Curriculum Showcase:

### Year 4



Year 4 had a wonderful time at Kidzania on their school trip before half-term. From airline pilots to surgeons, firefighters, radio DJs and many more roles, the children were immersed into an interactive indoor city which allowed them to work, play, earn and learn whilst having fun in a range of role play activities. They truly had a great time taking on a variety of professions, allowing their aspirations and inspirations to soar.



**Self-confident**   **Trustworthy**   **Ambitious**  
**Respectful & Responsible**   **Supportive**

## Curriculum Showcase:

### Year 5

Year 5 enjoyed being able to research countries from across the globe as part of culture week. We also worked on creating presentations and videos to showcase all of our new knowledge.

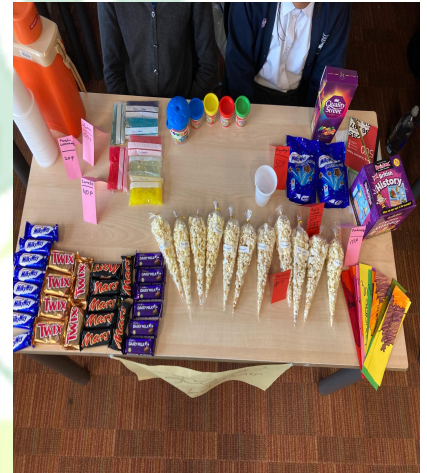


Self-confident Trustworthy Ambitious  
Respectful & Responsible Supportive

## Curriculum Showcase:

### Year 6

Last week, Year 6 were very busy organising and running an enterprise event to raise money for activities and refreshments in their final week at Cranford Park. Thank you to everyone in Years 4 and 5 who supported us and to the teachers who also participated in the sweet raffle. Congratulations to Miss Grewal in Year 3 who won the large jar of sweets. The medium and small jars were won by pupils in Years 4 and 5 respectively.

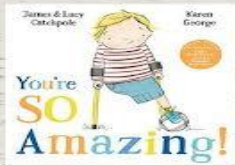


## Mrs Hall's Recommended Reads

June 2023 Issue



### Nursery and Reception



*One-legged Joe is 'amazing'. He knows this because wherever he goes people always tell him he's amazing. Amazing for sliding down the slide, for kicking a ball ... even walking to get an ice cream, or even just eating an ice cream. Of course, being Amazing Joe is better than being Poor Joe ... A groundbreaking picture book which explores how we respond to disability.*

**You're so Amazing! By James & Lucy Catchpole**

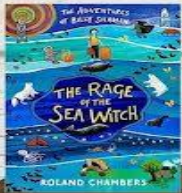
### Year 1 and 2



*With beautiful illustrations and a gatefold flap, this quietly reassuring story explores the experience of being big in a world that celebrates small, promoting body positivity and self-acceptance in young readers.*

**Big by Vashti Harrison**

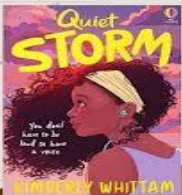
### Year 3 and 4



*Billy Shaman is glum when his parents abandon him for the summer in the Charles Darwin museum but when he finds an impossibly aged tortoise, and decides to restore an ancient necklace to its rightful owner, things become a great deal more exciting. A humorous, evocative journey through some fascinating discoveries of the past, ideal for readers of 7 or 8+.*

**The Rage of the Sea Witch by Roland Chambers**

### Year 5 and 6



*A tender, empowering novel about family, friendship and finding confidence in who you are. Quiet Storm is perfectly timed to be a transition read dealing with some of the fears children may have about moving on to secondary school in a reassuring and practical manner.*

**Storm by Kimberly Whittam**

