



Principal's update

I am always incredibly proud of the behaviour of CPA children; they display excellent behaviour for learning in the classroom as well as general respectful, polite and thoughtful behaviour both in and out of the classroom. At the end of last term in our CPA STARS assemblies I was struck by just how many children had been supportive of their peers and had been praised by their teachers for their kindness. In particular a number of children had gone out of their way to be incredibly welcoming and kind to new children in their class which made me especially proud.

Many thanks to all parents who attended our recent Parents' Evening meetings. It is very important that we work in partnership to get the best possible all round outcomes for our children and these meetings are vital in ensuring we have a shared understanding of the progress children are making and can discuss what we can do together to support further progress. We want to make sure you have a clear picture of how your child is performing in school both academically and socially and have the chance to ask questions.

CPA's pupil leaders were on the door at Parents' Evening to greet and guide families and numerous parents commented on how polite and helpful the children had been. I know the children relished the opportunity to take on responsibility and to confidently welcome our guests. Their self confidence and warmth shone through and they were excellent ambassadors for the school.

Dates for your diary

Mon 1st May 2023 - Bank Holiday
Mon 8th May 2023 - Bank Holiday

Sats Week; 9th May to 12th May

Half Term Holidays:

Half Term Ends;
Thurs 25th May 2023
Half Terms Starts;
Mon. 5th June 2023

Attendance

The class with the best attendance this last week was:

1st place: 6KB
2nd place: 6LL
3rd place: 5RB

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: Gursharan and Sukhmani Year 6.

Name of staff member: Heather Withers Role: Welfare Assistant and Attendance

1. What do you enjoy most about working at Cranford Park Academy? I enjoy speaking with children and like knowing youngsters in different age groups.
2. How would you describe Cranford Park Academy to someone who does not know our school? Friendly and welcoming. There are kind, caring children at CPA, welcoming and helpful to any students in our school.
3. Do you have any hobbies? I like reading books and love walks with friends and family.
4. What is your favourite book? My favourite books are 'His Dark Materials' and 'The Thursday Murder club'.
5. What is your best memory of working here so far? When there has been a celebration or a party at school as children and teachers dress in unique clothes which shows that CPA children and teachers have their own way to make them unique. Secondly, I like to see children smiling and having fun.



Safeguarding:

We all want to keep our children safe. You've probably already talked to them about things like crossing the road safely. But have you spoken to them about how to stay safe from sexual abuse? We know it's a conversation no parent wants to have, but we believe it can feel just as natural, and be just as easy, as the road safety chat.

We call it talking PANTS. From P through to S, each letter gives an important message for children as young as four to help them stay safe.

That's why we want all parents to **talk PANTS** – because we know that talking regularly with children about these important messages really can help them stay safe.



P **Private** are private
Be clear with your child that your underwear covers up your private parts and what 'private' means. Explain to them that no one should ask to see or touch their private parts, or ask them to look at or touch anyone else's. Sometimes doctors, nurses or family members might have to. Explain that this is OK, but that those people should always explain why, and should ask them if it's OK first.

A **Always** remember your body belongs to you
Let your child know their body belongs to them, and no one else. No one has the right to make them do anything that makes them feel uncomfortable. If someone asks to see or tries to touch them underneath their underwear they must say 'No' – and tell an adult they trust. This might be a family member, teacher, support worker or a doctor.

N **No** means no
Make sure your child understands that they have the right to say 'No' to unwanted touch – even to a family member or someone they know or love. They're in control of their body and no one should ever make them do things that make them feel uncomfortable.

T **alk** about secrets that upset you
Explain to your child that they should always talk about stuff that makes them worried – and that sharing it won't get them into trouble. Explain the differences between 'good' and 'bad' secrets. Bad secrets make you feel sad, worried or frightened, whereas good secrets can be things like surprise parties or presents for other people which make you feel excited. Any secret should always be shared in the end.


S **peak** up, someone can help
Tell your child it's always good to talk to an adult they trust, about anything that makes them sad, anxious or frightened, so they can help. And it doesn't have to be a family member. It can be a teacher or a friend's parent, for example. Reassure them that whatever the problem, it's not their fault and they will never get into trouble for speaking out. They can also call Childline on 0800 1111 and a friendly person will help.




<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>

Well-Being:

At this time of year children may be anxious about change and transition especially with assessments etc coming up. Here are some tips to support your child at this time.

 Breathe slowly and deeply together.


You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works for them, gradually encourage your child to breathe out for one or two counts longer than they breathe in, as this can help their body relax.

 Sit with them and offer calm physical reassurance.

Feeling you nearby, or holding your hand or having a cuddle if it's possible, can be soothing.

 Try using all five senses together.


Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste.

 Reassure them that the anxiety will pass and that they will be okay.

It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.

 Ask them to think of a safe and relaxing place or person in their mind.

If you haven't tried this before, agree with them when they're feeling calm what this place or person is. It could be their bedroom, a grandparent's house, a favourite place in nature or somewhere they've been on holiday. Sometimes holding a memento of a relaxing place, like a seashell or pebble, can help.

 Encourage them to do something that helps them to feel calmer.

This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, watching a favourite film or reading a favourite book.



Events:

Road Safety

In order to improve road safety and manage congestion around Cranford Park Academy, we are asking parents to consider making a parking pledge. Please see attached link for more details.

<https://forms.office.com/e/w0vGvfRfaC>

Have your say on services for young people.

Young people, families, carers, partner agencies and community organisations are invited to have their say on new proposals for the youth offer for Hillingdon.

The borough's current offer is mainly a static, single-use buildings-based model. Attendance rates have dropped, and young people have told the council that they would prefer services to be closer to home and in different formats.

The proposed new youth offer sets out the council's commitment to creating a wider programme of more modern, relevant, flexible and digital services for young people to receive the support they need, in their communities, to help them reach their potential.

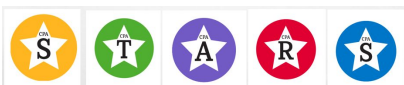
To view the strategy and have your say, visit www.hillingdon.gov.uk/youth-offer-strategy

Principal awards:

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

Very well done!

Yashrajsinh Hardipsinh Chudasama



Events

Thank you to all the family and friends of the Reception children who made their Easter Fair a great success. Together we have raised £565 for learning resources in Reception.



Events

With the month of Ramadan coming to a close, Year 3 and 4 were very lucky to have been presented an assembly all about the Islamic festival of Eid and how it is celebrated. This assembly was led by some of the children in Year 5 and 6 who were keen to share their experiences.



Curriculum Showcase:

Nursery

Nursery have been reading The Very Hungry Caterpillar.



We are now waiting patiently for our caterpillars to become butterflies just like the one in the story!



Self-confident Trustworthy Ambitious
Respectful & Responsible Supportive

Curriculum Showcase:

Reception

Reception have been learning about the life cycle of a butterfly. We have been lucky enough to have 5 real caterpillars in each class. We can't wait to watch them grow into each stage of the butterfly life cycle.



Curriculum Showcase:

Year 1

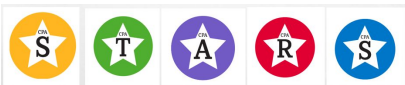
This week, as part of our History learning about the Victorians, the year 1 children were visited by a Victorian teacher. The children took part in a role play where they got to experience what it would have been like in a Victorian classroom. The children although they found the teacher very scary and strict, loved the experience and have an appreciation of how lucky they are to learn in the present day!



Curriculum Showcase:

Year 2

Year 2 had a visit from our local fire station. The firefighters brought the fire engine along and spoke to the children about fire safety and all the equipment they use. This was part of our Great fire of London topic where the children learnt all about life back in 1666 and the impact of not having fire engines in the past. They all had a great time and loved having the opportunity to ask the fire fighters some questions.



Curriculum Showcase:

Year 3

Children in Year 3 have been working hard on their handwriting. Look at the progress Jimmy in 3SH made between January and March!

1) The puppy had lost both ears and she was being
 sick. ^{so}
 2) I like the color purple and red is my favorite
 color. ^{but}
 3) Remy was to drink water
 4) I invited my friends over and we had a party
 5) We eat pasta sometimes and we ate ice cream
 6) I was out of school so was not at school
 7) today is my birthday so my mum bought me a cake.

Wednesday 21st March 2020
 Aunty I can write a diary entry in a diary journal.
 Dear Diary 1.02.2020. Fri. 20.20
 Today I woke up and I saw the same thing I see every day. Which day we
 are sick and that of it so many people like I wish I lived in a tropical jungle.
 The same day as usual. I hope to clean up my diary on Saturday.
 I wish people didn't like it. What kind of diary is that?
 I clean every day people stop. What is stop? I want to live in a jungle.
 like there are animals with beautiful hair. I want to see people who are
 around the jungle. talk about trees, water, people. why do people like there
 coloring pages? I am as happy as a clown. I was in a beautiful
 jungle. but I woke up and saw horrible weather. I went to pick up my school
 bag and burning diary.



Curriculum Showcase:

Year 3 Contd.

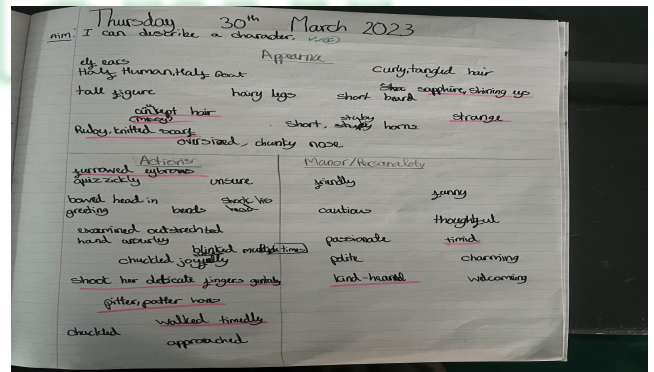
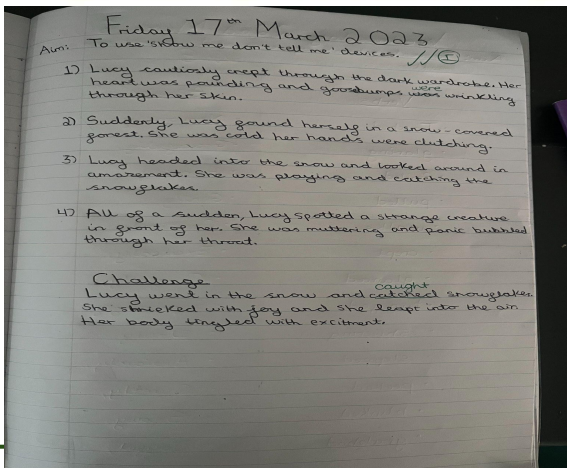
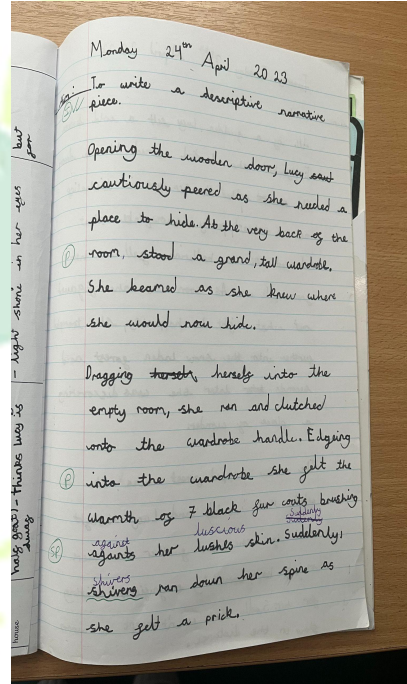
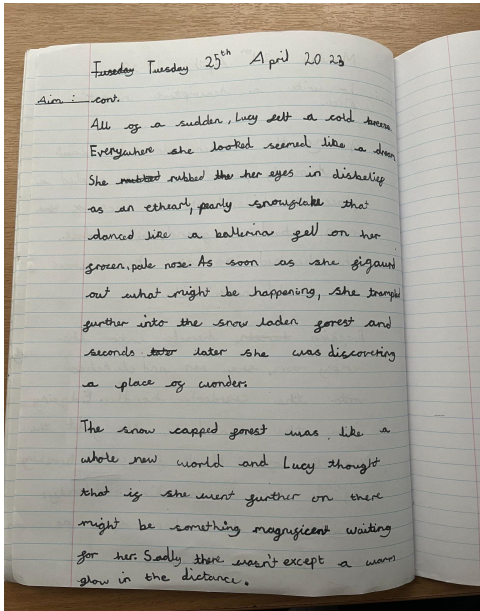
Year 3 have enjoyed learning how to play badminton. They applied all the skills and rules they had learnt in their final match!



Curriculum Showcase:

Year 4

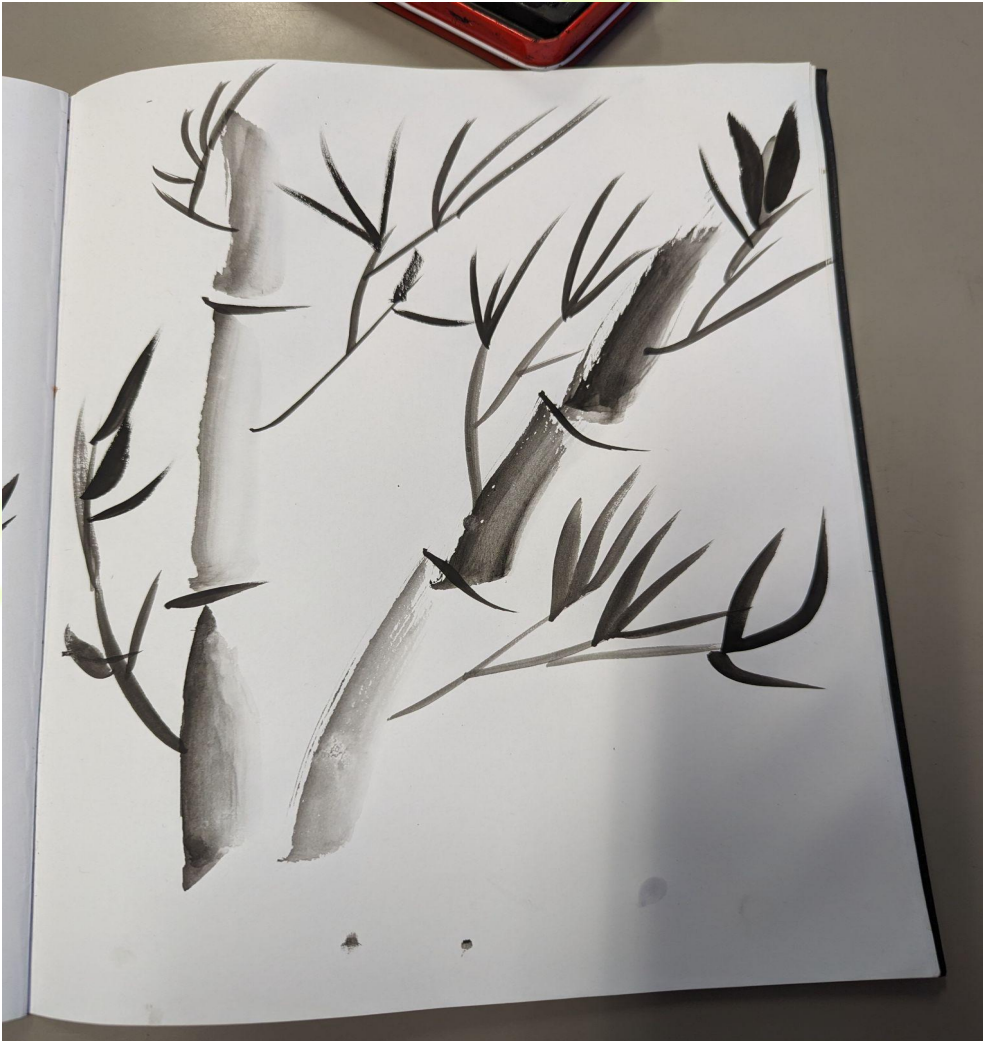
Year 4 have been working extremely hard on producing excellent narrative descriptions based on Narnia.



Curriculum Showcase:

Year 5

Year 5 have started looking at Chinese art and are currently attempting to use watercolours to recreate the styles of art called "The Four Gentlemen". We look forward to sharing our work with you all later in the term.



Curriculum Showcase:

Year 6

Year Six have been learning about writing persuasive letters in their literacy lessons. They thought of a topic that was very important and relevant to them - reducing pollution caused by the school run - and wrote letters to parents to try and raise awareness of this issue. Here are two examples.

Cranford Park Academy

Phelps Way,
Hayes,
UB3 4LQ
24 April 2023

Dear Parents/Guardians,

I am writing to you to inform you about the school run. We must reduce the number of cars outside Cranford Park Academy. This is a very important matter and I hope you will consider this seriously. My reasons for this are written below.

Firstly, I have noticed that the more traffic we have outside our school, the more the environment is being affected and 1 in 4 cars in traffic are on the school run. Furthermore these cars alone are responsible for half a million tonnes of harmful carbon dioxide. This is very harmful for the parents and children, who walk to school. We must stop this immediately. When I walk to school, I can see too many cars waiting in the traffic, beeping their horns. I can smell the smelly petrol coming out from them. I usually find it hard to breathe when I walk past the endless cars. I cannot believe how people survive with the strong smell, when they are walking to school. In addition, I see the infinite amount of vehicles at the parking area waiting for their children, but with their engines on. This increases pollution and carbon dioxide. I hope you know this could cause a very big disaster.

Secondly, I would like to discuss about children's physical health. I have noticed some of my friends get easily lazy and sometimes they are not really active when they are coming to school (especially by car). This affects children's health and they won't be able to concentrate during class. I am 100% sure you wouldn't want that. If you live near Cranford Park Academy and you still come to school by car, this will have a huge impact on your child/children. Do you want your child to have a healthy lifestyle? What I really want is for your child/children to walk or cycle to school. I am sure this will help their physical & mental health. Are you always busy at work? Do you feel guilty that you might not have time to spend with your child/children? You should certainly walk or cycle to school because this improves the relationship between a parent and a child. Also, you should talk to your child more often when you walk to school. (This will make your child feel more confident during class, more happy when he/she is talking to classmates or teachers around the school and active during break and lunch time. Did you know walking can help many illnesses as well?)

Finally, and perhaps most importantly, I wish to draw your attention to an essential situation about the pedestrians, who walk to Cranford Park Academy. Pedestrians are forced to walk on the road because there are too many cars there. This is VERY dangerous since cars may be too speedy and you might be walking on the road. Moreover, some children go to school alone so this situation will be very unsafe.

In conclusion, I am sure you will regard this situation and soon agree with me. I hope my letter had enough information you needed to know. Thank you for reading this letter and I hope this can change the way we are parking cars during our school run.

Yours Faithfully,
Gursharan Kaur 6LL



Curriculum Showcase:

Year 6

Cranford Park Academy
Phelps Way
Hayes
UB3 4LQ
3rd March

Dear Parents and Guardians of Cranford Park Academy,

Did you know that one in five cars on the road during the morning rush hour are on the school run? While I understand that it may be easier to drive to school, this causes a large issue for schools and more importantly their pupils. Therefore, I believe that the high volume of cars that surround our school during the school run has to be reduced. It is for the well being of my fellow peers that I am writing this letter.

Firstly, as a taller student of CPA, I personally have never encountered this issue but I know many others have. Starting in year five, pupils of CPA can go to and from home by themselves. This causes an issue as lots of children, who are home alone, are shorter than the height drivers can comfortably see. Even parked cars can cause problems for children.

A parked car can easily block a walkway, forcing a child to walk around and come face-to-face with an oncoming car. Tired of the constant traffic? Cut down on congestion by taking a method of active travel. A walking bus is a good way to get familiar with your neighbours; taking a bus or scooter helps reduce congestion as well; and simply walking can be a cost effective way if you can't afford the bus or a scooter. Parking your car further away, or using a method of active travel will heavily benefit not only your child, but also other children.

Secondly, I know that large amounts of congestion can be frustrating, leading to the use of cursing from angry drivers. However, when younger children hear these words - new vocabulary - they tend to repeat it at home, or worse - at school. This could lead to others repeating it and punishments for saying these words. If your child is old enough to know not to say these words, the cars can still affect them. Pollution can cause many problems for a person's health. This will cause a child to miss out on necessary education, leaving them to fall behind on their learning and causing them to lack important skills. Staying outside helps a child to focus more on school: the fresh air helps a child to wake up and pay attention to their schooling.

Did you know vitamin D - from the sun - helps keep a child happy? Vitamin D allows endorphins - a type of chemical in your brain - to be released and they cause your child to remain happier during the school day. The NHS recommends at least an hour of exercise everyday for a child and forty-five minutes for you. A short walk to and from school can make a big difference for you and your child. If our goal is achieved, then you and your child can socialise with other parents and children, as well as get to know your neighbours.

We, at CPA, hope you will take action to prevent the masses of cars flooding the streets outside our school. I hope my letter was sufficient to make you take action.

Will you take action?

Yours sincerely,
Sadikchhya Waiba
Class 6GD



Mrs Hall's Recommended Reads

April 2023 Issue



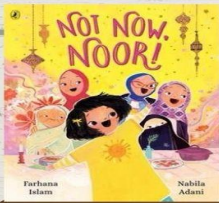
Nursery and Reception



A bouncy reminder that we don't have to take life too seriously all the time, this happy picture book is great to read aloud! Children will enjoy the rhyme read aloud and the repeated instruction encourages plenty of audience participation at story-time too.

Don't Be Silly by Padmacandra

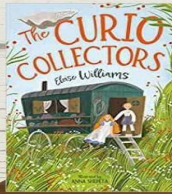
Year 1 and 2



Not Now, Noor! tells the story of a curious child and her perseverance in trying to find an answer to her important questions. Her quest to find the reason why the women in her family wear hijabs becomes a celebration of Muslim women and a joyful look at Noor's happy family life.

Not Now, Noor! by Farhana Islam

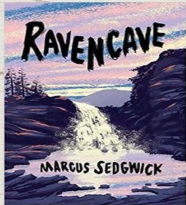
Year 3 and 4



The Curio Collectors entwines family, history and adventure in a charming story with engaging characters and a satisfying conclusion. This story will draw you in slowly and gently and then build tension and drama as the story unfolds into a historical mystery complete with dastardly villain.

The Curio Collectors by Eloise Williams

Year 5 and 6



This unsettling, compelling and beautifully written story of family discord, loss, grief and ghosts is a profoundly moving exploration of the connections between those we love and those in whose footsteps we follow.

Ravencave by Marcus Sedgwick