



Principal's update

I am writing for your support with two areas of concern. The first is pupil attendance and punctuality, Whilst most children arrive at school at 8:40 am prompt and ready to learn there are a number of children who always arrive at 8:55 am or later and therefore miss out on vital learning time every day. Please make every effort to get your child to school at 8:40 am every day so they can maximise their progress and not feel the pressure of arriving in a hurry and walking in late to lessons. I am also concerned at the high levels of regular absence for some of our families. Attendance below 90% is classed as **persistent absenteeism** and as a result we have to inform Hillingdon local authority. When attendance is that low, both learning and social skills are undoubtedly affected. Please ensure your child attends every day unless they are very unwell. My second concern is around road safety and particularly on the St Dunstan's Gate. I have a few specific concerns:

- Cars who just stop in the road near the gates and get their children to jump out and cross the road often without looking carefully because they are in a hurry- this is very dangerous.
- Pedestrians who walk on the road by the school gates and treat the road like it is an extension of the pavement. Again this is worryingly dangerous and I am very concerned there will an accident if this continues. Please walk only on the pavement.
- Inconsiderate drivers who drive far too fast near the gates and who park on the kerb near the gate blocking cars and pedestrians and making the area more unsafe.

PLEASE can we all work together to keep children and families safe. Thank you for your support.

Dates for your diary

Easter Holidays:

Term Ends;
Fri . 31st March 2023
Terms Starts;
Mon. 17th April 2023

Attendance

The class with the best attendance this last week was:

1st place: 6KB
2nd place: 4GB
3rd place: 6GD

Meet the Staff:

CPA has a pupil journalist team who take it in turns to interview staff members. This interview has been carried out by: Jazmeen and Bhumi from Year 6.

Name of staff member: Mrs Mezret Role: French Teacher and LSA

1. What do you enjoy most about working at Cranford Park Academy? I love to work with children as they are hard-working.
2. How would you describe Cranford Park Academy to someone who does not know our school? This school is very inspiring and it's a big happy community.
3. Do you have any hobbies? I really enjoy reading in my free time.
4. What is your favourite book? My favourite book to read is The Enchanted Wood by Enid Blyton.
5. What is your best memory of working here so far? My best memory of working in Cranford Park Academy is my first day because everyone was so kind and friendly.



Safeguarding:

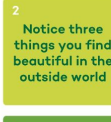
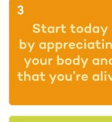
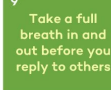
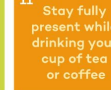
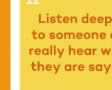
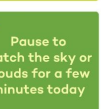
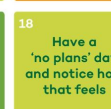
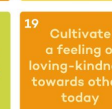
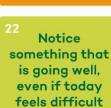
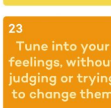
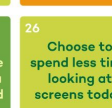
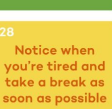
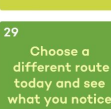
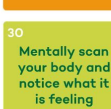
Social Media - TikTok?

Like most social media platforms, there are concerns over the safety of children using TikTok because of the content they could potentially be exposed to. As the demographic of TikTok has widened, so has the type of content accessible on the platform. Currently, the minimum age of use for TikTok is 13 years old meaning that no child at Cranford Park Academy should be having access to TikTok. However, again we are aware that many of our children have access to this. With this in mind, parents must monitor usage and educate children about keeping safe whilst using the app. On the next page there is a guide to everything you need to know about TikTok.

Well-Being:

Take a minute to look at the well-being calendar and prioritise your well-being...

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Set an intention to live with awareness and kindness	 2 Notice three things you find beautiful in the outside world	 3 Start today by appreciating your body and that you're alive	 4 Notice how you speak to yourself and choose to use kind words	 5 Bring to mind people you care about and send love to them		
 6 If you find yourself rushing, make an effort to slow down	 7 Take three calm breaths at regular intervals during your day	 8 Eat mindfully. Appreciate the taste, texture and smell of your food	 9 Take a full breath in and out before you reply to others	 10 Get outside and notice how the weather feels on your face	 11 Stay fully present while drinking your cup of tea or coffee	 12 Listen deeply to someone and really hear what they are saying
 13 Pause to watch the sky or clouds for a few minutes today	 14 Find ways to enjoy any chores or tasks that you do	 15 Stop. Breathe. Notice. Repeat regularly	 16 Get really absorbed with an interesting or creative activity	 17 Look around and spot three things you find unusual or pleasant	 18 Have a 'no plans' day and notice how that feels	 19 Cultivate a feeling of loving-kindness towards others today
 20 Focus on what makes you and others happy today dayofhappiness.net	 21 Listen to a piece of music without doing anything else	 22 Notice something that is going well, even if today feels difficult	 23 Tune into your feelings, without judging or trying to change them	 24 Appreciate your hands and all the things they enable you to do	 25 Focus your attention on the good things you take for granted	 26 Choose to spend less time looking at screens today
 27 Appreciate nature around you, wherever you are	 28 Notice when you're tired and take a break as soon as possible	 29 Choose a different route today and see what you notice	 30 Mentally scan your body and notice what it is feeling	 31 Discover the joy in the simple things of life		

ACTION FOR HAPPINESS

Happier · Kinder · Together



What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION 13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-synching and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 89p to an eye-watering £88 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-synching and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become 'TikTok famous'. While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 18s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

The Park Federation Young Musician of the Year Competition

On Wednesday 15th March, 2 CPA students were selected to represent the school at this prestigious music competition. There were 16 performers in total from the 8 Federation schools. Our children both sang solos and wowed the audience with their beautiful voices. A really impressive performance!



Family Support Worker Focus:

Some useful points of support

Young Minds: supporting children and young people's mental health

Mind: adult mental health support and information

Refuge: domestic abuse support

Principal awards:

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

Very well done!

Abhigya Majumdar 6KB

Dimitri Richardson 6LL

Ibraheem Hassan 4KS

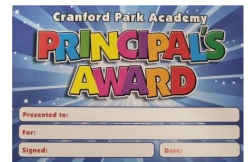
Aiza Saulat 4KS

Aahil Adil 4KS

Japveer Benipal 4KS

Ryanveer Singh 4KS

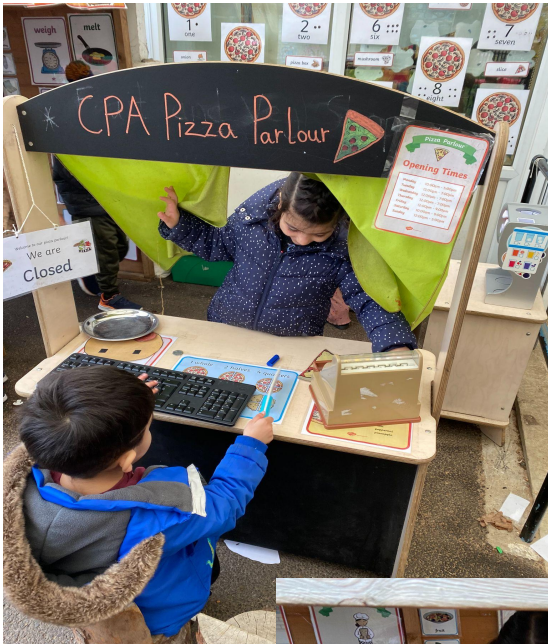
Jimmy Head 2SH



Curriculum Showcase:

Nursery

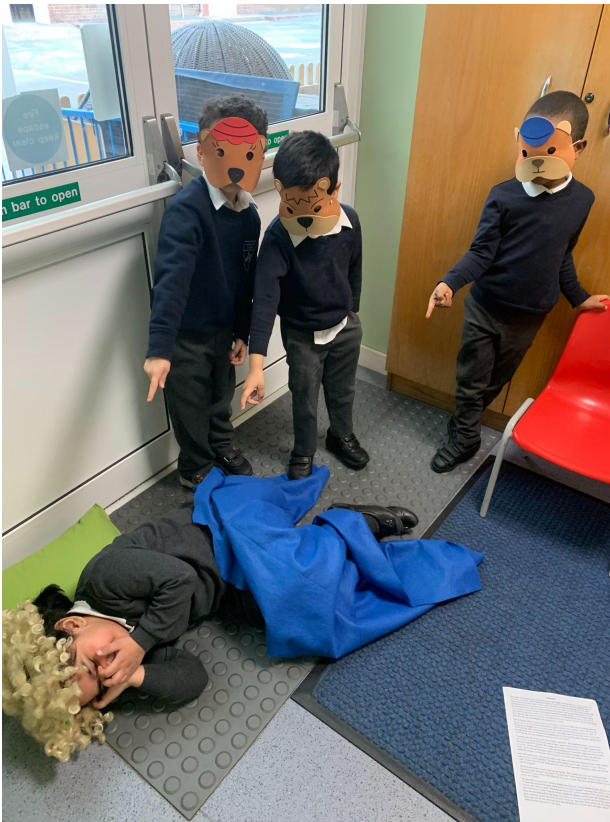
The Nursery opened a Pizza Parlour this week! The children have enjoyed taking orders and making pizzas with lots of different toppings.



Curriculum Showcase:

Reception

"Reception have loved learning about the story of Goldilocks and the Three Bears. The children had so much fun acting out the story and demonstrated fantastic design and technology skills when making new beds and chairs for the bears!"



Curriculum Showcase:

Year 1

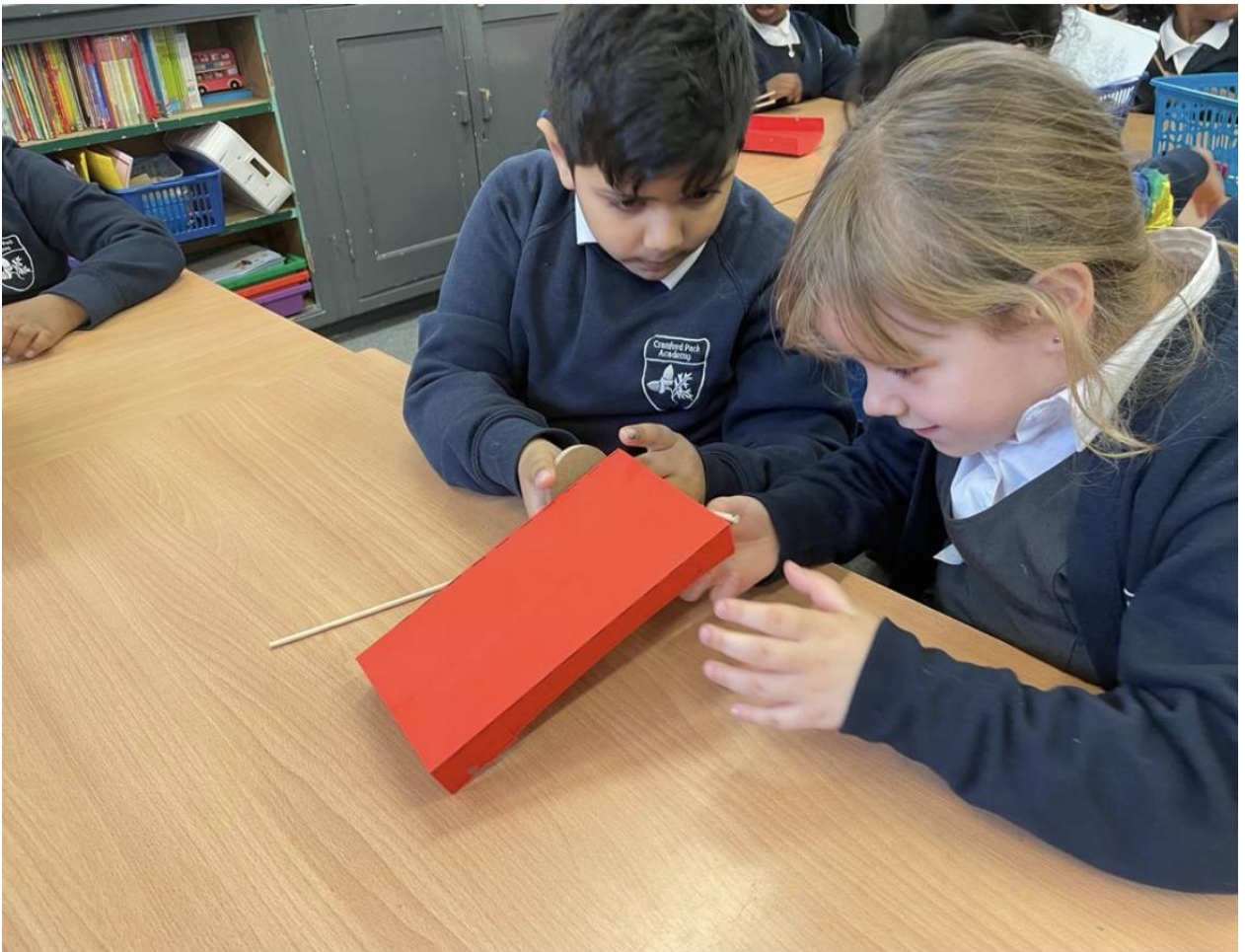
Year 1 had a wonderful time celebrating 'World book day' – the children and teachers made a great effort to dress up as their favourite book character. To finish our day of exciting activities we invited our parents to our class for a book tasting café where the children shared a book and a biscuit with their guardians. We were overwhelmed with the number of parents who joined us, we hope they enjoyed it as much as we did!



Curriculum Showcase:

Year 2

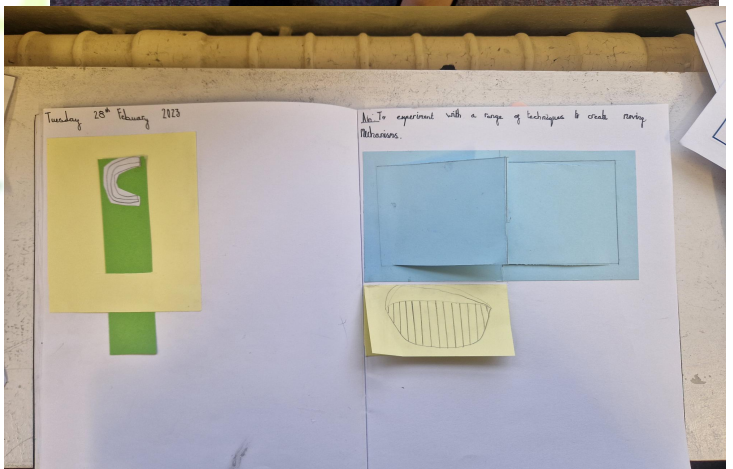
In year 2, we are making fire engines and here we are constructing the first part of our model using a chassis, wheel and axle.



Curriculum Showcase:

Year 3

In this terms Design and Technology unit, Year 3 will be creating their very own storybook. Year 3 have been enjoying exploring different mechanisms, which they will use to create their own storybooks!



Curriculum Showcase:

Year 4

Year 4 were able to put their enquiry and observation skills to the test this week as they became scientists and carried out their own investigation. Their investigation question was: How do different liquids have an effect on our teeth? Here, the children are carefully examining and interpreting the results.



Curriculum Showcase:

Year 5

Year 5 really enjoyed their Science Week activity. We focussed on designing and completing fair tests. We looked at how to compare the variables which make sugar cubes dissolve and how to create lava lamps using chemical reactions.



Curriculum Showcase:

Year 6

Year Six have really enjoyed pairing up with a younger class to be reading buddies this week. They have very happy memories of times they read with the 'big' children and have continued the memory-making cycle through sharing a good book.



Report by Safiyyah Rahman - Year 6 Pupil

Ramadan

It is that time of year when Muslims around the world begin preparations for the holiest month in the Islamic calendar, Ramadan. Ramadan is one of the 5 pillars of Islam and is the 9th month of the Islamic calendar. During Ramadan, people observing the fast will refrain from eating and drinking between sunrise and sunset. This means that Muslims will have a meal in the morning before sunrise, known as Suhoor and will not eat again until sunset, known as Iftar.

Ramadan remembers and celebrates the month when the Qur'an, the Muslim holy book, was revealed to Prophet Muhammad (peace be upon him) by the Angel Gabriel in AD 610. Muslims believe that Prophet Muhammad (peace be upon him) is the last prophet who received the teachings of Allah and spread the Islamic faith. Ramadan is a time of reflection and focus for Muslims on their faith and is a time to perform generous acts. It is a time of devotion to Allah by fasting, praying, doing good deeds and giving up poor habits. Fasting during Ramadan reminds us of the suffering of people around the world who are less fortunate and poorer than us. It is also an important time to give to charity.

Eid-UI-Fitr is the big celebration that marks the end of Ramadan. Families celebrate by attending special prayers at the mosque, wearing new clothes and come together and rejoice with food, drink and gifts. Although Eid marks the end of fasting, Muslims also give thanks to Allah for their strength to complete the month of Ramadan.

At Cranford Park Academy there will be many children who wish to observe Ramadan so I have put together some tips to help them have a safe and healthy Ramadan:

- Ensure you have a nutritious and balanced meal at Suhoor.
- Drink plenty of water at Suhoor to help with thirst during the day.
- Avoid too much sugar and salt in meals.
- Conserve your energy and keep activities at break and lunchtimes to a minimum.
- Spend some time to reflect or pray in the prayer room.
- Take rest breaks whenever possible, both at home and school.
- Most importantly, if continuing with your fast makes you unwell, then breaking your fast is advised.

Ramadan Mubarak

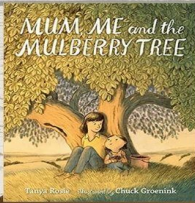


Mrs Hall's Recommended Reads

March 2023 Issue



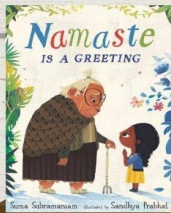
Nursery and Reception



This book is a gentle story of family and the importance of small rituals in our lives, highlighting the part they play both in appreciating the present moment and in the happy memories they create - it is a perfect bedtime read!

Mum, Me and the Mulberry Tree by Tanya Rosie

Year 1 and 2



This book is peaceful and vibrant, still and energised, busy and slow all at the same time. A bit like life. Such a beautiful resource for any classroom or library where mindfulness and well-being are a fundamental part of the culture.

Namaste Is A Greeting by Suma Subramaniam

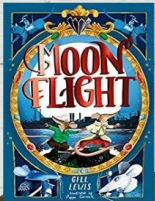
Year 3 and 4



A spellbinding adventure, bound-up with traditional folk and fairy tales, The House with Chicken Legs transports readers to a world of spells and spirits bound by ancient rules and one girl who longs to break free.

The House with Chicken Legs by Sophie Anderson

Year 5 and 6



An epic adventure, appealing characters, secrets and betrayal, legends and curses, stories and lies all bind together in this exciting adventure full of danger and bravery. Gill Lewis has created a fantasy world that asks questions of our own and encourages children to seek out the truth and recognise what really matters in their lives.

Moonflight by Gill Lewis

Useful information

Following a migration of management systems we need to update our records of email addresses for parents. Please scan the barcode below and update your email. Thank you.



Nursery and Reception starters - September 2023

As your child starts school soon, now is the ideal time to get school ready. It is important that your child is up to date with their vaccinations, especially their pre-school boosters to avoid illness from preventable infections. With recent alerts about the increased numbers of children being unwell through vaccine preventable infections, such as measles, polio, and influenza, protecting your child through vaccination not only reduces their risk of illness, it also helps reduce infection transmission to the small number of children for whom vaccinations cannot be given.

For more information on why getting your child vaccinated is important, please go to: <https://www.hillingdoncyp.cnwl.nhs.uk/0-4-years/health-care/getting-your-baby-vaccinated>

Please contact your GP surgery to check your child's vaccination record and book an appointment for vaccinations.