



## Principal's update

I think we are all aware that the cost of living crisis is impacting on many people and as a school we are keen to offer support to families who are facing difficulties. Recently CPA has also welcomed refugee families who are facing particular challenges currently. We are keen to make sure all families are welcome at CPA and I am proud to say that many staff as well as some of our families have donated money and items to help families who may be struggling.

One of CPA's ex pupils and previous Head Boy Yusuf decided he wanted to do more to help and created a crowdfunding page. He achieved great success with this initiative and managed to raise a wonderful £350 which CPA will use to purchase uniform for families who may be struggling financially. What an amazing achievement! We are hugely grateful to Yusuf for his continued support for CPA.

Yusuf's Mum is rightly proud of him! 'I am proud of Yusuf for thinking about others and wanting to make a difference. The support he received from family, friends and the wider community has been fantastic. Without everyone's generosity this would not have been possible.'



## Dates for your diary

Half Term; Mon 13th Feb to  
Fri 17th Feb 2023

World Book Day;  
Friday 3rd March 2023

## Attendance

The class with the best attendance this last week was:

1st place: 6GD

2nd place: 5AK

3rd place: 6DS

**It will be a non-uniform day for 6GD on 10.3.23, well done!**

## Meet the Staff: Ted Sanders- Premises Manager

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

### What do you enjoy most about working at CPA?

What Ted enjoys most about CPA is that there are lots of new things to do.

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

He would describe the school as having a great and happy environment. The students and staff also have a lovely smile on their faces.

### Do you have any hobbies?

One of his hobbies is being a scout leader, running scout meetings and teaching life skills.

### What is your favourite book?

Did you know Ted's favourite book is Alone on the ice? The book is non-fiction and based on a man called Douglas Mason who walked 1000 miles alone in the Arctic.

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

One of his best memories was when a little bird flew into the downstairs corridor then it flew into a year one class. He spent half an hour getting it out.

Another memory is when he stood on the roof of the school and watched our jubilee parade in the school grounds with all of the bright colours.



## Safeguarding:



### Online Safety

#### Did you know?

All social networking platforms and apps have minimum age limits. Some social networks use technologies that might not be appropriate for some ages, or engage with communities that are made up of people much older than your child.

#### What can I do to keep my child safe?

1. Think about online routines: Have a conversation with your child about online safety and agree some rules to help keep them safe.
2. Have a conversation about online pressures and cyberbullying: Remember to talk to your child about what they are doing online and who they are talking to. Check in with them regularly and remind them they can talk to you, another trusted adult, like a teacher, or a ChildLine counsellor about anything they are worried about.
3. Set up devices safely: Make sure you set it up with your child, exploring any safety features. Remember to use parental controls!
4. Keep children safe on conferencing apps: Supervise your child when they use these apps; remind your child not to share chat links or passwords on social media; explore any security features like how to report and block; talk to your child about what they are sharing.

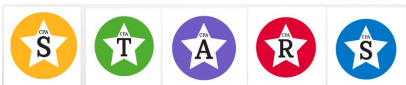
## Well-Being: Mental Health

### We all have mental health.



Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have a 'small' feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings:

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."



## Events:

### Reading Ambassadors

The Reading Ambassadors had their highly anticipated trip to the British Library today! We had an inspirational creative writing workshop lead by an actual author and enjoyed exploring the treasures of the library!

Here are some short excerpts of the creative writing pieces our Reading Ambassadors created during their workshop! We can't wait to find out what happens next in their stories..

#### The disappearance of the Globe

Written by Simreen Kaur 5AK

There once was a man called Willem, who was 24 years old, that was really bored in his office. He held his head in his hands and slumped on his chair. He looked around his small office and saw a golden fountain pen. Without hesitation, he picked the fountain pen and rolled it up and down, back and forth. He knew his colleague, Zialm, who was 31 years old was not going to be happy if he used his special pen. Willem did not listen to the ringing voice in his head that was walking in his brain and slid the pen across the paper. He closed his eyes and drew some scribbles in a circle. He let his imagination flow in the large circle.



#### The beginning of the end

Written by Agostinho Mendes 6KB



In a time not so far away, a new and interesting thing is happening which may cause the end of the human race. Unless, it can be stopped, which is the mission of Jakob and Jack who are eager to be called heroes. It all started when a young boy by the name of Edward wanted to start a dangerous project of which he had no idea was dangerous. He was creating a virus that would end up causing an apocalypse. Jakob and Jack were walking until...

They heard a whisper. As quick as a flash the two stood back and listened."Have you heard? There's a whole new apocalypse about to happen. It has already started in the middle east and is drastically spreading. I heard that it causes humans to shrivel up and die."Was the last thing they heard before the people walked away.

Not knowing how to help, the brothers began to brainstorm ideas, they went through many until. Ding!

"Let's make a vaccine!" suggested Jack.

"I agree."replied Jakob Knowing that this is the best idea they would get for a long time.

After returning to their school, they went to their school lab which their teacher was coincidentally in. The two had to do their project in secret otherwise they'll be caught not being at their classes. The two first had to get a sample of the virus to create the vaccine.

They had no clue that this adventure was far more difficult than they originally thought and that their lives could be at stake. Knowing what will happen if everything goes wrong, the boys begin their journey. To be continued...

**Events:**

**Reading Ambassadors Contd**

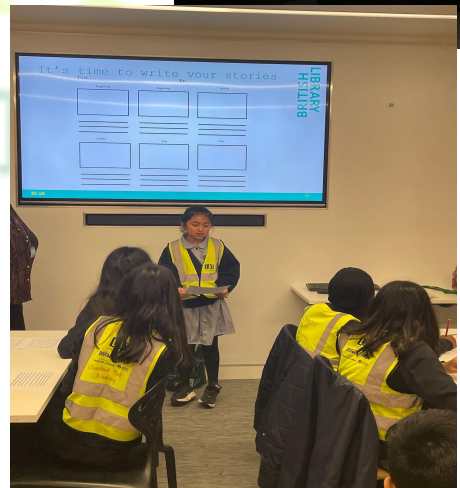
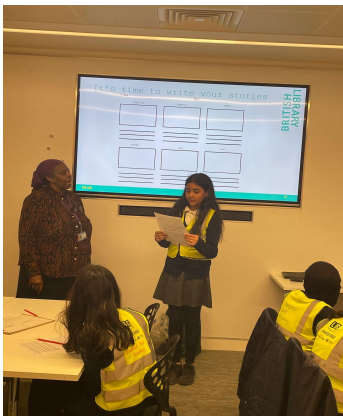
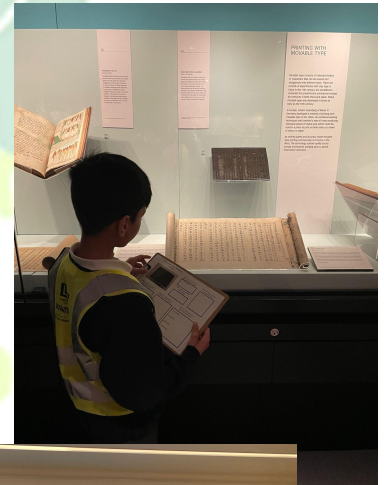
**Musical Mysteries**

Written By Ayaan Butt 6RH.

"Ugh, I;m so bored!" uttered Zachary.  
 "What shall we do then, dim-wit" groaned William  
 "We may as well open our small present from Auntie Zoe" Zachary remarked.  
 The twins had made a bold decision. They would open their gifts from their freakish auntie. Like animals hunting, they dashed to their room. As Zachary reached for the mysterious box in the dusty cupboard, William pushed him back and stated "Leave this to me, I;m older than you."  
 "Just by a few milliseconds," exclaimed Zachary.  
 "Still older" voiced William.  
 Reluctantly, he went down the stairs and his smile turned into a frown.

Looking left and right, William grabbed the gift with his bare hands. Although it was weighty, he didn't ask Zachary for assistance since he would think that Will was a weakling.

"I've got it!" he yelled.  
 "Thee need help?" Zachary eagerly asked.  
 "Thank you, but no," Will sighed.



## Events:

### Young Voices

Young Voices Competition - Wembley Ovo Arena.

The children have been preparing for this event since September. It all came to fruition on the evening of Monday 6th February when the children, together with 4,000 other school children from around the country, sang their songs. Their singing was magnificent and their teachers, Mrs Homenuk and Miss Bediako, were extremely proud of them.



## Family Support Worker Focus:

MyHealth are running FREE Asthma workshops for parents who have children with Asthma on Monday 6<sup>th</sup> March and Monday 3<sup>rd</sup> April. The sessions will be run by the Hillingdon Hospital asthma nurses giving the chance to learn from health professionals and to ask them questions directly.

The workshops will be run online via ZOOM from 4pm - 5pm you can register your FREE place here:

<https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397>

You can also contact the MyHealth team on tel: 01895 543 437 or [nhsnwlccg.myhealth@nhs.net](mailto:nhsnwlccg.myhealth@nhs.net)

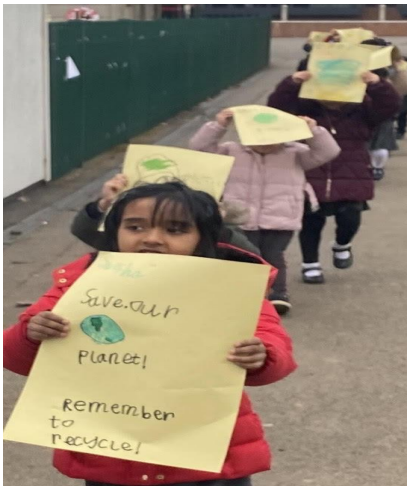


Self-confident Trustworthy Ambitious  
Respectful & Responsible Supportive

## Curriculum Showcase:

### Reception

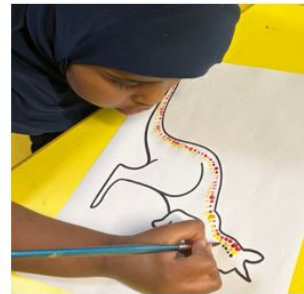
Reception have been learning about Greta Thunberg in their Understanding of the world lesson. They thought about how they can protect the planet and then made posters to show ways in which we could all help to prevent global warming and protect all species. They then went on a peaceful protest around the school and even picked up some litter along the way.



## Curriculum Showcase:

### Year 1

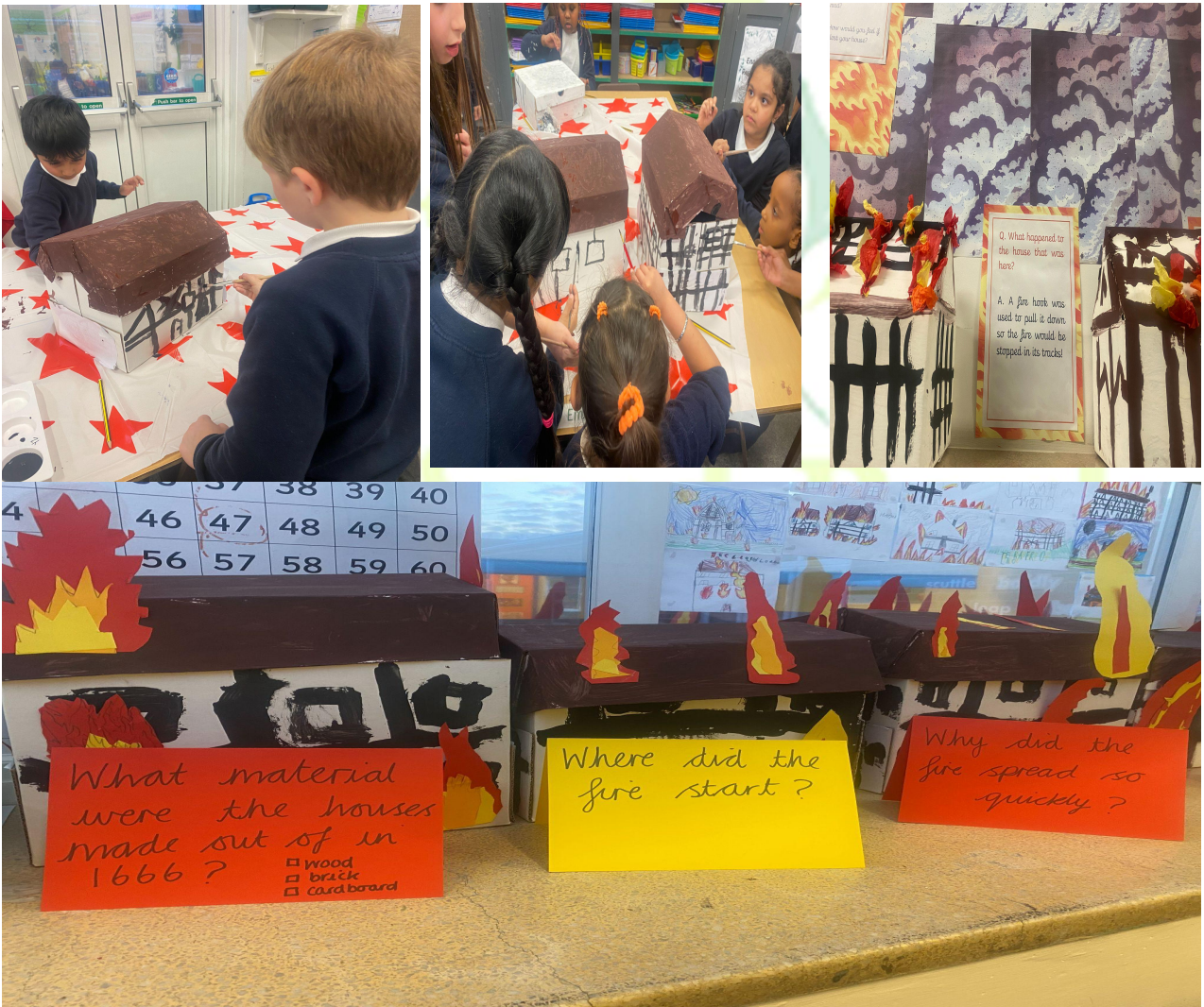
Year 1 have been learning all about the United Kingdom in geography. To conclude our learning we compare the United Kingdom to Australia, where we look at the differences in weather, physical features and the types of animals that are native to Australia. We then did some Aboriginal style painting of animals that we learnt about in Australia – what a great job we did!



## Curriculum Showcase:

### Year 2

Year 2 have loved learning about The Great Fire of London the half. In the topic we used different sources to help us find out about how the Great Fire of London started and investigated how the fire spread so quickly by creating our own street from 1666 looking closely at the features of the houses in 1666 and how buildings have changed over time.



## Curriculum Showcase:

### Year 3 Writing - Melinda Griciuhin

#### The Minpins

One sunny, ordinary day, a boy called Billy sat on a chair gazing out of the window at the spine-chilling Forest of Sin. Well, it wasn't spine-chilling for Billy. Of course! He was a daring little boy. At his age boys were alarmed by the Forest of Sin. Suddenly, he heard a swoosh and he heard a voice. He knew it was his... Devil! Billy's devil was there since he was very little. The devil slowly persuaded him to go into the eerie Forest of Sin. But he said it as a joke. Yeah he was a penny-pinching devil. The devil said to Billy "There are mouth-watering strawberries in the Forest of Sin waiting for you". So Billy decided to go into the Forest of Sin for fun! Of course! He was a daring little boy. He went because home was dull. So he grabbed his jacket but ignored his mother and didn't take his hat. He carefully opened the window and slowly tip-toed out into the garden, he ran fast to open the garden gate and there he stood in front of the spine-chilling Forest of Sin. Just then, Billy started nervously walking into the Forest of Sin. A few steps ahead, he saw colossal, emerald trees in front of him, he heard birds chirping but it wasn't a nice one, it was a ghastly, intimidating one. Billy heard a strange din and turned around. He saw ruby, topaz and boiling smoke behind him. Billy sprinted around the whole forest trying to find a cave for safety. A few steps ahead, he saw a tree trunk ahead of him and he skipped bushes and logs to get to the branch on the tree trunk but the weird, odd and unknown creature was right behind him. Billy thought it was maybe the blood-sucking-tooth-placing-spittler. Billy grabbed the branch and pulled himself up into the tree. Billy entered a world of leafy, emerald leaves up ahead of him. Just then, Billy found a branch (technically it was next to him). So Billy sat on it. He was enjoying his time. Then, out of the corner of his eye, he made out small, peculiar faces spying on him. Around the side, more and more and more faces came out, it was like the city of Tokyo but only in a tree full of hundreds and thousand of leaves.



## Curriculum Showcase:

### Year 4

Children in year 4 have been learning to play the ukulele in their weekly music lessons.



## Curriculum Showcase:

### Year 5

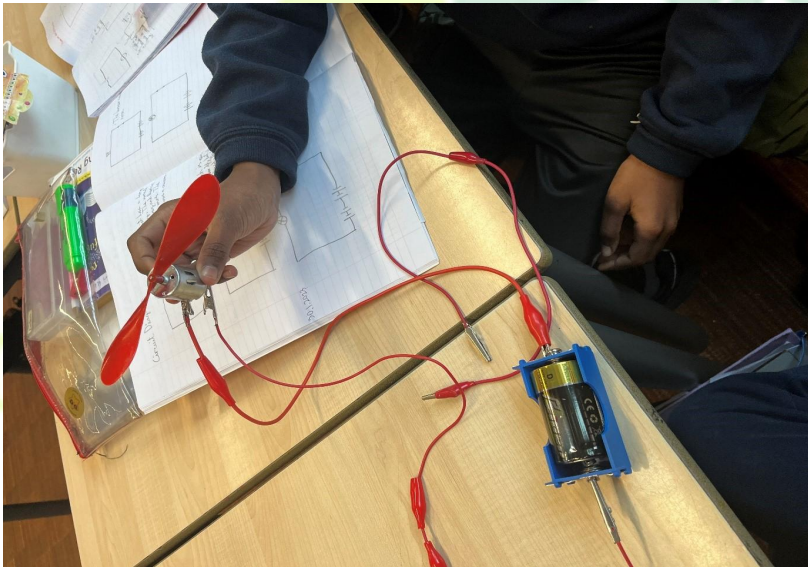
Year 5 have been working on their textiles work this half term. We are taking scenes from traditional stories and turning them into textile images. Next half term will allow us to take our drawn images, turn them into templates and then cut and sew material to complete our scenes.



## Curriculum Showcase:

### Year 6

Year Six have been learning about electricity in Science. They have made different circuits, using a variety of components, and have investigated the effects that adding switches, extra wires and batteries has on the circuit. The picture is showing a motor which is powering a propeller. They have also learnt how to use universal symbols to draw their circuits so that others could build exactly the same circuit, in the same way, just by following the diagrams



**Mrs Hall's recommended reads:**



## Mrs Hall's Recommended Reads

February 2023 Issue - Poetry



**Nursery and Reception**

*Blending rich imagination with heartwarming tenderness, this gorgeously illustrated collection of poems from the acclaimed Joseph Coelho is perfect for reading aloud to little ones.*

**Blow a Kiss, Catch a Kiss by Joseph Coelho**



**Year 1 and 2**

*From the creators of Nature Trail comes an uplifting picture book about the power of people, and the importance of connecting with others. This timely poem reminds us all to be kind to one another.*

**People Need People by Benjamin Zephaniah**



**Year 3 and 4**

*Perfect for confident children and shy readers alike, this book teaches all sorts of clever ways to performing poetry. Children will learn 20 techniques for reading aloud by trying out 20 funny and thoughtful original poems.*

**Poems Aloud by Joseph Coelho**



**Year 5 and 6**

*This emotive poetry anthology is divided into four sections, each exploring a different aspect of migration. Enhanced by timeless pen and ink drawings from Quentin Blake, this is a deeply moving, enduring poetry collection. In an insightful introduction, Rosen describes migration as an intrinsic part of human history, which has led to the development of richly diverse societies around the world.*

**On The Move by Michael Rosen**