



## Principal's update

Happy New Year! A very warm welcome to families to the Spring term. It is wonderful to see how hard children are working and how excellent their behaviour continues to be. A recent visitor to CPA was struck by how polite and considerate CPA children are and made sure this positive feedback was passed onto me. The children continue to make me very proud. Well done CPA children!



Thank you so much to families who ensure that their children always arrive promptly at 8:40 am ready to learn and who have had excellent attendance this year so far. I am concerned by the numbers of families who have taken their children out of school during term time. Any day of schooling missed has an impact and longer periods of time significantly affect progress as well as social development and well being. Like all schools we follow up on absence very closely and unfortunately we have had to refer many families to the local authority for a fine. I urge all families to please reconsider any future plans to take children abroad during term time- it impacts hugely on your children.



## Dates for your diary

Staff Training Day;  
Friday 3rd Feb 2023

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

## Attendance

The class with the best attendance this last week was:

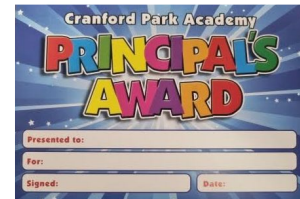
1st place: 6KB  
2nd place: 5RB  
3rd place: 4EJ



## Principal awards:

Congratulations to the following children who have received a Principal Award this month.  
Very well done!

Jovan Takhar 5SM  
Birkanwaal Singh 3TG



## Safeguarding:



It has come to our attention recently that there are some families who do not have up to date contact information on the school system. Please can we ask if your contact information changes or the adults that are allowed to collect your child changes that you let the main reception know but also your child's class teacher.

If you know that you are unable to collect your child from school and you are sending someone else to do so then please inform us at main reception ASAP so we can let teacher's and the children know who they are expecting to collect the child.








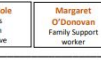



### CPA Safeguarding Team

If you have a safeguarding concern about a child please contact:

 Lorna Mitchell Designated Safeguarding Lead	 Ramya Loganathan Deputy Designated Safeguarding Lead
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If they are not available please contact one of the team members below:

 Helen Walter VP for Y3 & 4	 Stewart Matthews SLT	 Sarah Evans Principal
 Holly McGrath Nursery teacher	 Cathy Howells SENCO	 Shirley MacLaurin Reception teacher
 Lewis Cole Sports Coach Be Active	 Margaret O'Donovan Family Support worker	 Rob Walter Y2 teacher

## Well-Being:

Happy New Year to all our CPA families! Each new year offers and exciting opportunity for a fresh start and new beginnings. No matter what your goals are for the coming year or how many resolutions you plan on making for 2023, ringing in the start of a new year is a moment to acknowledge.

### Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or shot	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

Happier · Kinder · Together

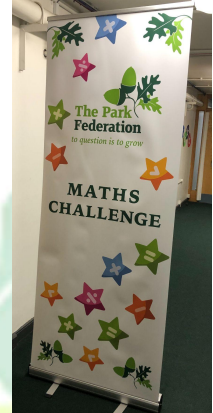
 <b>Giving</b> Do kind things for others	 <b>Relating</b> Connect with people	 <b>Exercising</b> Take care of your body	 <b>Awareness</b> Live life mindfully	 <b>Trying Out</b> Keep learning new things
 <b>Direction</b> Have goals to look forward to	 <b>Resilience</b> Find ways to bounce back	 <b>Emotions</b> Look for what's good	 <b>Acceptance</b> Be comfortable with who you are	 <b>Meaning</b> Be part of something bigger

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

## Events:



On Wednesday 25th January the annual Federation Maths Challenge took place in CPA's upstairs hall. Well done to our Year 6 team for being selected to represent us at the event. Some great Maths skills were on show



## Family Support Worker Focus:

My name is Margaret O'Donovan and I have been working in Education for 22 years and at Cranford Park Academy for the past 11 years as a Family Support Worker.

I offer practical help and emotional support to families experiencing short or long term difficulties particularly around parenting and wellbeing of children. I support families in various ways including practical advice and support around routines, boundaries and behaviour.

I promote the safety and well being of children and their families which increases the strength of families, increasing parents' confidence in their parenting abilities.

I mentor pupils and support them to develop socially and emotionally.

I refer families to community services including Young Carers, GROW Program (Get Ready for Work) and Charities. I also refer families with housing issues to the local MP who can advocate for them.

My ultimate goal is to empower parents and support them to create a healthy family environment and to support pupils to achieve their potential.

I am here to help and If you need any support or advice, please contact me on 07771614981.



## Curriculum Showcase:

### Reception

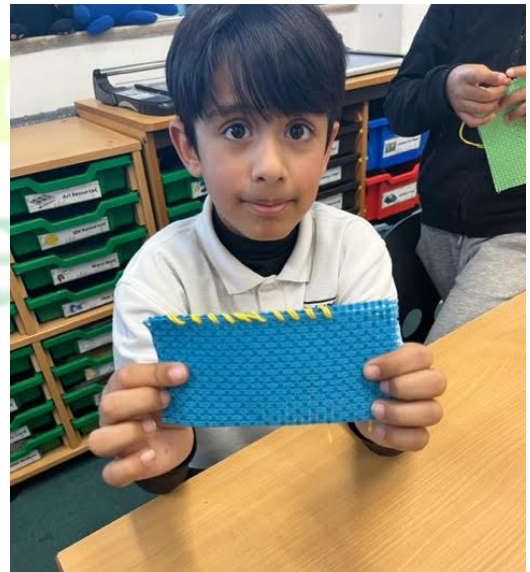
Reception have loved learning the story 'We're going on a Bear hunt'  
We have enjoyed retelling the story, acting it out, and creating our own pieces of work."



## Curriculum Showcase:

### Year 4

Year 4 enjoyed practicing and learning how to sew different stitches in DT last week. They are very excited to use these skills to make their very own felt pencil cases!



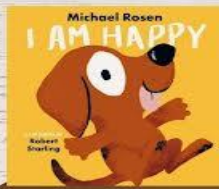
## Mrs Hall's recommended reads:

### Mrs Hall's Recommended Reads

January 2023 issue - Happy New Year!



#### Nursery and Reception



This fantastical flight of fancy captures the most joyful of toddler moods, encouraging children to explore their own imagination and celebrate their feelings. A terrifically uplifting read-aloud from the master of rhyme, Michael Rosen, is coupled with brilliantly bold illustrations from Robert Starling.

**I Am Happy by Michael Rosen**

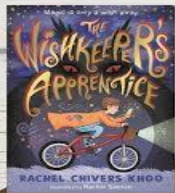
#### Year 1 and 2



A new book from award-winning illustrator Mariajo Ilustrajo, *Lost* is the story of a polar bear who finds himself lost, in a big concrete city. This is a story about the power friendship has to help you feel found, and even to transport you home.

**Lost by Mariajo Ilustrajo**

#### Year 3 and 4



When Felix makes a very special wish, he doesn't expect to be offered a job as an apprentice to wishkeeper Rupus Beewinkle. Now Felix must save the town's wishes from the wishsnatcher, who wants to destroy hopes and dreams everywhere.

**The Wishkeeper's Apprentice by Rachel Chivers Khoo**

#### Year 5 and 6



Bea was only meant to be visiting Ravenwood when her father took her to his old family home to see her uncle and give her mother a break. But Bea loved the place so much – and her mother did need her rest – so Bea ended up staying. *The Rescue of Ravenwood* is an evocative and atmospheric story that will appeal to budding eco-warriors.

**The Rescue of Ravenwood by Natasha Farrant**