



Principal's update

As we all know eating healthily is vitally important for both our physical and mental wellbeing. I am currently working on drafting a Healthy Eating Policy for CPA to help clarify expectations and standards in school. I thought it might be useful to share a few reminders and ideas around this area.

Break time snacks

It is absolutely fine if you wish to provide a healthy snack for break time for your child. However the emphasis is on it being something healthy such as a small **piece of fruit or some chopped vegetables** such as carrot sticks. Snacks such as crisps, chocolate or cereal bars are not suitable as they contain high levels of sugar and/or salt.

School Lunches

Pabulum, our school meal providers have to follow very strict government guidelines on uses of **fresh healthy ingredients** and **suitable portion size**. So if your child is having a school meal you can rest assured that they are having a healthy amount and balance of food types.

If you opt to provide a packed lunch this is also fine but it can sometimes be a challenge to stick to healthy options especially if your child is a somewhat fussy eater. The NHS has an excellent web page with ideas for children's packed lunches so that you can ensure a varied and healthy mix. A couple of ideas from there are below the link to the website.

[Lunchbox ideas and recipes – Healthier Families - NHS](#)



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

Drinking

CPA is a **water only** school and seeks to encourage children to solely drink water as it is by far the healthiest drink option. Ideally children bring in a reusable water bottle each day so they can keep hydrated. A few years ago our pupil leadership team introduced the idea of **no single use plastic bottles** as part of our environmental work and I would ask parents to support this by using reusable bottles rather than to buy single bottles of water. Many thanks for your continued support.

Dates for your diary

Staff Development Day:

Friday 23rd May 2025

Half Term:

Mon 25th - Fri 30th May 2025

End of Term:

Tuesday 22nd July 2025

Attendance

The class with the best attendance this last week was:

1st place: RW
2nd place: 5RW
3rd place: 4KS

It will be a non-uniform day for on, well done!



Safeguarding:

It is important to revise the pants rule with your children. This will empower them to understand that their body belongs to them and they can say 'No'.

- P**– Privates are private
- A**– Always remember your body belongs to you.
- N**– No means no
- T**– Talk about secrets that upset you
- S**– Speak up, someone can help you.




LEARN THE UNDERWEAR RULE
TALK PANTS AND YOU'VE GOT IT COVERED!

PRIVATES ARE PRIVATE
Parts of your body covered by underwear are private. No one should ask to see, or touch them. No one should ask you to touch or look at parts of their body that are covered by underwear. Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first.

ALWAYS REMEMBER YOUR BODY BELONGS TO YOU
It's your body, no one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.

NO MEANS NO
You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.

TALK ABOUT SECRETS THAT UPSET YOU
Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.

SPEAK UP. SOMEONE CAN HELP
Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – or even ChildLine.

ChildLine 0800 1111
NSPCC Ready to address most stig. TEL: 1163

Well-Being:



Get out, do something meaningful!

Meaningful May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS Happier · Kinder · Together



Family Support

5 Steps to mental wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

Do

- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- arrange a day out with friends you have not seen for a while
- try switching off the TV to talk or play a game with your children, friends or family
- have lunch with a colleague
- visit a friend or family member who needs support or company
- volunteer at a local school, hospital or community group
- make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart



Family Support

2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- Raising your self esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some of the things you could try include:

- try learning to cook something new. Try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills
- work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint



Family Support

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home

5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness 'mindfulness'. Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.



Curriculum Showcase:

Garden Rooms

The children in Garden Rooms have been looking at the Very Hungry Caterpillar story. Also, we have been watching our butterflies grow from tiny caterpillars!

We have done lots of artwork inspired by our topic on mini beasts. We have used different techniques including using collage, printing and painting.



Curriculum Showcase:

Nursery



The nursery children were full of excitement as they watched the butterflies take their first flight! After carefully watching them grow from tiny caterpillars into beautiful butterflies. The children all gathered together to say goodbye and watched each butterfly flutter away into the sky.

Curriculum Showcase:

Reception

The Reception class has been roaring into the world of dinosaurs! They've become budding paleontologists, eagerly digging into non-fiction books to unearth fascinating facts about these prehistoric creatures. This factual knowledge has fueled their fantastic fact-writing skills. The children have also been engaging in exciting role-play, imagining themselves as paleontologists making incredible fossil discoveries and bringing the ancient world to life



Curriculum Showcase:

Year 1



Year 1 completed our DT unit on homes. We designed the interior and exterior of a house. We used a variety of 'junk' materials and equipment to make a two roomed house. Our aim was to make a door and windows for the exterior of our house and for 3 pieces of furniture to put inside our house. We worked hard; cutting, bending, taping and designing to make our very own model houses, didn't we do a great job – budding architects!

Curriculum Showcase:

Year 2

Year Two, have created some beautiful pieces of artwork inspired by observational drawings of tulips.

As part of their Art learning, they explored the work of artist Georgia O’Keeffe, focusing on how she used close-up views and bold colours to capture the beauty of flowers. They also experimented with a variety of sketching techniques and learned how to shade using watercolours. Their final pieces are a wonderful celebration of both their artistic development and creativity—they should be very proud!

Year 2's Georgia O'keeffe inspired observational drawings



Curriculum Showcase:

Year 3

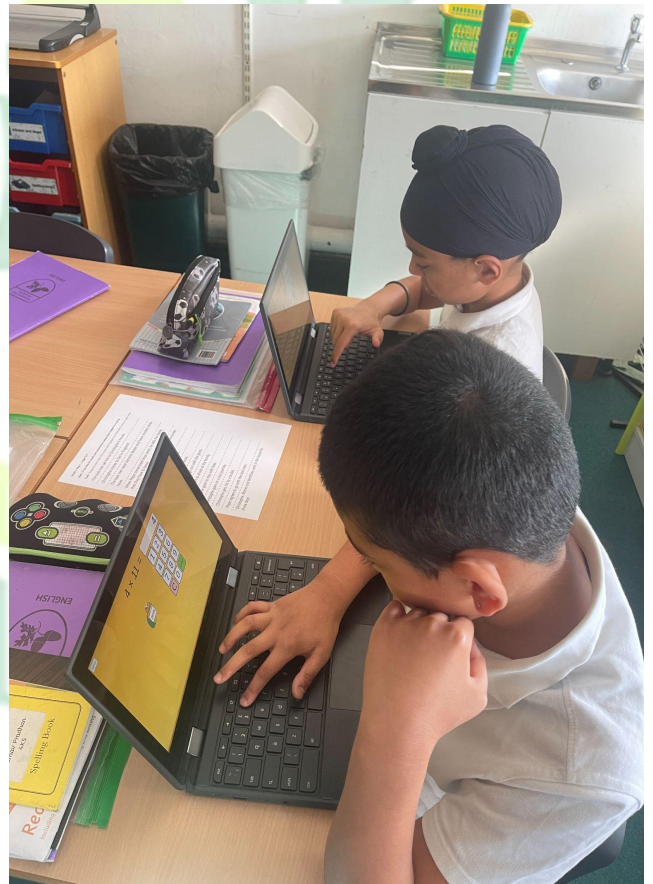
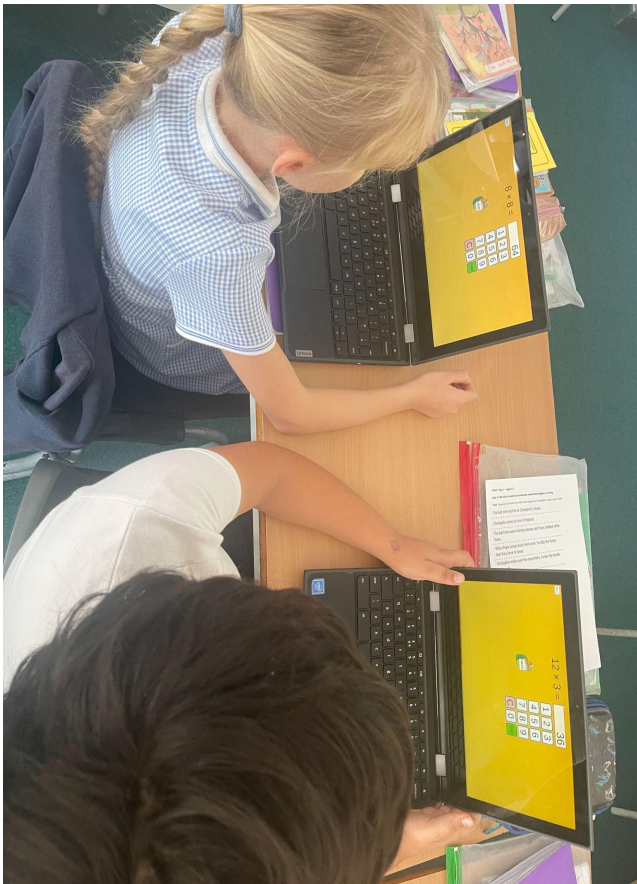


The Ancient Greece workshop buzzed with an infectious energy, as the children transformed into Greek Gods/Goddesses to re-enact well known Greek myths. The children did an amazing job with using props, exaggerating their voices and using the stage to produce outstanding performances. Also, they had the opportunity to experience democracy in Athens, as well as participating in some activities from the original Olympics!

Curriculum Showcase:

Year 4

The children in Year 4 are gearing up for the upcoming MTC check with daily practice.



Curriculum Showcase:

Year 5



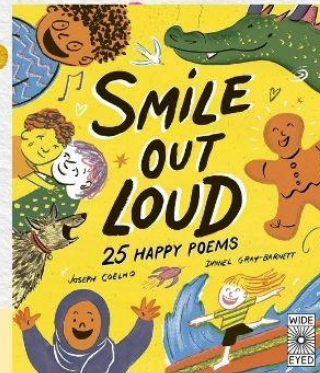
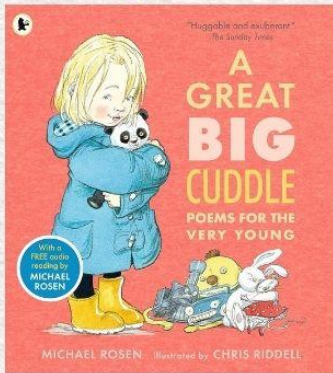
Y5 had an unforgettable day stepping back in time at Hampton Court Palace! The children explored the magnificent Tudor Kitchens, wandered through the historic courtyards and even walked in the footsteps of Henry VIII. The visit brought our history topic to life and sparked lots of curiosity and great questions!

Curriculum Showcase:

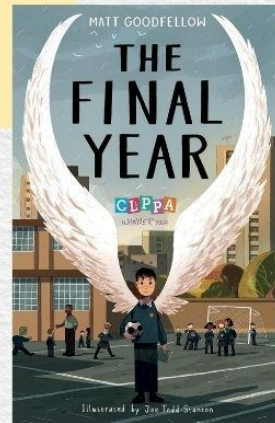
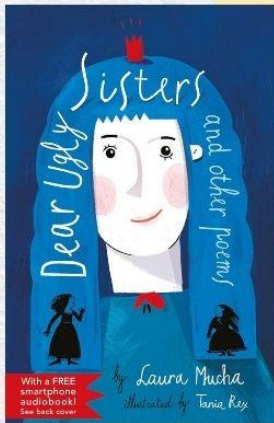
Year 6

We were really lucky to experience the guards practising for the ceremony of the King's Birthday Parade, also known as Trooping of the Colour. Then we had lunch and an ice cream treat. And we were very excited to bump into a very familiar face who has been more than happy to tell us about the history behind the amazing landmarks in London.



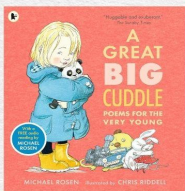


Mrs Matthews' Recommended Reads



Mrs Matthews' recommended reads:

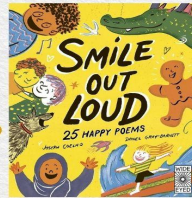
Nursery and Reception



A Great Big Cuddle by Michael Rosen and Chris Riddell

The poems in *A Great Big Cuddle* fizz off the page with sound and rhythm, energy and laughter. A child's world with all its details and feelings – toys and games, animals and made-up creatures, likes and dislikes – is vividly conjured up in the most memorable, playful language. It's a book that will be enjoyed by the oldest grown-up and the youngest child – and a future classic.

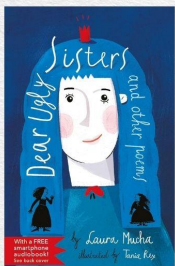
Key Stage 1



Smile Out Loud by Joseph Coelho and Daniel Gray-Barnett

From the fantastic duo behind *Poems Aloud* comes twenty five original poems designed to be read aloud to project confidence, conjure happiness, make you laugh or cheer others up. Some are odes, some can be said as personal mantras or just poems full of words that you can't help but smile when you hear them.

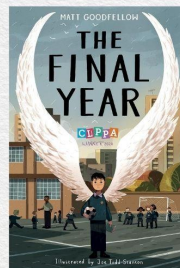
Lower Key Stage 2



Dear Ugly Sisters and other poems by Laura Mucha and Tania Rex

Original, dazzling and unconventional, this brilliant first solo collection has a surprise on every page. Go on a night flight, have a monster's lunch, immerse yourself in birdsong. Shout out an Apatosaurus rap before checking out Alexander Fleming's petri dish. Find fairy tales with a twist, poems to make you laugh - and reflective poems to think about. Full of variety, wit and warmth, this is a spectacular debut from a poet to watch!

Upper Key Stage 2



The Final Year by Matt Goodfellow

Life can be tough in your last year of primary school. Tests to take, preparing for the change to high school. Nate is ready for it all, knowing his best friend PS is at his side - they've been inseparable since Nursery. But when they are put in two different classes and PS finds a new friend in Turner, the school bully, Nate's world turns upside-down. As he struggles to make sense of this and forge new friendships, he's dealt another blow when his youngest brother, Dylan is rushed into hospital. His new teacher, Mr Joshua, sees a spark inside of Nate. A powerful and lyrical story about finding your place in the world and the people that matter within it.

Reminders

Start of school day

A reminder that school starts at **8.40 am**. Gates close promptly at 8.50 am, if your child arrives after this time they will be marked late.

Belongings and lunch

Please ensure all children arrive at school ready to start their day with all they need for the day including packed lunches.

Attendance - Penalty Notices

The school does not authorise leave during term time and unauthorised absences related to leave will incur a Penalty Notice of £80.00 per parent per child rising to £160.00 per parent if not paid within 21 days. If you have previously received a Penalty Notice, the charge is increased to £160.00 per parent per child.

Cranford Park
Academy

