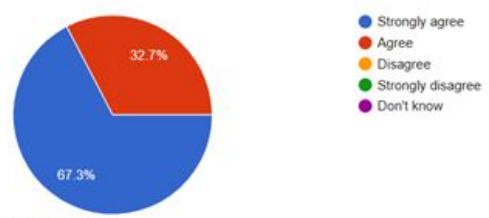


Principal's update

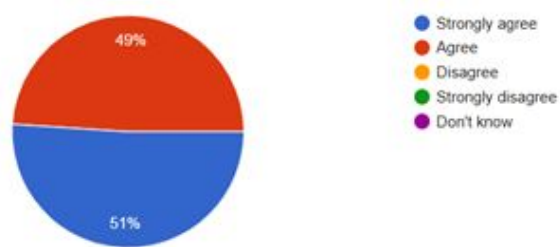
Welcome to the final newsletter of the academic year. I would like to thank all families for your continued support; it is an absolute pleasure to serve our families and children at CPA. I hope you all have a wonderful summer break.

Recently we sent out a parent survey and I thought I would share some of the headline charts from the survey responses here. It was great to get so much positive feedback. We are always keen to know what is going well and what we could do better.

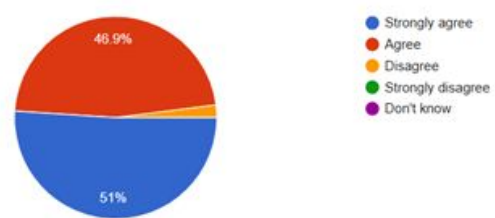
My child is happy at this school
49 responses



My child feel safe at this school
49 responses



The school makes sure its pupils are well behaved
49 responses



Dates for your diary

End of term;
 Tuesday 22nd July 2025
Finish Times;
 Garden Rooms, Reception,
 Year 1 & 2 - 2.15 pm
 Years 3 to 6 - 2.20 pm

School re-opens
 Wednesday 3rd September
 2025



Attendance

The class with the best attendance this last week was:

- 1st place: 5MD
- 2nd place: 1KN
- 3rd place: 4SM

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



Safeguarding - Transition to secondary school or giving your child a phone for the first time

GOOGLE FAMILY LINK APP

Whether your Y6 child is preparing to leave CPA behind and head off to Secondary school, or you as parents/carers are thinking of giving children phones for the first time, it is vital as parents/carers that we have conversations about staying safe online and being sensible with devices.

Due to the increase in issues with online safety, appropriate use of technology and the dangers of social media, I cannot stress enough the need for parents/carers to be monitoring how children are utilising technology and ensuring they are doing so safely and responsibly. It is you as parents/carers responsibility to do this.

As well as physically spending time checking your child's devices which is vital, a really helpful app that I can not recommend enough is **Google Family Link**. This app allows parents to monitor who their children are talking to online and shares their location, so for walking to and from home, this is perfect, including having control over what your child is posting, sharing and downloading. It gives parents/carers control of what apps their child is allowed to have access to; finally, it can even control when the child has access to the phone and when it is downtime. It is a highly beneficial app for parents wanting to support their child's independence but also teaching them responsibility. The app is available in the Android Play store to download or the Apple App Store.

Safeguarding - Staying Safe over the Summer

With the Summer holidays fast approaching, there will definitely be moments when students want to spend some of their downtime online. This guide is designed to help stop students from falling into the general pitfalls of the online world so that they can stay safe online this Summer.

Along with outings and Summer activities, screen time among young people is likely to increase a lot over the holidays. On the poster on the next page, there are useful tips for operating online. Firstly be kind to people and maybe share some feel-good content to spread positivity, try to take breaks and avoid binge-streaming shows or playing games all day, finally, why not have some screen-free time before bed and wake up ready to enjoy another day of Summer?

If you need any support or advice around keeping your child safe online, please let Miss Mitchell, Mrs O'Donovan or Mr Matthews know.



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Online safety tips for parents & carers to KEEP CHILDREN SAFE ONLINE OVER SUMMER

School's out... for summer! Yes, it's that time of the year again: around six weeks at home for ecstatic youngsters. For many young people, a bumper stint off school means a welcome chance to spend even more time with their games console, phone, tablet or smart TV. So whether your children are likely to be scrolling on Snapchat, nestling in front of Netflix or trying foes on Fortnite, we've put together some top tips to help you keep them safe online this holiday.

THERE'S NO NETWORK LIKE HOME

Teenagers, especially, tend to be delighted to find that a coffee shop, restaurant or shopping centre offers free WiFi. These public networks are much less secure than home WiFi, though, so discourage your child from making online purchases or entering personal details when out and about.

LIGHTS OUT, SCREENS OFF

This is a golden rule: try to limit how much screen time your child has towards end of the day. Staring at the screen of a phone or tablet for too long before bed severely impacts a child's quality of sleep – which can play havoc with their concentration, mood and energy levels the next day.

FOCUS ON FACTS

The internet is phenomenal at spreading gossip. When children of certain ages aren't in daily contact at school, the digital rumour mill can go into overdrive. Remind your child not to believe everything they're told online – especially if the person involved isn't around to provide their side of the story.

KEEP TALKING

It sounds blindingly obvious, but having regular chats with your child about who they're talking to online, what games and apps they're using and what shows they're streaming is a huge benefit. It doesn't have to be every day or even every week, but it can signal potential issues well in advance.

PRIVATE INFO STAYS PRIVATE

It's worth checking your child's social media or gaming profiles occasionally to make sure they aren't inadvertently giving away too much information. Details such as their full name, address or where they go to school could all be used to track them down by individuals with sinister intentions.

LIMIT SOCIAL AUDIENCES

When they're old enough, young people love to broadcast their summer holiday highlights all over social media. The unfortunate truth, however, is that we don't always know who might be viewing this content. Check the settings to ensure that only friends and family can see your child's posts.

DEMONSTRATE GOOD HABITS

Children often learn their digital behaviour from watching the grown-ups around them. So make sure your child observes you being positive and supportive on social media, for example – and, especially, sees that you know when it's time to switch the screen off, even though you're having fun.

WATCH FOR EXCESSIVE GAMING

With no school, children often take every opportunity to fit in 'just one more go' on their favourite game – sometimes at the cost of their daily routine, or having family time. A little extra gaming is to be expected in the holidays, but it could become problematic if it evolves into a recurring habit.

IT'S 'THE GREAT OUTDOORS' FOR A REASON

For most northern hemisphere-dwellers, this time of year is a rare opportunity to enjoy the outside world in pleasant weather. Remind your child how amazing it is to feel the sun on their back and fresh air in their lungs. Disney's and Minecraft will still be there on drizzly Sundays in October.

National Online Safety
 #WakeUpWednesday

www.nationalonlinesafety.com

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Well-Being:

Jump Back Up July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground
7 Shift your mood by doing something you really enjoy	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation
14 Get outside and move to help clear your head	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself
21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)
28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Why is it important to look after your family's wellbeing over the summer?

Although there are a lot of wonderful things about the summer (BBQs, sunshine and holidays - to name a few!), the summer season also brings with it many challenges, such as overly hot weather, financial stress, looming transitions and a lack of structure. For families with children, the summer can feel like an endless stream of complaining, a need for entertainment and big emotions that can lead to everyone experiencing symptoms of exhaustion and anxiety.

To keep everyone positive, happy and harmonious over the summer, it is important to prioritise wellbeing - including yourself! With a little bit of advance planning, there are many things that you can do to improve family wellbeing during the summer months, such as promoting time outside in nature, keeping cool and spending time together away from screens and devices.

Look out online for activities in your area that are free or eating places where Kids Eat Free for for £1 to enjoy some savings whilst making memories.



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Once the summer fun is over and it's time to get back to routine, use this handy guide to help you...

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school; whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently, so it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to break routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday 

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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Family Support Worker Focus:

Anxiety

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations. Here are some tips on how to help manage your own anxiety:

Tips to help with anxiety:

- Talk to someone you trust - Talking to someone you trust about what's making you anxious could be a relief. It may be that just having someone listen to you and show they care can help in itself. 
- Try to manage your worries - Anxiety can make it really hard to stop worrying. It can be helpful to try different ways of addressing these worries, such as: setting aside a specific time to focus on your worries or writing down your worries and keep them in a particular place.
- Look after your physical health – Try to get enough sleep, eat regularly and healthily to improve your mood and energy levels and try to do some physical activity.
- Try breathing exercises – Breathing exercises can help you cope and feel more in control. 
- Keep a diary - It might help to make a note of what happens when you get anxious or have a panic attack. This could help you spot patterns in what triggers these experiences for you, or notice early signs that they are beginning to happen. 
- Try peer support - Peer support brings together people who've had similar experiences to support each other

Ruby's Worry

Sometimes we might need ways to talk about our feelings, and when some of us might be feeling a bit anxious, it is important to recognise that our little ones might also be sharing these feelings. Here's a lovely story called Ruby's Worry that you might like to share with your children.

<https://www.youtube.com/watch?v=LWS0Q5oCUNE>



Family Support Worker Focus:

Coping toolbox and Self-Soothe Box

Try making your own coping toolbox and/or a self soothe box with your children to support their wellbeing and anxiety:-

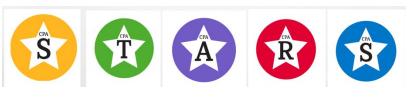
A coping toolbox is a box which contains a collection of skills, techniques, items and other suggestions that you can turn to as soon as you start to feel anxious or distressed. You should fill you toolbox with thing which remind you of a good time or that make you feel better. Examples of things you can put in your toolbox: Arts and crafts, bubbles, notepad and pen, cuddly toy, a list of activities you can do, photos that make you happy, a list of techniques to help you etc. If you do not have a container to put these items in you can find a special place to put them or draw/write a list of these things.

Why not make a 'Self Soothe Box' with your little one? It can be taken out in times of need, or when they might need a moment to calm down or relax.

All you need is a box or container, and then a range of sensory things to pop inside that will focus their minds. These could be: -

- Something to touch (something soft, cuddly, with a comforting texture)
- Something to look at (photos of special people/things/pets) • Something that the child likes to smell
- Something to hear (a wind-up toy or something with a comforting sound)

If you feel your child needs some extra support, please contact Margaret O'Donovan who will be able to help or signpost to services.



Curriculum Showcase:

Garden Rooms

Congratulations to our first ever Science ambassadors - Arwa, Anshveer, Gurarpan, Gabriel, Namary, Darian, Naksh and Maymouna. They all wrote very persuasive letters outlining why they would be great Science ambassadors. They are all very keen to work with the Science team next academic year.

Recently we all enjoyed a day at the science museum with Science ambassadors from Wood End Park Academy and Godolphin Academy. We explored the history of flight and listened to a talk on Amy Johnson, the first woman to solo fly from England to Australia in 1930. Then looked at vehicles and inventions of the modern world before looking at Green energy and the human body. The children were superstars! Mrs Howells



Curriculum Showcase:

Nursery

What an incredible day of fun, energy and teamwork. Despite the hot weather the children showed great enthusiasm as they took part in the races. Smiles and cheers filled the air, with plenty of water breaks and shady spots for the children to keep them cool. A big thank you to our families for their support and everyone that helped make Sports Day such a special memory!



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Curriculum Showcase:

Reception

The children had an absolutely fantastic time on their recent trip to the Bracknell Look Out Centre. They immersed themselves in a variety of thrilling activities, engaging in exciting science experiments and showcasing their creativity by building dens. The adventurous spirit shone through as they explored the activity centre, trying out new challenges and working collaboratively.



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Curriculum Showcase:

Year 1

Year have enjoyed finishing off the year with our Art unit on Self-portraits. We learnt about proportion and shapes and abstract art. We looked at Pablo Picasso for inspiration on how to make our own abstract self-portrait, we planned our design, then learnt some techniques on how to use our clay to help us make our sculptures. Then we followed our design to help us make our sculpture using a number of tools. Once our sculpture was dry we painted them – what amazing artists we have in year 1!



Curriculum Showcase:

Year 2

Sun, Sea and Smiles – Year 2 Beach Trips!

All of our Year 2 classes had an absolutely fantastic time on their beach trips to West Wittering this week! We were lucky enough to have beautiful sunshine on both days – perfect weather for paddling in the sea, building sandcastles, and enjoying the fresh sea air.

The children loved getting their feet wet, creating some truly impressive sandy masterpieces, and finishing off the day with a refreshing ice lolly – a well-earned treat after so much fun!

A huge thank you to all the parent volunteers and staff who came along to help. These special days out wouldn't be possible without your support – we really appreciate it!



Curriculum Showcase:

Year 3



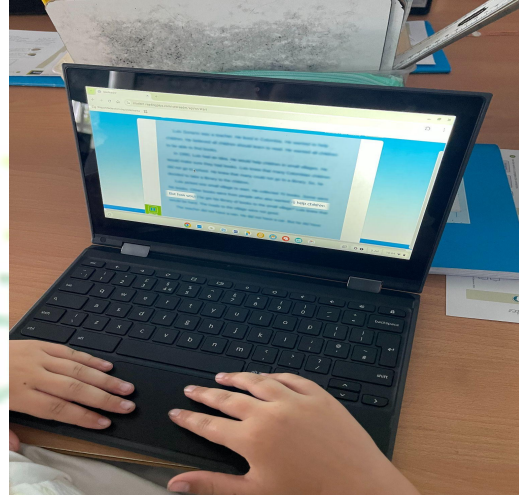
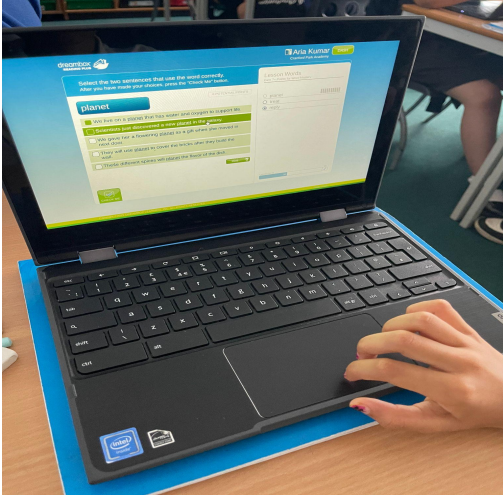
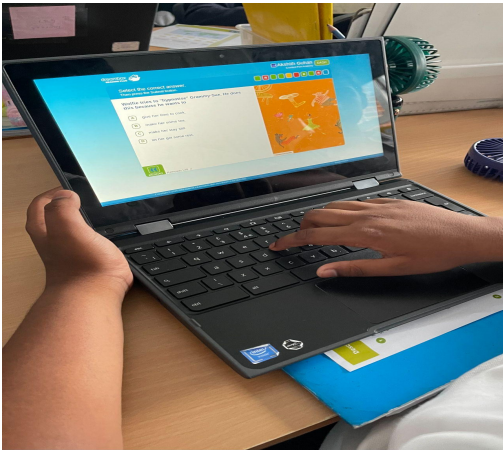
As part of our Science topic, Plants, we have grown our very own runner bean plant. We ensured the plant had the correct conditions - heat, air, sunlight and water. Look at how much it has grown!



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Curriculum Showcase:

Year 4



Year 4 are making great progress with their tasks in Reading Plus. This interactive resource allows them to select a wide variety of texts at their appropriate reading level.

Curriculum Showcase:

Year 5

Science in Y5

Year 5 got creative using Oreos to model the phases of the moon! A fun and imaginative way to learn — with a tasty treat at the end



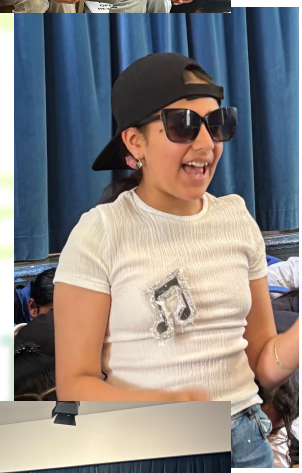
Our Year 5 children delivered their Head Boy and Head Girl speeches with such confidence and eloquence today. We are incredibly proud of them and wish them all the best of luck!



Curriculum Showcase:

Year 6

Year Six have thrilled every audience they have performed to with their leavers' show: 'the School-o-vision song contest'. Amazing acting, superb singing, dynamic dancing, perfect props and sensational scenery all came together brilliantly to produce a first-rate show to be proud of.



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Cranford Park Academy Newsletter

July 2025



www.cranfordpark.academy

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Mrs Matthews' recommended reads:

Nursery and Reception



The Grumpy Fairies by Bethan Stephens

Deep in the darkest forests, under rustling leaves, live the fairies. You probably think that fairies are good, kind and sweet. Well, a lot of them are. These helpful fairies take care of the forest and they're happy to do it. But I'm sorry to tell you that some of the fairies, particularly the littlest ones, are GRUMPY.

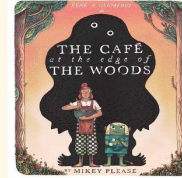
I mean proper grumpy.

I mean foot-stompy, frowny, bottom-lip-sticking-outy kind of grumpy.

I mean 'it's just one of those days' grumpy.

But these grumpy fairies better watch out. There's a goblin about, and grumpy fairies happen to be a goblin's favourite food...

Key Stage 1



The Cafe At The Edge Of The Woods by Mikey Please

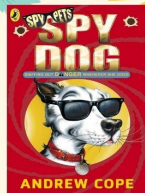
Welcome to the Café at the Edge of the Woods, the utterly charming and mesmerising new picture book from BAFTA award-winning writer Mikey Please.

Rene's dreams have finally come true! She's opened a café beside an enchanted wood, and with the help of a newfound waiter, Glumfoot, she is ready to serve the finest cuisine! But the locals seem to favour a most peculiar palette, requesting all sorts of disgusting things.

Can Glumfoot's quick-thinking save the day?

Join Rene and Glumfoot in this incredible other-worldly story full of magical humour, mythical creatures and culinary curiosities.

Lower Key Stage 2



Spy Dog by Andrew Cope

Forget 007, it's time to meet GM451: a Spy Dog - the first of her kind!

Distinguishing Features: Black and white mongrel, appears ordinary when working undercover, one black ear sticks up and the other flops down over one eye.

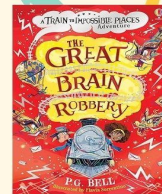
Skills: Whistling, computer skills, unarmed combat, five languages, PlayStation grandmaster and many others . . .

Employer: The Secret Service

Hates: Villains, injustice and crime

Current Mission: Escape an evil drug baron, go undercover, await retrieval by the Secret Service and try not to get too fond of the family she has chosen to look after her . . .

Upper Key Stage 2



The Great Brain Robbery by P.G. Bell

Suzy can't wait to return to the Union of Impossible Places on the Impossible Postal Express. But when she arrives, she overhears a dastardly plan to destroy Trollville from a shadowy and unexpected villain. Suzy and her friends must race from magical cloud-worlds to secret caverns to catch the culprit, before Trollville comes crashing down...

