



## Principal's update

A very warm welcome to the start of the new academic year. I hope you all had lovely summer holidays and enjoyed spending more time with your children.

I can honestly say we have had the smoothest, calmest, most positive start to the school year ever. The children have come in looking smart, feeling confident and ready to learn. They are super polite and respectful and the teachers are all reporting how brilliantly behaved their classes have been. Thank you so much for your support enabling this to be the case.

You may have seen that there is a big push on attendance again this year as the government is concerned that for a number of families poor attendance is affecting their child's learning and social skills. I cannot emphasise enough how important being on time and attending school everyday is for children. Quite simply if children's attendance drops below 98% it starts to affect their learning and their confidence. We have not had a great start to the year with our attendance and I very much hope that it improves significantly for some families. Research has shown that missing a day or more in the first week of term means that your child is likely to go on to have poor attendance all year.

I would like to take this opportunity to say a huge thank you to parents for the lovely cards that were handed to staff at the end of last term- your kind comments mean a lot to staff. Your continued support is much appreciated and it was wonderful to see how pleased parents and carers were with their child's progress at the end of last year. I am confident that this year will be even more successful and I look forward to sharing with you events and achievements as the year progresses. CPA serves a brilliant, supportive community and I feel incredibly lucky to have such a wonderful parent/carer group. Thank you.

## Dates for your diary

### Half Term;

Monday 27th October to Friday 31st October 2025

### Staff Development Days;

- Monday 3rd November 2025
- Friday 12th December 2025

### Term Ends

Friday 19th December 2025

## Attendance

The class with the best attendance this last week was:

1st place: 1MO  
2nd place: 6GD  
3rd place: 5AK

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



## Safeguarding:

### STAYING SAFE IN THE ONLINE WORLD

Even at primary age, many children play games or watch content online. It's important they know that safety rules apply online too.

- Teach them never to share photos of themselves, their body, especially private parts.
- Make sure they know: if anyone asks them to do something that feels odd, secret or confusing online, they should tell you straight away.
- Talk about how some people online might pretend to be children when they're not. Use privacy settings and supervise young children during screen time.
- Remind them: "If something online makes you feel uncomfortable or unsure, it's never your fault. Just come and tell me."

### GOOGLE FAMILY LINK

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.



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

Publish date: 03.04.19

In today's digitally connected world, children and adults are constantly presented with new ways to engage, react and contribute. We're sociable beings; it's a natural human instinct, especially amongst younger audiences, to want to belong and join in. Viral Challenges (as they're often known) draw on these emotions and, as the name suggests, spread and gather pace very rapidly. New challenges are constantly emerging and evolving. They're often completely innocent, raising awareness of worthy causes or simply providing amusement. However, they can have much more sinister undertones, putting children at risk of physical harm or, in extreme cases, fatal injury.



## What parents need to know about ONLINE CHALLENGES

### MENTAL HEALTH & WELLBEING

As well as having the potential to cause actual physical harm, some challenges can be extremely upsetting for children. Many are created with the sole purpose of instilling fear in an individual in order to coerce them into doing things that could have a long-term emotional effect on them.

### VARYING LEVELS OF RISK

As a parent or carer, it's important to take a balanced view and understand that not everything online has the potential to do harm. Mass-following and interaction can be a force for good. For example, the Ice Bucket Challenge, which swept the nation, set out to raise money and awareness of Amyotrophic Lateral Sclerosis (ALS). At its height, over 28 million people uploaded, commented on, or liked Ice Bucket Challenge related posts on Facebook. It's equally important to be aware though that online challenges often have a darker side. Malignant trends and challenges can expose children to dangerous or even life-threatening situations, so it's critical that parents and carers are aware of the latest risks and understand what steps to take to mitigate them.

### 'FOMO' - FEAR OF MISSING OUT

The 'Fear of Missing Out' (FOMO) is a strong emotional characteristic, particularly displayed in young people. The nature of viral challenges encourages children to explore and push boundaries. They tap into FOMO by feeding on a child's natural desire to join in, be accepted and share experiences with their friends and the wider online community. A recent study also found that FOMO is one of the greatest causes of Social Media addiction.



### STRIVING FOR LIKES

In a major study by the Children's Commissioner, it was found that children as young as ten years old are reliant on 'Likes' for their sense of self-worth. A major concern around viral challenges is not knowing how far children will go to earn 'Likes'. Couple this growing appetite for acceptance with commonplace peer pressure and the potential problem is compounded. The result is that when young people are drawn into online challenges, because it is what all their friends are doing, saying "no" can seem like a very hard thing to do.

"The coolest person at school will start a trend and then everyone copies her"  
Merran, 12, Year 7

"If I got 150 likes, I'd be like that's pretty cool it means they like you"  
Aaron, 11, Year 7



## Top Tips for Parents

### COMMUNICATION & MONITORING

It's important to talk to your child regularly and monitor their online activities. Encouraging honesty and openness, will give you a much clearer viewpoint of how your child is interacting online and what concerns they have. Create an atmosphere of trust. Ensure they feel they can confide in you or another trusted adult regarding anything they may have seen or experienced online that they upset them.

### THINK BEFORE ACTING

As with most concerns in life, let common sense prevail when it comes to Viral Challenges. Young people need the freedom and space to explore and engage in all guns blazing may well be counter-effective. Address the importance of safety and wellbeing, both online and offline, by getting the facts and understanding the risks. Start a discussion about the Online Challenges that may have captured your child's interest, gauge their likely involvement and explain the importance of thinking and acting independently when it comes to participating.

### SETTING UP EFFECTIVE PARENTAL CONTROLS

As with all online activity, ensuring you have effective parental controls set up on all devices will help filter and restrict the dangerous or inappropriate content you wish your child to access. Additional measures for protecting your child include checking the privacy settings on your child's devices, monitoring their friends list, ensuring their personal information is safe and secure and keeping a watchful eye on the content they're sharing.

### REPORTING & BLOCKING

Parental controls can only go so far in blocking potentially harmful content. A rise in the decoding of social media algorithms, has led to age inappropriate content increasingly appearing on platforms and apps used by children. Where possible, you should regularly monitor what your child sees online and flag/report any content which is inappropriate or dangerous. You should take the time to talk to your child, define what you consider to be appropriate content and show them how to report and block users/accounts themselves.

### VALIDATE SOURCES

Not everything is as it seems. Some people create fake content that's designed to 'shock' in order to encourage rapid sharing. If your child has seen something online that has triggered concern you should encourage them to check its origin, verify that it came from a credible source and check the comments made for any clues to its validity.

### FACING REALITY

Trends and Viral Challenges can be tempting for children to take part in; no matter how dangerous or scary they may seem. As a parent or carer it can be difficult to keep pace with the very latest Online Challenges emerging. In recent months these have included potentially dangerous crazes, including the 'Bird Box' challenge, which was inspired by Netflix's popular film and encourages followers to upload videos of themselves attempting everyday tasks while blindfolded. The best advice is to keep talking to your child. Show that your taking an interest and not just prying. Ensure your child knows they don't have to get involved and if they're unsure, let them know you're there to talk before they consider participating. Children often need reassurance that not everything they see online is real. If your child has viewed distressing or frightening content it's important to talk to them about their experience, support them and, if required, help them find additional support.

SOURCES:  
<https://www.independent.co.uk/news/science/online-news/twitter-ops-ads-further-foster-real-stories-political-adverts-911.html> | <https://www.dailymail.co.uk/news/article-3200462/Teen-disc-copied-gaming-games-time-YouTube.html> | <https://www.dailymail.co.uk/news/article-320233/Boy-11-dies-YouTube-choking-challenge-mother-warns-parents-sons-strangled-brother.html> | Children's Commissioner Life in 'Likes' report - RCPH - Status of mind report | <https://www.bbc.com/news/health-2019-02-12> | <https://www.independent.co.uk/news/health-wellbeing/fear-of-missing-out-fomo-one-of-greatest-causes-of-social-media-addiction-study-finds-9675296.html> | <https://www.ft.com/content/children-as-young-as-eight-addicted-to-social-media-1849>

## When to talk to school

### If you notice:

Ongoing changes in mood or behaviour or withdrawal, aggression or trouble sleeping, please reach out.

Our safeguarding and pastoral teams are here to support both you and your child.

For who to speak to if you need support see the next page:



**Self-confident Trustworthy Ambitious**  
**Respectful & Responsible Supportive**

## CPA SAFEGUARDING TEAM

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



**Lorna Mitchell**  
**Designated Safeguarding Lead**



Scan this QR Code to access our Safeguarding Policy.



**Helen Walter**  
**Deputy Designated Safeguarding Lead**

If they are not available, please contact one of the team members below:



**Stewart Matthews**  
SLT



**Sarah Evans**  
Principal



**Livia Coutinho**  
Counsellor



**Cathy Howells**  
SENCo



**Shelly McFarlane**  
Reception Teacher



**Margaret O'Donovan**  
Family Support Worker



**Lewis Cole**  
Be Active Coach



**Rob Walter**  
Year 5 Teacher

# Cranford Park Academy Newsletter



www.cranfordpark.academy  
0208 5733453  
cpaoffice@theparkfederation.org

September 2025

## Well-being focus:

For some children, the return to education at the end of the school holidays can be a difficult time for a variety of reasons.

The start of the new term comes with plenty of challenges, from social worries to the stress of ensuring they're entirely ready for upcoming lessons and learning.

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](https://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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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 tweak 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® The National College

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

@wake\_up\_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.01.2025



Self-confident Trustworthy Ambitious  
Respectful & Responsible Supportive

## Family Support Worker Focus:



### Autumn and Winter Wellbeing Tips:

As it starts to get colder we need to adapt to the seasons as it is crucial for our health and wellbeing, both physically and mentally. You want you to feel energised throughout the day and avoid getting sick this winter! Here are some top tips on how to do this:

- **Boost your immune system** – Your first line of defense is to choose a healthy lifestyle. Following general good health guidelines is the single best step you can take toward naturally keeping your immune system working properly. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as eating healthy and getting enough sleep.
- **Take some time to yourself** - Autumn and winter are a good time to slow down and spend some time on yourself. If you would like, you can start a journal or track your moods to get more in touch with how your feeling. Take this time to nurture yourself.
- **Stay active** – Even though it has started to get colder, it is still important to keep up with and maintain any exercise routines, as this contributes to a healthy mind and body.
- **Do some 'Spring cleaning' in the Autumn** – Now is a good time to clean out your closet, organize that spare room, and rid yourself of things you do not need.
- **Keep a schedule** - When we hit those cold months, it can seem to drag on and push us into isolation. Attempt to stay on track by scheduling time in your day to do things you like to do. So, book treats for yourself as it's good to have a goal in the diary to look forward to.
- **Listen to your body** - Listen to your body and give it what it needs, and do not beat yourself up! Try reframing negative thoughts into positive thoughts.



## Events:



Meet our new school councillors!



6KB - Melinda Gricuihin and Abdul Muhyi  
6DS - Sarinah Saleeban + Mustafa Ali Butt  
6GD - Bilan Yusuf + Lucas Nguyen  
6LL - Nadira Bhutti + Gurshehaj Dhanday

5AK - Layton Duhig + Gurveer Kaur  
5KS - Angad Hansra + Slaveana Orlov  
5RW - Aisha Malik + Rafay Iqbal  
5MH - Qazi Hassan Iqbal + Taliyah Weeks

4DM - Niyada Ibrahim + Harneel Kumar  
4SW - Mannat Kaur + Darshan Aravind  
4HW - Shreya Dhunna + Gabriel di Grande  
4SM - Mulraine Padmore + Emmie Pane

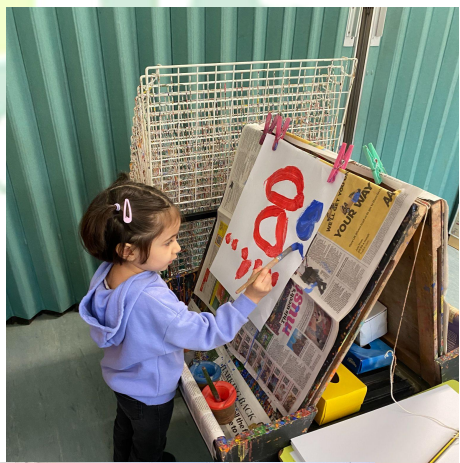
3EJ - Emma Sharma and Musa Noor  
3FH - Hawa Dalie + Abu-Bakr Ashfaq  
3JL - Anampreet Kaur + Shia Valentine - Clarke  
3TG - Zidan Malik + Elizabeth Liu Man



## Curriculum Showcase:

### Nursery

The children are all settling into the Nursery and are already enjoying exploring the different learning areas. From creative learning to outdoor activities, it has been lovely to see their confidence grow each day. We can't wait to see how they continue to learn and flourish in the weeks ahead - there's so much more to come!



**Self-confident**   **Trustworthy**   **Ambitious**  
**Respectful & Responsible**   **Supportive**

## Curriculum Showcase:

### Garden Rooms



Garden rooms have enjoyed using different counting songs to look closely at numbers 1 to 5.



**Self-confident Trustworthy Ambitious  
Respectful & Responsible Supportive**

## Curriculum Showcase:

### Reception

We are absolutely delighted to share that our Reception children have made a wonderful start to the school year! From their very first day, the children have settled in beautifully, displaying enthusiasm and eagerness to learn.

Our dedicated teachers have been working hard to create a warm and welcoming environment, where each child feels safe and valued. Through playful activities and engaging lessons, our Reception children have begun to explore the world around them. They are already forming new friendships and discovering the joy of learning together!

Throughout the coming weeks, we will focus on developing their early literacy and numeracy skills, alongside encouraging creativity and cooperation. The sky's the limit for our children, and we can't wait to support their journey!



## Curriculum Showcase:

### Year 1

Year 1 have had a fun start to the year. Have a look at our photos to see all the wonderful things we have been doing.

We have enjoyed starting our new English unit on Owl Babies.



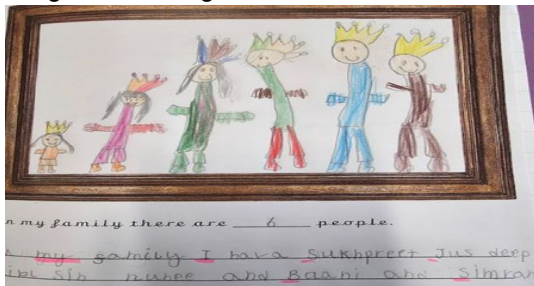
PE lessons in Yoga.



Recognising and ordering our numbers.

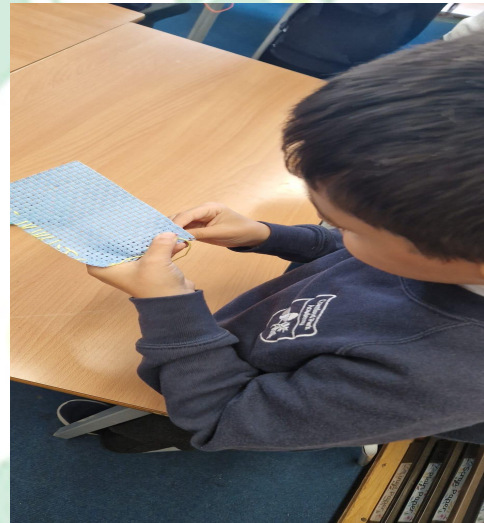
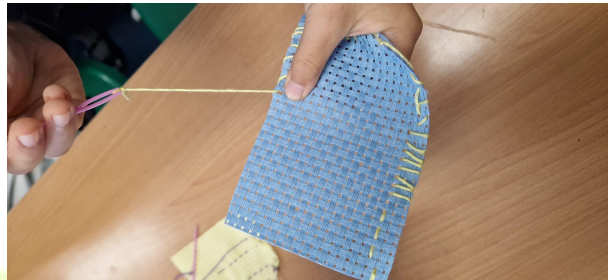
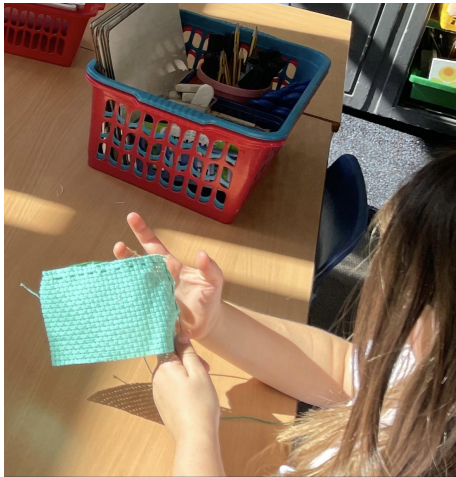


Writing and drawing about our families.



## Curriculum Showcase:

### Year 2

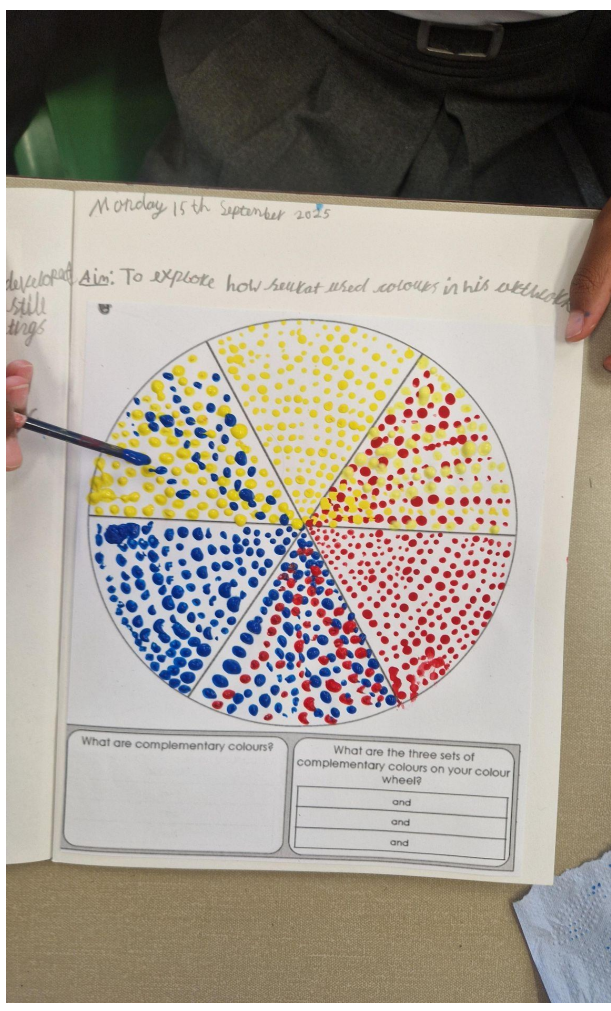


Year 2 have settled in really well and are enjoying their topics for this term. In DT, the children have been learning all about different types of puppets and even had a go at making their own finger puppets! They have also been exploring different ways to join materials together and have tried their hand at stitching. So far, they have practised both a running stitch and an over stitch – skills that will be very useful when they begin designing and creating their own puppets over the next few weeks.

## Curriculum Showcase:

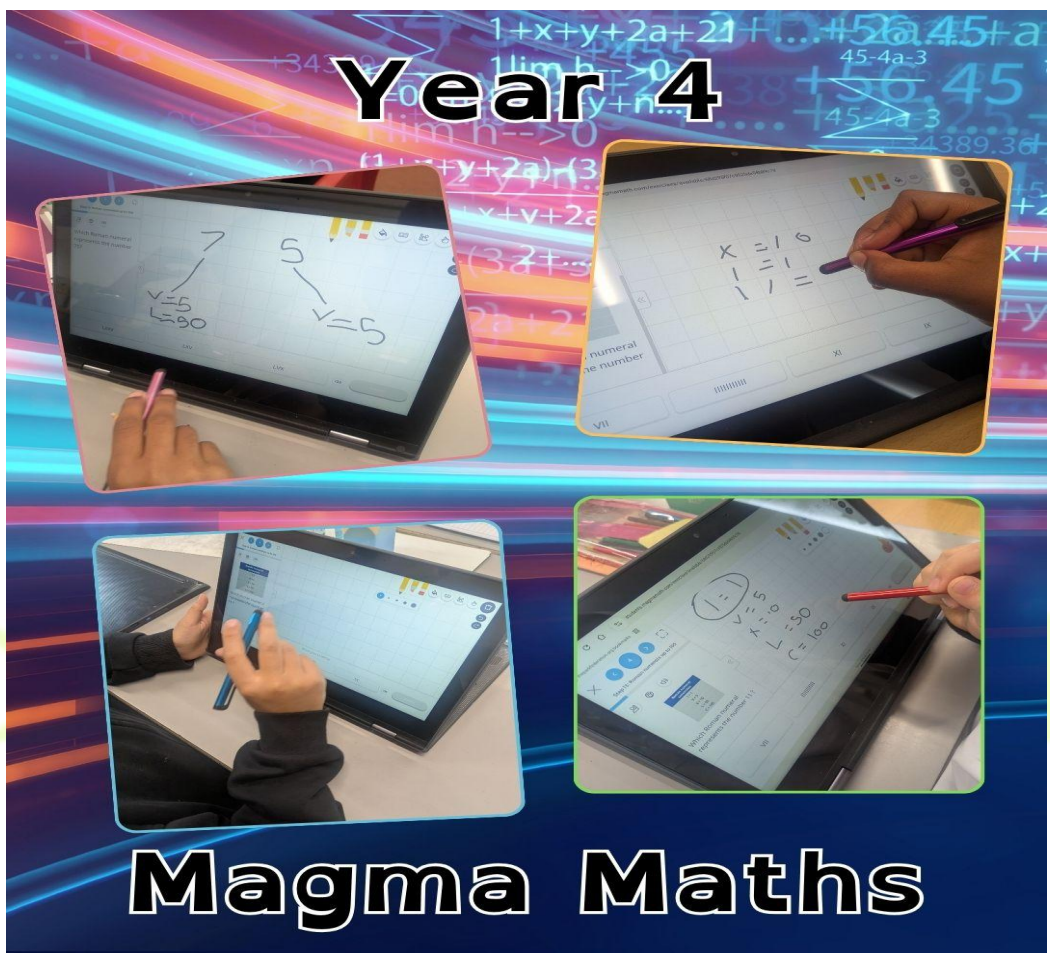
### Year 3

Year 3 did a fantastic job learning about Georges Seurat and his unique style of painting, pointillism! It was great to see them apply their knowledge of primary and secondary colours to create their very own colour wheels, using pointillism. Their concentration and creativity really shone through in this lesson. We cannot wait to see their final pieces of artwork!



## Curriculum Showcase:

### Year 4



# Magma Maths

As part of our use of technology in Key Stage 2, Year 4 have been trialling an online system to help support their maths lessons. We have been using Magma Maths, which allows the children to use technology to support their learning. Year 4 have successfully trialled the software over the first few weeks of the year and have thoroughly enjoyed it.



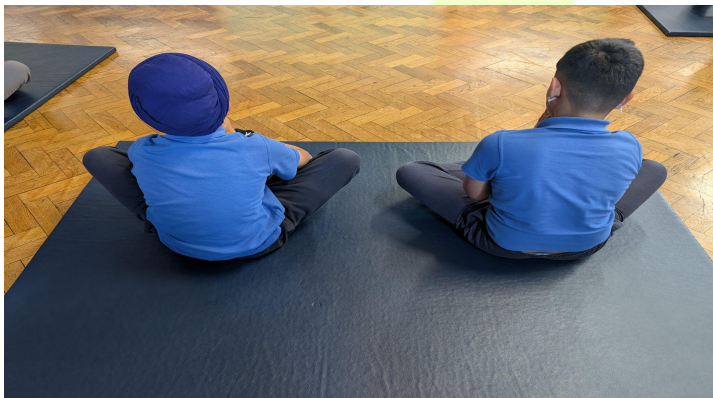
**Self-confident** **Trustworthy** **Ambitious**  
**Respectful & Responsible** **Supportive**

## Curriculum Showcase:

### Year 5

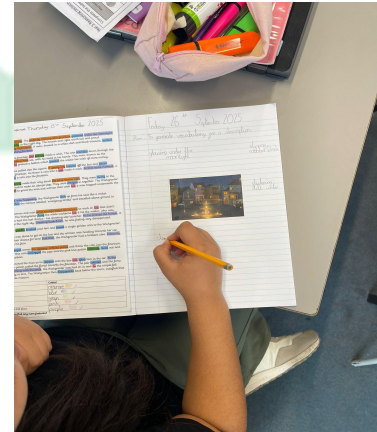
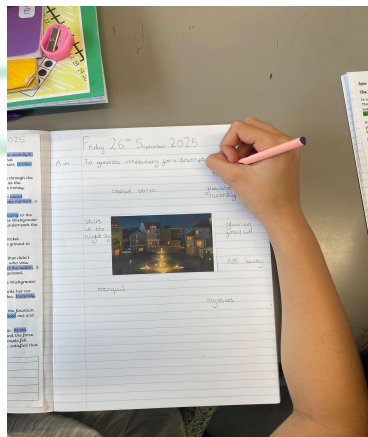
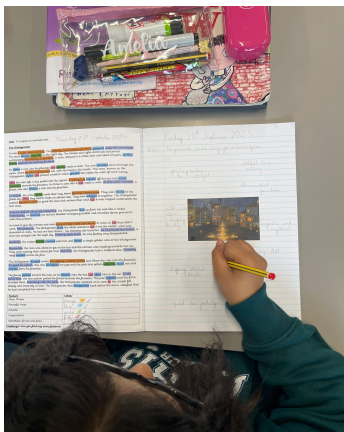
#### Y5 Indoor PE.

The children enjoyed a yoga lesson, exploring poses, stretching and breathing to help their bodies feel strong and calm.



#### English

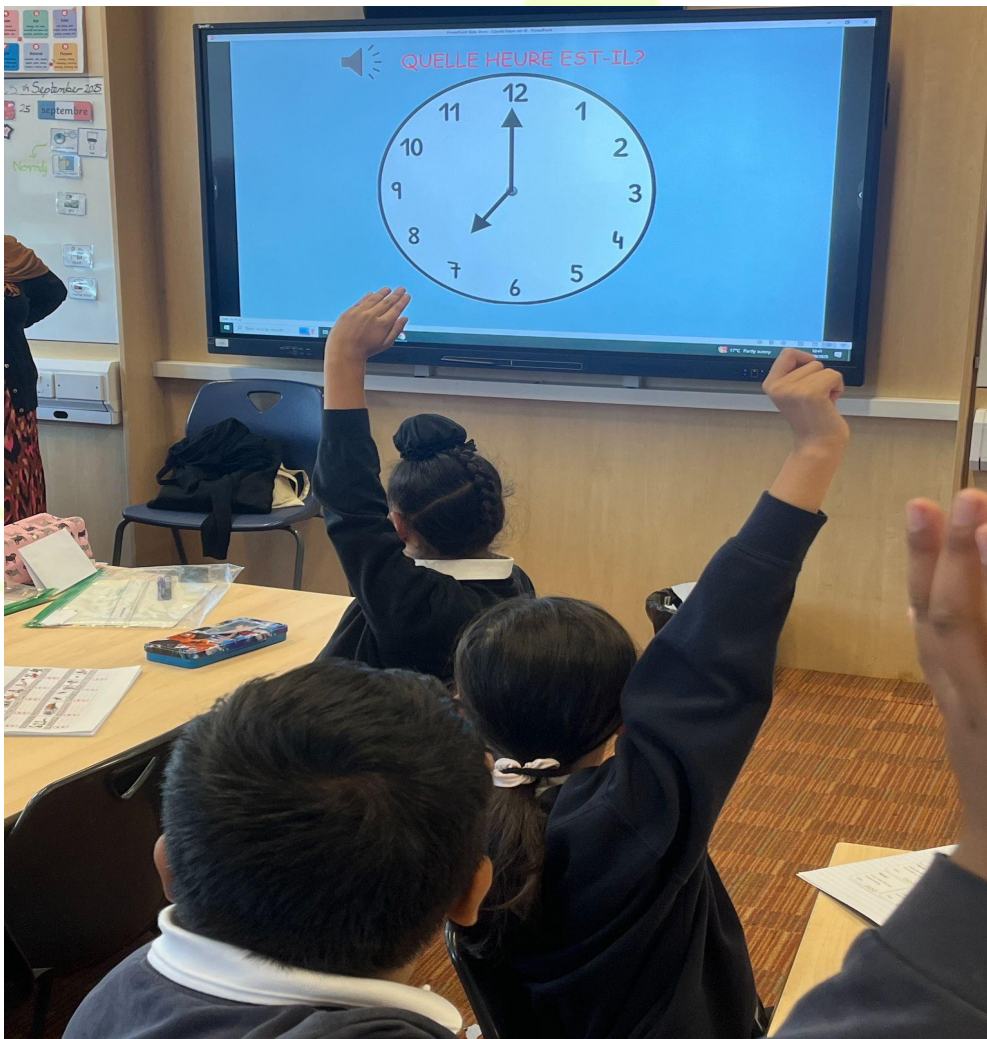
In English the children generated ambitious vocabulary to describe the majestic fountain in The Wishgranter.

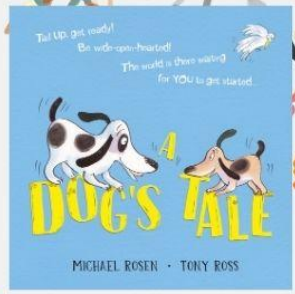
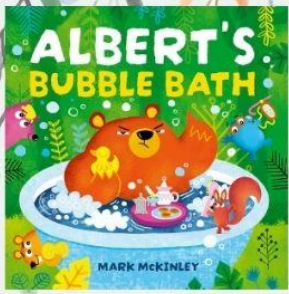


## Curriculum Showcase:

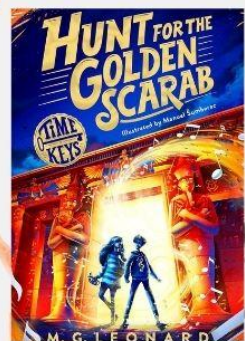
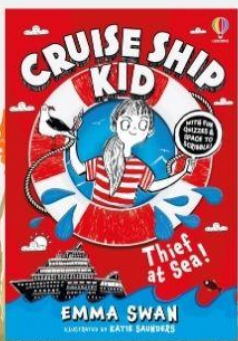
### Year 6

In Year 6, our topic in French is telling the time. We have been learning how to ask and tell the time using the correct vocabulary in French.



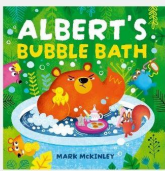


*Mrs Matthews'*  
**RECOMMENDED READS**



## EARLY YEARS

Albert's Bubble Bath by Mark McKinley

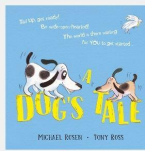


Albert is a grumpy bear and he doesn't like a lot of things. He doesn't enjoy picnics, or fishing, and he especially loathes singing around the campfire. But there is one thing he likes a lot. Bubble baths.

The only problem is that the other animals in the forest like bubble baths too, and he can't seem to enjoy his in peace and quiet. Albert has some cunning plans. He puts up lots of signs, he hires the best security... he even buries his bath underground. But whatever he does, other animals keep finding their way into Albert's lovely, relaxing bubble bath. In one last desperate bid for solitude, he takes his bath to the skies. Will one mishap too many mean that Albert might finally have to share?

## KEY STAGE 1

A Dog's Tale by Michael Rosen

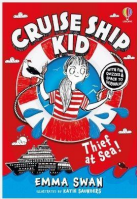


To fetch! To play! To wag tails all day!

When a young puppy needs reassurance, a wise dog is there to offer canine tips for living life to the fullest.

## LOWER KEY STAGE 2

Cruise Ship Kid by Emma Swan



Jump on board with Silver, the Cruise Ship Kid, in the hilarious new detective adventure series from debut author and West-End actress, Emma Swan.

There's 4 things you should know about me:

1. I live on a cruise ship
2. My name is Silver. Yes, really
3. I've never had a best friend my own age :(
4. I'm definitely not a detective


Somewhat, though, I'm now investigating the CASE OF THE MISSING MEGA-EXPENSIVE WATCHES. But, I've got a plan. If I can solve the crime, then surely the kids on board will want to be friends with me. Right?

I've had lots of help (interference) from the Gang, but I won't tell you about them because they are all over 80 and prefer playing bingo to solving crimes.

So, do you want to be definitely-not-a-detective too and help me catch the thief at sea?

## UPPER KEY STAGE 2

Hunt for the Golden Scarab by M.G. Leonard



Sim and his mum never live anywhere long. When dangerous strangers appear one night, Sim discovers why. His mum has been keeping secrets: she has the power to open doors in time.

Running for their lives, Sim and his friends are determined to outwit the sinister Council of Keys and be the first to find Nefertiti's lost tomb and a powerful door to Ancient Egypt. They must piece together long-hidden clues if they are to solve the mystery of her golden heart scarab. Can they find it before the Council finds them?

## Important Reminders:



School starts at 8.40 am and gates close promptly at 8.50 am. After this time your child will be marked late.



If your child is absent please report their absence before 9.00 am. Absences can also be reported via the App and choosing forms.



Where possible GP and dental appointments should be made after school or at the end of the school day.

Please ensure your child has all they need for the school day: books bags, water bottles, packed lunches and coats etc.

A reminder that the school does not authorise leave during term time and unauthorised absences can incur a Penalty Notice of £160.00 per parent per child.

