

Principal's update

I am proud to share that across the Park Federation schools we are now sponsoring 100 children and communities around the world. This is a wonderful achievement - thank you for all your support with our annual fundraising efforts to help make this possible.



What is Global Park 100?

Global Park 100 is the charitable wing of The Park Federation.

With our partner organisation, ActionAid, we presently sponsor 100 children across the globe in communities where need and challenge are great. This wonderful achievement is only possible because of the generosity of children, families and staff members in our academies.

Our aim is for young children in our academies to feel a bond with children globally. In addition, we want our children to understand the challenges their peers in these countries face but, very importantly, to recognise and respect the many cultural and social strengths evident in these communities too.

Global Park 100 is a two-way educational road: we are learning from the children we sponsor and they are learning that children in England care for them and respect them.

We are proud to have reached this milestone together. Now, our focus is on sustaining Global Park 100, learning even more from one another, and ensuring lasting impact for every child we support.

Thank you for being part of this journey of global friendship and shared learning.

Dates for your diary

Christmas Holidays

Term Ends;

Fri 19th December 2025

Spring Term Starts:

Monday 5th January 2026

Attendance

The class with the best attendance this last week was:

1st place: 4SM
 2ns place: 5KS
 3rd place: 2ZA

It will be a non-uniform day for 4SM on Fri 28.11.25, well done!



Safeguarding:

Let's focus on gaming:

Playing video games is a popular activity people do in their free time. However, video games can have major effects on health. People debate whether these effects are good or bad. Video games can improve children's learning, health, fine motor and hand-eye coordination, as well as social skills.

Both children and adults enjoy playing video games. There's research that shows there's a benefit to playing video games. There's also research that implies video games could lead to disrupted sleep, media addiction, and violent behaviour.

PEGI is the standardised way of providing games with an age rating in the UK and Europe. Here, it is a legal requirement for a game to have a PEGI rating. But note: the age rating provided by PEGI is a recommendation; children under 18, for example, can't legally buy an 18+ game, but it is not illegal to play.

PEGI has five different ratings; 3+, 7+, 12+, 16+ and 18+. Read more about these in our PEGI parent guide. Ratings are assigned based on several factors: including depictions of violence, inappropriate images for children, swearing, discrimination, drugs, gambling – as well as in-game purchases.



TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS







www.pegi.info
www.pegi.info
www.pegi.info
www.pegi.info
www.pegi.info

THE CONTENT DESCRIPTORS










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Top Tips for SETTING BOUNDARIES AROUND GAMING

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.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, trying in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle. So, when friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undoubtedly, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful if they love Minecraft; choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

National Online Safety
 #WakeUpWednesday

Source: <https://npsa.app/about/privacy.html>

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 Trustworthy
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Supportive

Well-Being & Self-care

Self-Care & Mental Health

for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
 "I am angry."
 "I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

Cultivate interests and hobbies.

New Ways November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Get outside and observe the changes in nature around you	2. Sign up to join a new course, activity or online community	3. Change your normal routine today and notice how you feel	4. Try out a new way of being physically active	5. Be creative. Cook, draw, write, paint, make or inspire	6. Make a list of new things you want to do this month	7. Respond to a difficult situation in a different way
8. Be curious. Learn about a new topic or an inspiring idea	9. Choose a different route and see what you notice on the way	10. Find out something new about someone you care about	11. Do something playful outdoors – walk, run, explore, relax	12. Find a new way to help or support a cause you care about	13. Plan a new activity or idea you want to try out this week	14. When you feel you can't do something, add the word "yet"
15. Try a new way to practice self-care and be kind to yourself	16. Connect with someone from a different generation	17. Broaden your perspective: read a different paper, magazine or site	18. Make a meal using a recipe or ingredient you've not tried before	19. Learn a new skill from a friend or share one of yours with them	20. Find a new idea by thinking "Yes, and what if..."	21. Look at life through someone else's eyes and see their perspective
22. Share with a friend something helpful you learned recently	23. Use one of your strengths in a new or creative way	24. Try out a different radio station or new TV show	25. Join a friend doing their hobby and find out why they love it	26. Discover your artistic side. Design a friendly greeting card	27. Find a new way to tell someone you appreciate them	28. Set aside a regular time to pursue an activity you love
ACTION FOR HAPPINESS			Happier · Kinder · Together			



Family Support Worker Focus:

Mental health activities for children



If you're ever at a loss at what you can do when your child is struggling with their mental health there are lots of things that you can do to help. Here are some interesting activities that you could complete with your children as a starting point....

Create a journal



Sometimes children struggle to verbalise how they feel. While you can always reassure your child that you are there to listen to them and would never dismiss their feelings, you can also remind them that there are nonverbal outlets for their emotions, like keeping a journal.

Feelings bingo



Create bingo cards with various emotions instead of numbers. Children can take turns in acting out different emotions without using words and you can guess the feelings being portrayed.



Cranford Park Academy Newsletter



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cpaoffice@theparkfederation.org

November 2025

Family Support Worker Focus:

Mental health activities for children

Sensory Toys



A lot of children can find relief from anxiety and stress through sensory experiences and toys. For some children that could just be taking time to play with their favourite toys. Some children can benefit from toys specifically designed to help with stress, like stress balls, fidget toys, play dough or slime putty. These sensory toys provide a good distraction and can help give children something to focus on.

Get creative



Creating art is a fantastic way for children to work through their emotions and manage their mental health. It will give them something to focus on and let out what is going on inside their heads without the need for words.

Emotional Check-ins



Regularly checking in on your child's emotions is a good way to keep on top of their mental health. Just like you, they'll have lots of complicated feelings to deal with each day and might sometimes struggle to express them without prompting. You might notice your child acting out and having tantrums from time to time, which is usually a good sign that they might need to talk about something. Try to calmly ask your child to explain what they are feeling and why they think that it might be making them act that way. Encourage them to be honest about what might have caused that feeling.



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Cranford Park Academy Newsletter

November 2025

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cpaoffice@theparkfederation.org



Relentlessly Ambitious,
Richly Diverse, Proudly Inclusive.

Events:



Rayaan Sandhu recently competed in the World Martial Arts Games in Osla Noway with 5 of his Simac MMA team mates

Rayaan won a Silver Medal and a Grand Champion belt!

Well done Rayaan, we are all super proud of your achievement!



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Events:



On Friday 8th November, children from CPA attended our Federation Boccia Festival held at WEPA. Children were asked to complete a series of activities which tested their throwing and accuracy skills. All of the children had a brilliant time showcasing their skills and left with a medal each and a certificate for their efforts. Well done all!

Curriculum Showcase:

Gardens Rooms

Garden rooms - Every week the children have the opportunity to spend time in our forest school. This gives them the opportunity to explore, using all their senses and to experience open ended play in a natural environment. They love it!



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Curriculum Showcase:

Nursery



The nursery children have been busy exploring shapes through lots of different activities this week. They have enjoyed sorting, drawing, matching and making shape pictures.

Curriculum Showcase:

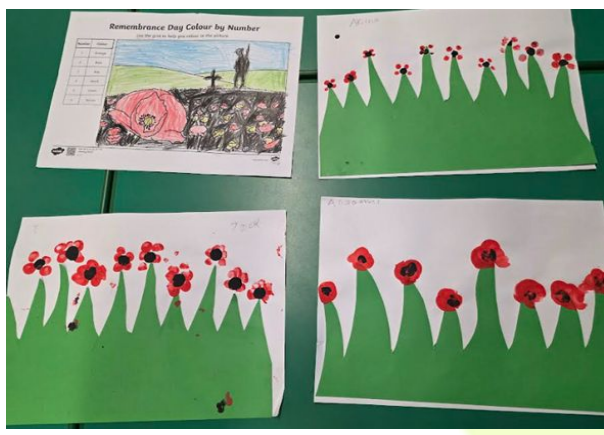
Reception

The Reception children have been thoroughly enjoying the exciting story of 'Room on the Broom' by Julia Donaldson. This engaging book served as the inspiration for a range of delightful activities, allowing the children to fully immerse themselves in the world of the witch and her friends. Building on this rich learning experience, the children then used their creativity to design and write about what their very own personalised broomstick would look like, imagining special features and decorations for their magical transport.



Curriculum Showcase:

Year 1



Remembrance Day



Guy Fawkes Night

Year 1 have been using their creative skills to learn about some important recent events. The children have enjoyed using lots of different skills and resources to help them with their learning – what a wonderful job they have done.



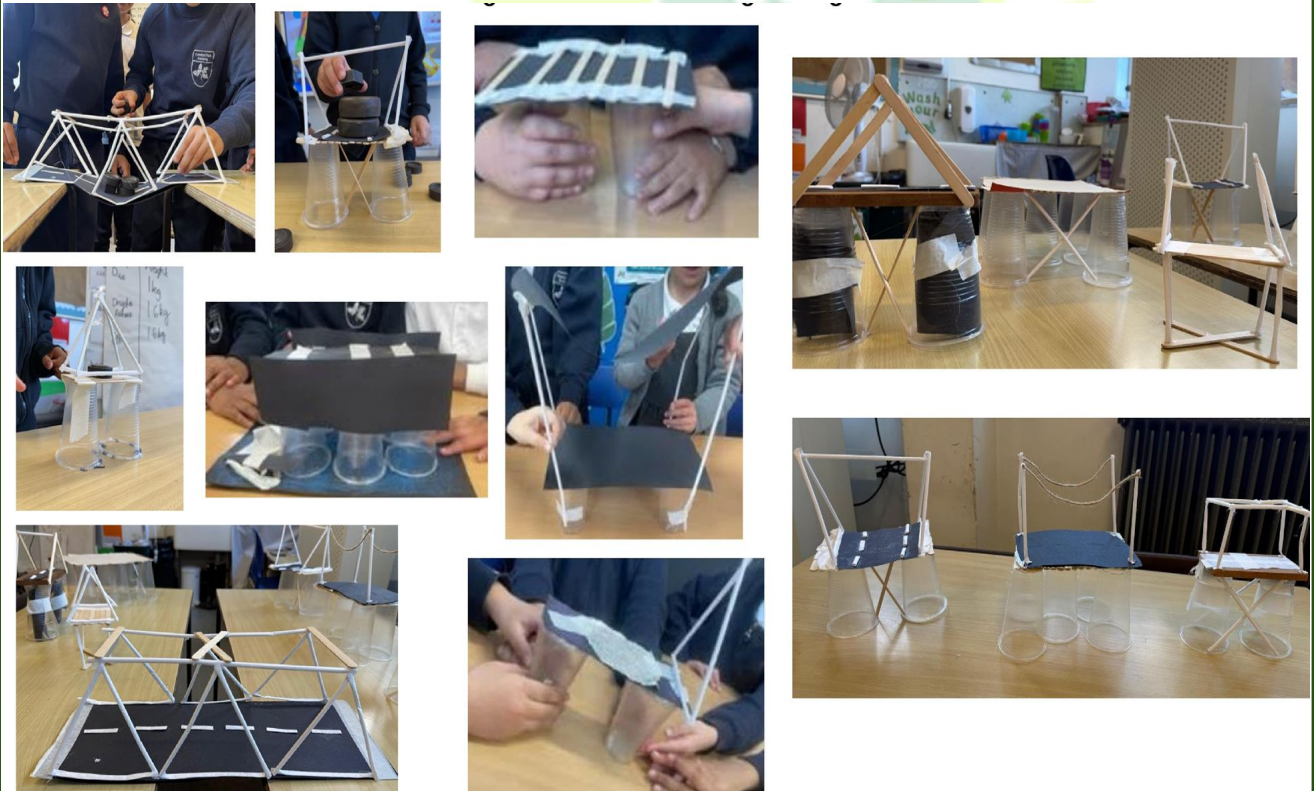
**Self-confident Trustworthy Ambitious
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Curriculum Showcase:

Year 2

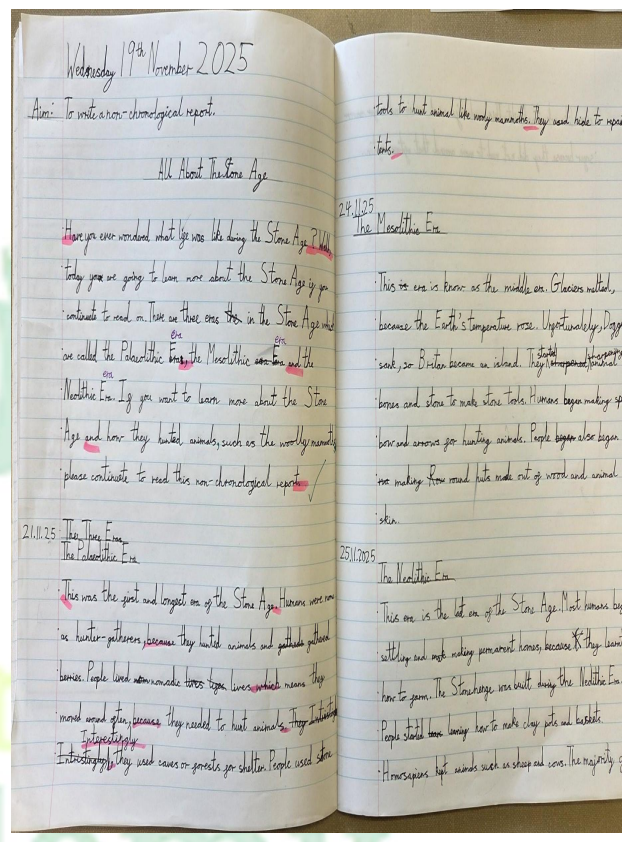
In Science, Year 2 have been enjoying learning about the uses of everyday materials. This week, we became Junior Engineers and dove into an awesome STEM challenge! We investigated different bridge types, exploring all the super-strong shapes (like triangles!) used by architects and engineers to create sturdy structures. Then came the ultimate design challenge: using a variety of materials, we unleashed our creativity to build our very own bridges. The whole class was on the edge of their seats during the ultimate load-testing phase to see whose creation was the strongest and most successful!

BQ: Can you building a strong bridge?



Curriculum Showcase:

Year 3



Year 3 have used all their knowledge from their history lessons to plan and write a non-chronological report about the Stone Age! They have made a fantastic start and we cannot wait to read their completed non-chronological reports. Here is an example of an amazing piece of writing. How amazing is the presentation and handwriting?!



Curriculum Showcase:

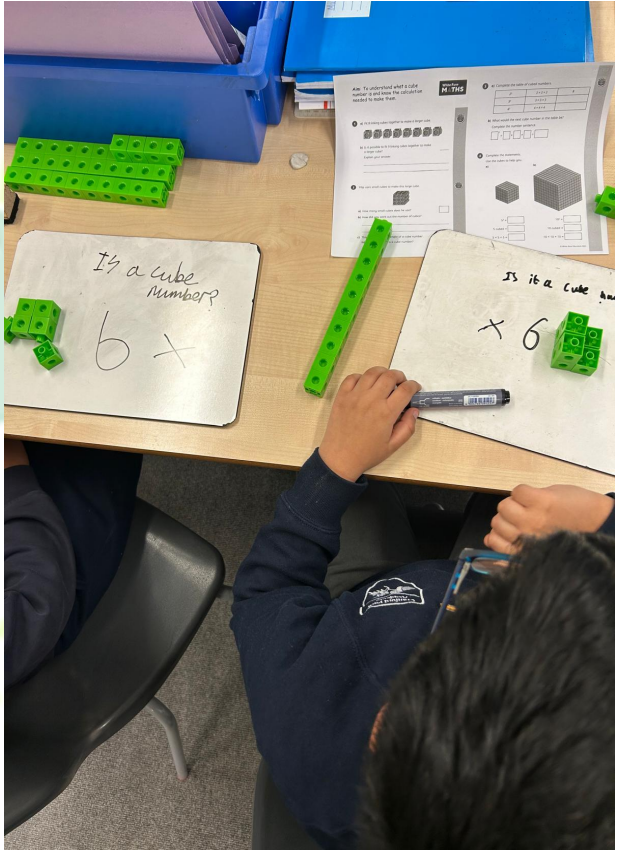
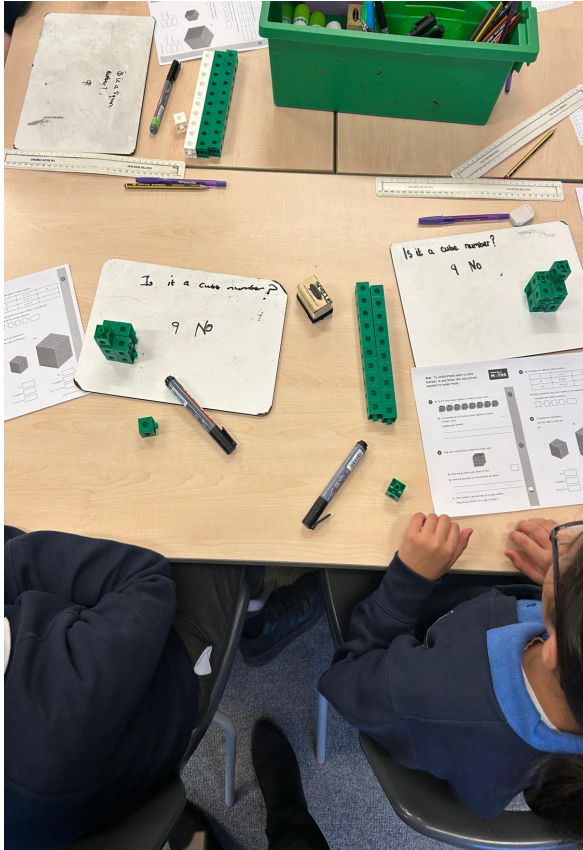
Year 4

Year 4 have been looking at the work of Andy Warhol and the Pop Art movement. We have been creating sketches of tins and colouring them using complimentary colours. Later in the term we will be creating our own pop art portraits.



Curriculum Showcase:

Year 5



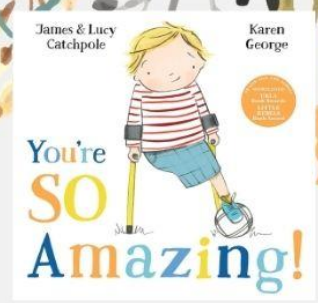
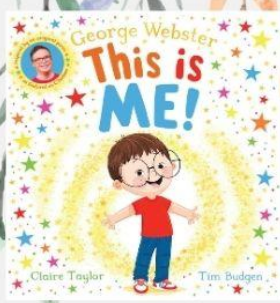
Y5 using manipulatives to determine whether a given integer is a cube number or not.

Curriculum Showcase:

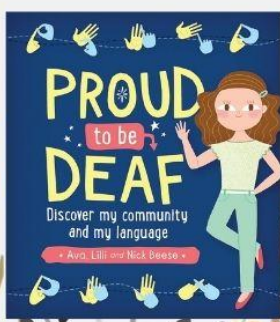
Year 6

Year Six have started their new Science unit this half term: 'Light'. This week, they have been investigating that light travels in straight lines and which materials are the best reflectors. They have found out that materials which are shiny and smooth reflect light well whereas bumpy, rough materials absorb light and so don't make very good reflectors.





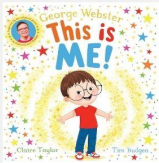
Mrs Matthews'
RECOMMENDED READS



Mrs Matthews' recommended reads:

EARLY YEARS

This is Me! By George Webster



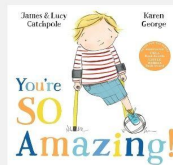
Meet George and friends!
This is me. I am George. My eyes are sparkly, just like my mum.
Like my dad, I'm determined and brave, and like my sister, I'm full of fun!

This is Me celebrates our differences and is perfect for every child and every family. It's a beautiful, heartfelt and positive story, with illustrations that are guaranteed to make you smile.

This is Me! will bring out the glow in everyone.

KEY STAGE 1

You're So Amazing! by James Catchpole

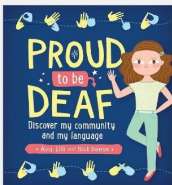


When people meet Joe, they often treat him as Amazing Joe or Poor Joe. But can't he just be . . . Joe?

One-legged Joe is 'amazing'. He knows this because wherever he goes people always tell him he's amazing. Amazing for sliding down the slide, for kicking a ball . . . even walking to get an ice cream, or even just eating an ice cream. Of course, being Amazing Joe is better than being Poor Joe . . .

LOWER KEY STAGE 2

Proud to be Deaf by Ava, Lilli and Nick Beese



Ava is like any other 7-year-old. She likes to talk and laugh with her friends, is obsessed with dogs and loves being active. Ava is also deaf - and she's proud of it. She loves her deaf community, that she's bilingual, and that she experiences the world differently from hearing people.

In this book, Ava welcomes her hearing peers to her daily life, the way technology helps her navigate the world and explains common misconceptions about deaf people - and introduces some of her deaf heroes who have achieved amazing things. She talks about her experiences at school making friends with hearing children, and teaches readers the BSL alphabet and some BSL phrases.

UPPER KEY STAGE 2

The Amazing Edie Eckhart by Rosie Jones



Hello! My name is Edie Eckhart and I'm eleven years old. I'm a little bit different. I have a disability called cerebral palsy, so I talk slowly and fall over a lot. It's never really bothered me because I've never known anything else.

Edie Eckhart is Excited with a capital E to start secondary school with her best friend Oscar - the fish to her chips, the bananas to her custard. But when she and Oscar are put into different tutor groups on their first day, Edie is devastated.

But while she's plotting her reunion with Oscar, she accidentally gets cast as the lead in the school play. As Edie discovers a passion for performance, she also finds new friendships, talents, and dreams.