



Principal's update

Thank you to all parents and carers who took time to complete our parent survey. It is really helpful for us to know what is going well and what may need improving from your perspective.

The feedback was overwhelming positive and we were particularly pleased with 3 really important aspects that had 100% approval- see below.



There were a couple of aspects that a number of parents answered 'don't know' to and these were:

The school supports my child's wider development

There is a good range of subjects available to my child at this school

We will look for ways to increase parent and carer's knowledge and understanding of both aspects.

Once again many thanks to all who took the time to complete the survey. We were disappointed with the number of responses we had so will look for ways to try to increase this further as we are keen to hear from as many parents as possible. Please let me know if you have any ideas to help with this.



Dates for your diary

Staff Development Day:

Friday 22nd May 2026

Half Term Holidays:

Mon 25th May to Fri 29th May 2026

Term ends:

Tuesday 21st July 2026



Attendance

The class with the best attendance this last week was:

1st place: 6LL and 6GD

2nd place: 5MH

3rd place: RE

It will be a non-uniform day for 6LL and 6GD on Thursday 21st May 2026, well done!



Well-Being:



**Get out, do something
 Meaningful!**

Meaningful May 2026

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

Ways to support a child or young person



Be there to listen
 Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Support them through difficulties
 Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [The Maudsley Charity on difficult behaviour](#).



Stay involved in their life
 Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



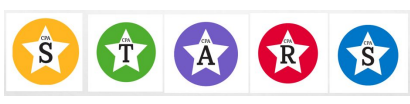
Encourage their interests
 Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Take what they say seriously
 Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Build positive routines
 Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).



Well-Being: April was stress awareness month, but it is never too late to destress.

A National Online Safety site believes 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 issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guidance, hints and tips for adults.

Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 85% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started; each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

PHYSICAL	MENTAL	EMOTIONAL
<p>1 LEAVE YOUR PHONE AT HOME Now the weather's turning nicer, go for a long walk – without your phone!</p>	<p>1 SOUNDS RELAXING Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed.</p>	<p>1 FABULOUS FACETIME Video call a friend or family member, just to catch up. Or, if you have time, do both!</p>
<p>2 EAT WELL, FEEL WELL Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress.</p>	<p>2 WELL, FANCY THAT? Go online and learn something new. Just any random fact that you didn't know this morning!</p>	<p>2 SPREAD SOME GOOD VIBES Choose your favourite post of the day from your social feeds and share it.</p>
<p>3 PUT THE 'NO' INTO 'NOTIFICATIONS' Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions.</p>	<p>3 ELIMINATE SOME EMAILS Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned but are now just taking up space.</p>	<p>3 CUTE, CUDDLY AND CALMING An old school classic: just google image search "adorable kittens" or "cute puppies"; whatever, it literally never fails to make your day better!</p>
<p>4 APP-LY YOURSELF Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps!</p>	<p>4 BEAT THIS Create a feel-good playlist on your phone – all those tracks that never fail to give you a boost!</p>	<p>4 READY PLAYER ONE Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long!</p>
<p>5 GO TOTALLY TECH FREE Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours.</p>	<p>5 CLEANSE YOUR SOCIAL MEDIA Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at.</p>	<p>5 BRIGHTEN THEIR DAY Share some love! Message someone just to tell them that you're thinking of them.</p>
<p>6 STREAM SOME STRESS AWAY Find a new workout or yoga routine on YouTube and try it out. Exercise is stress-kryptonite!</p>	<p>6 LET THEM WAIT It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress.</p>	<p>6 U OK HUN? Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you.</p>
<p>7 TIME FOR A CUPPA Working from home? Take regular screen breaks. Even just five minutes can do the trick!</p>	<p>7 GET PRODUCTIVE Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager.</p>	<p>7 LIKE THIS, LIKE THAT Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too.</p>
<p>8 LAUGH YOUR CARES AWAY They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle.</p>	<p>8 PEACE IN A POD There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you.</p>	<p>8 START ON THE FRONT FOOT Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow.</p>
<p>9 TAKE A BREATHER... OR TWO Fitbits and Apple Watches have built-in breathing exercises to less on stress. If you don't have wearable tech, YouTube has lots of breathing exercises to try.</p>	<p>9 SPRING CLEAN YOUR PHONE De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain!</p>	<p>9 PIC AND CHOOSE Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it!</p>
<p>10 PUSH THE ENVELOPE! Write and post a card or a letter to a loved one. It'll make them feel good too!</p>	<p>10 HELP YOURSELF Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better.</p>	<p>10 SHARE SOME LOVE Someone you know achieved something special? Go online and publicly congratulate them!</p>

NOS National Online Safety For further info about Stress Awareness Month and more resources to help reduce stress, visit www.stress.org.uk/stressawarenessmonth/

Stress Management Society your address is de stress

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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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.



When's the right time to talk PANTS?

Every family is different, and when and where you have these conversations may depend on your child's age, or how grown up they are - it's all about whatever feels natural for you and them.

Some examples of times you can talk PANTS are:

- After school** – if they've had a lesson on personal relationships or Talk PANTS at school, ask them what they remember when they get home.
- Bathtime** – you could start a conversation when you're running your child's bath, or helping them get dressed.
- Car journeys** – this can be a great time to talk, and your child will have plenty of time to ask questions if they need.
- Reading** our new PANTS storybook together.
- Singing** – sing along to our PANTS song with Pantosaurus!
- Swimming** – a great time to say that what's covered by swimwear is private.
- Walking** – walking home from school, or a weekend walk to the shops can help you both feel more at ease as you stroll and chat.
- Watching TV** – if a TV show features a sensitive storyline, you can encourage them to talk about anything that upsets them.



Family Support Worker Focus:

Importance of Sleep



Sleep is a basic need for everyone. It plays such an important role in helping our brains and bodies recover from everything we did that day. Sleep is especially important for children and young people because it helps with mental, physical, social and emotional development. Sleep needs change as your child grows older, but whether you're dealing with a toddler or a stubborn teenager, research shows that a consistent bedtime routine is helpful for making sure your child gets enough sleep. Whatever activities you choose, try to do the same ones every day in the same order so your child knows what to expect.

A typical bedtime routine might include:

- Turning off computers, TV screens, video games, and other bright lights
- Putting on pyjamas and brushing teeth
- Reading a light book, singing a lullaby, or taking a bath
- Picking a stuffed animal or security blanket for the night for younger children
- Bedtime stories are so important and also a really important time as often at this point in the day, your children will discuss their day and share any worries or concerns they have with you.

The best time to put your child to bed is when they're sleepy, not when they're already asleep.

Recommended Sleep by Age

Age Group	Age Range	Recommended Hours
Infant	0-3 months	14-17 hours
Infant	4-11 months	12-15 hours
Toddler	1-2 years	11-14 hours
Preschool	3-5 years	10-13 hours
School-age	6-13 years	9-11 hours
Teenager	14-17 years	8-10 hours



Family Support Worker Focus:

Key Considerations

- **Total Sleep Includes Naps:** For younger children (infants and toddlers), the daily total is often split between nighttime sleep and one or more daytime naps. Most children stop napping regularly by age 5.
- **Signs of Insufficient Sleep:** If a child is consistently irritable, has difficulty concentrating, or is extremely hard to wake in the morning, they may need more sleep than they are currently getting.
- **Consistency is Key:** Maintaining a regular bedtime and wake time—even on weekends—helps regulate a child's internal clock and improves sleep quality.
- **Growth and Development:** Children require more sleep than adults because critical growth hormones are secreted during deep sleep, and the brain uses this time to process new information and memories

Enjoy the routine of making going to sleep a calming experience and make sure everyone gets enough zzzzz



If you are worried about your child's sleep, please contact your GP or health visitor.

Cranford Park
Academy

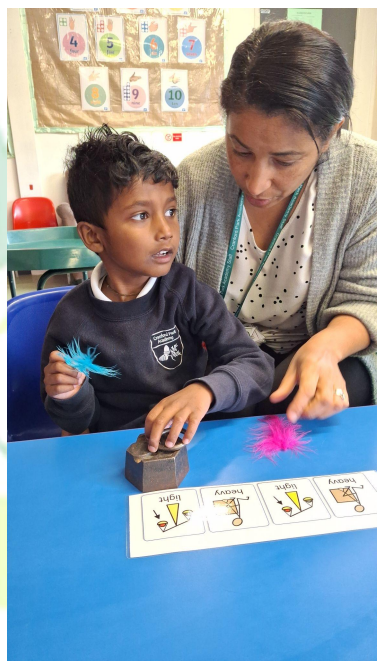


Self-confident **Trustworthy** **Ambitious**
Respectful & Responsible **Supportive**

Curriculum Showcase:

Garden Rooms

We have been exploring measurement. The children have compared tall and short and also heavy and light. We are learning to use our core boards to support the children's communication.



Curriculum Showcase:

Nursery

There is nothing quite like sharing a story with the people we love. A huge thank you to all the family members who joined us for our shared reading event.



Curriculum Showcase:

Reception

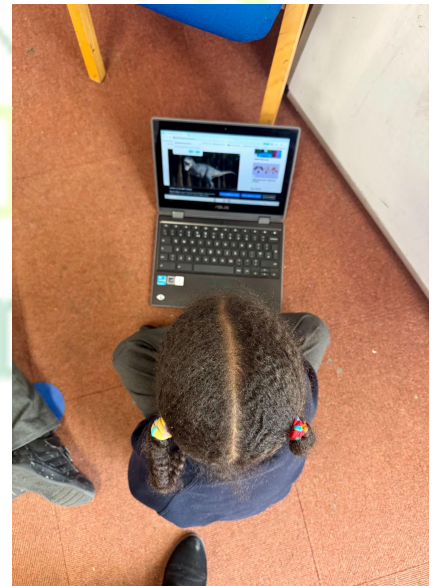
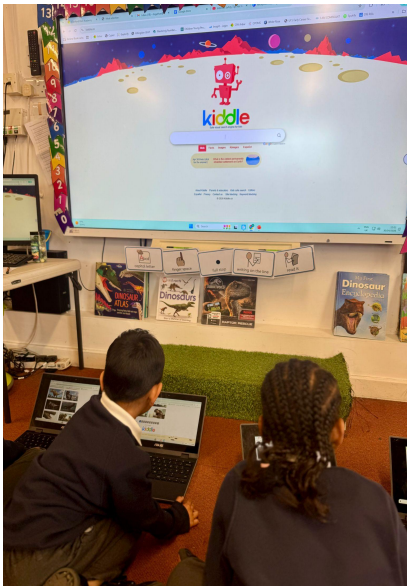
Roaring Success in Reception!



Our little palaeontologists have been having a “dino-mite” time exploring the prehistoric world! The children have been busy researching incredible facts about their favourite dinosaurs. To find their facts, the children have been:

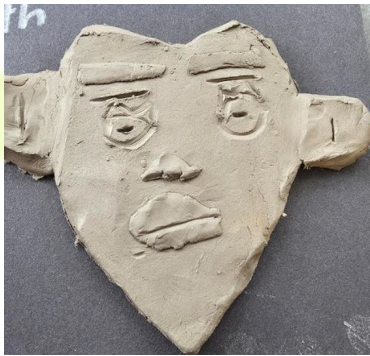
- Exploring non-fiction books to build their traditional research skills.
- Practicing E-Safety by learning how to navigate the digital world responsibly.
- Mastering search techniques using Kiddle, a child-friendly search engine.

At Cranford Park, student safety is our top priority, both in the classroom and at home. While we teach the children how to search safely at school, we kindly remind parents and carers to always monitor your children's devices and discuss online safety together.



Curriculum Showcase:

Year 1



Year 1 have been learning about Pablo Picasso and abstract art this half term. We have learnt some techniques on how to use our clay to help us make our very own abstract sculptures. Then we followed our design to help us make our sculpture. First we rolled out the clay using a rolling pin, then we used a tool to help us cut out the shape of our head and then we added the details to our faces. We all really enjoyed ourselves and some of the results were amazing!

Curriculum Showcase:

Year 2

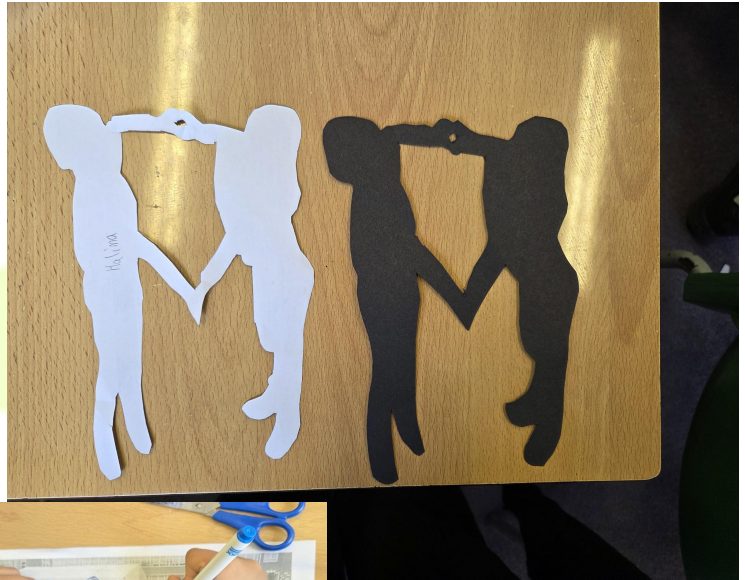
The Year 2 children thoroughly enjoyed taking part in their Road Safety Workshop delivered by Wizards Theatre. The workshop brought travelling to school to life through the characters and puppets, Craig and Jonna, who helped the children explore different ways of making journeys to school safely.

The workshop was fun, interactive and engaging, encouraging the children to think about the different ways they travel to school and discuss the pros and cons of each method. Through drama, discussion and role play, the children learned important road safety messages while having lots of fun along the way



Curriculum Showcase:

Year 3



Year 3's art unit this summer term has been focusing on the portrayal of relationships in artwork. They have worked in small groups to portray a relationship. Then, they created silhouettes, using black card, from these photographs, which they used to create their final art piece using watercolour paint.

Curriculum Showcase:

Year 4

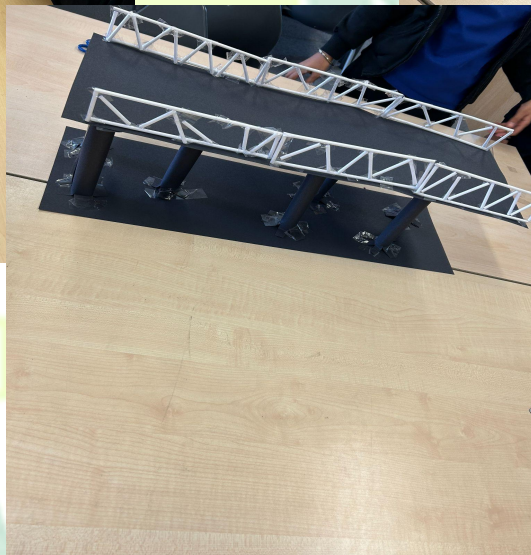
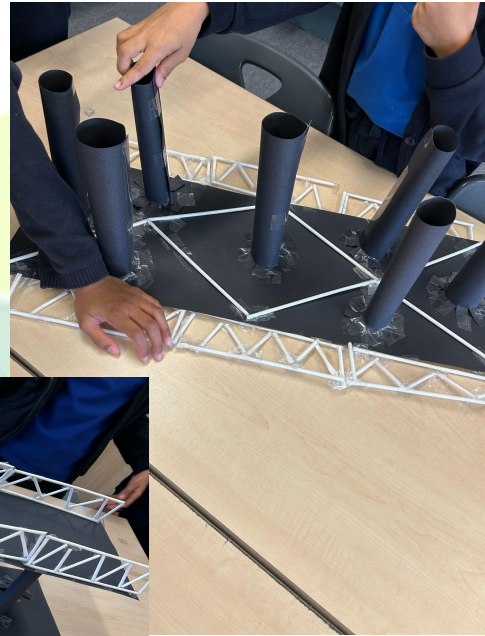
Year 4 had a fantastic day at their Mayan workshop. They created some Mayan weaving, created some observational sketches of Mayan artifacts as well as participating in several drama activities.

It was a great day!



Curriculum Showcase:

Year 5



Y5 have been busy developing their engineering skills in DT by designing, building and testing their own bridges. They explored different bridge structures and materials before creating their own. They showed fantastic teamwork, creativity and resilience as they tested their bridges for strength and stability, making improvements along the way.

Curriculum Showcase:

Year 6

Year Six have been busy designing and making fairground rides that must rotate and have a moving part. Many of them had success in fulfilling this design brief, applying what they had learnt about circuits in science, earlier in the year, adding a motor and batteries to power their rides. They look pretty good too! Great work, year six!

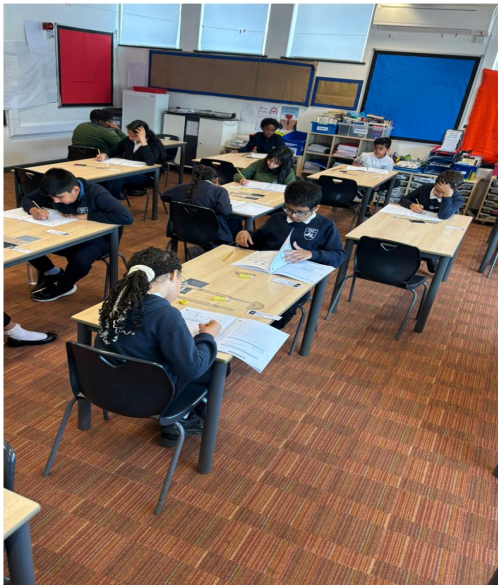


Curriculum Showcase:

Year 6

SUPERSTAR YEAR SIX SMASH SATS!

The year sixes made everyone proud with their superstar attitudes and efforts in sitting their SATS tests last week. The week was the finale to lots of hard work, resilience and focus and everyone did their very best. Well done, year six!



PIC • COLLAGE



Self-confident Trustworthy Ambitious
Respectful & Responsible Supportive

Mrs Matthews' recommended reads:

EARLY YEARS

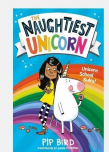


Basil Dreams Big
 by Lu Fraser and Sarah Warburton

"How do I steer? And how do I stop?
 "What if I lose all my UPNESS and...
 drop?"

Basil the bat doesn't believe he can fly. No matter how hard he tries, he just can't do it. But when a thundering storm threatens the safety of his beloved friend, Moth, will Basil find his wings and believe in the bat he CAN be?

KEY STAGE 1



The Naughtiest Unicorn
 by Pip Bird

Mira CANT WAIT to start Unicorn School (Her big sister goes and won't stop going on about it). But when Mira arrives on her first day all the unicorns are gone... except Dave!

Dave isn't quite the sparkly magical unicorn Mira was expecting to find at the end of the rainbow - he's more grumpy than glittery, more interested in lunch than magical guests and he always runs off when Mira tries to ride him - but Mira's not going to let that get her down. Along with her new friends and their (much more glittery) unicorns, she is determined to be the best at Quests and protect the special unicorn world!



LOWER KEY STAGE 2



Monster Diaries: The Cyclops and the Worst Party Ever
 By Anne Miller

When people hear Polyphemus is a cyclops, they always assume he's a big scary MONSTER with one huge eye who EATS PEOPLE.

The truth is, YES, he is big, and he does have one huge eye, and ok he does OCCASIONALLY eat people... but THAT'S NOT THE WHOLE STORY!

All he ever wanted was to throw the GREATEST PARTY OF ALL TIME! But then Odysseus arrived and it all went very, VERY, wrong...

UPPER KEY STAGE 2



Nina Peanut Is Amazing
 by Sarah Bowie

Nina Peanut - super-star in the making, frozen pizza chef, creative genius, owner of the world's stinkiest cat. The funniest new friend for all kids, everywhere.

Nina Peanut creates amazing videos - so why is it only her man and best friend Brian who watch them?

Nina dreams about being as popular as class queen bee Megan Dunne, who films NOT AMAZING AT ALL content of her pampered dog, Princess Trislie Bell.

So when Nina's stinky cat Les wanders into one of Megan's videos by accident, and goes viral, Nina and Les are suddenly internet famous! But is overnight stardom as wonderful as Nina always imagined it would be?





**TEACH
WEST
LONDON**

Train to Teach with Cranford Park Academy and **Teach West London** in September 2026.

Thinking about a career in teaching? Applications for [Teach West London's teacher training programme](#) starting this September close on 15th June. Our school partners with Teach West London to offer West London based routes for parents, graduates, teaching assistants, and career-changers. If you, or someone you know, has the potential to become an excellent teacher, find out more by contacting Teach West London on 020 3301 3180 / ITT@teachwestlondon.org.uk, visiting their [website](#) or registering your interest [here](#).

Cranford Park
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Reminders

School timings



School starts at 8.40 am and the school gates will close promptly at 8.50 am. If your child arrives after this time they will be marked late.

Appointments



Medical appointments where possible should be after school. Understandably you cannot book your hospital appointments after school, however dental, GP and opticians appointments should be made after school or as close to the start or end of the day as possible.

Holidays in Term Time



Holidays during term time will not be authorised and may incur a Penalty Notice of £160.00 per parent per child. To avoid the risk of a Penalty Notice please book all holidays during the holiday dates given, these are available on our website and on the app. If you are unsure of the dates please contact the school.

Pre Ordering school lunch



Please ensure you pre order your child's lunch via ParentPay, this way you can decide in advance what your child would like to eat for the week.

