



Principal's update

CPA is lucky to be part of the Park Federation for many reasons, one of them being the number of events and competitions that we run for the children. So far this year we have had numerous sporting competitions, football, netball, dodgeball, multi sports and Boccia to name a few. We also have a number of more academic events such as The Maths Challenge. The Spelling Bee and this month we have Strictly Speaking .

Strictly Speaking is open to children in Year 5 across the federation. Three children from each school are selected to work as a team to deliver a speech on a set topic. This year the topic up for debate was: **Should teachers be replaced by AI?** See report below from Mrs Harish (Y5 Year team leader) below on the performance of our children.

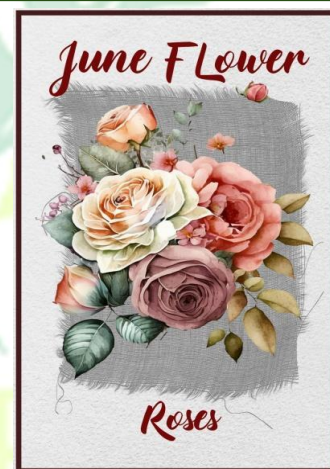
Congratulations to our talented Y5 children who represented CPA at the Federations Strictly Speaking Competition. The children's eloquent delivery, compelling arguments and confidence speaking on such a relevant topic were outstanding. We are so proud of you all - well done!



Dates for your diary

**End of term;
 Tuesday 21st July 2026**

**Terms starts;
 Thursday 3rd September
 2026**



Attendance

The class with the best attendance this last week was:

1st place: 4MD
 2nd place: 6DS
 3rd place: 4HW

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

Well-Being:

Dealing with change and transitions toolkit Primary

The end of an academic year brings a range of emotions. It is a time for reflection and celebrating achievements, as well as excitement with the summer holidays on the horizon. However, it is also a time of change and upheaval which can feel difficult and cause anxious feelings.

Some children will have come to the end of their time at primary school and will be getting ready to leave, and the others will be preparing to move on to a new school year next term. Everyone in school will also be preparing for the shift from the routine of the school day, to no formal education structure across the summer break.

Here are some resources to help our children deal with change and prepare for the summer break. There are some resources for those our Year 6 who will be leaving CPA, to help them feel more settled and prepared ready for Secondary School.

[Moving Up! The transition to secondary school – Anna Freud](#)

An animation and teacher toolkit to help children with the transition to secondary school, helping them work through their concerns.

[Top tips for making friends – Childline](#)

Worrying about making friends is very common for children leaving primary school. This advice from Childline answers some common questions and aims to ease those worries.

[My moving up to secondary school booklet – Compass](#)

A booklet for pupils and their parents and carers to work through together, to help both parents/carers and children feel more prepared for the change.

[Self-care summer: primary – Anna Freud](#)

A plan for children to complete ahead of the summer break, to help them prepare and practise self-care over the holidays.

Safeguarding:

Government ban on social media for under 16s from Spring 2027

The government ran a national consultation from March to May 2026, one of the largest engagement exercises undertaken by this government.

The results showed overwhelming public demand for action, with 9 in 10 parents backing a social media ban for under-16s, and two-thirds of young people agreeing under-16s should not be allowed to use at least some social media platforms.

These changes reset the rules so that children are protected from the platforms and online features that create the most harm.

What is changing and what's banned?

We plan to use the same model for a social media ban as in place Australia. Their model included platforms like Instagram, YouTube, TikTok, Snapchat, Facebook and X.

We do not intend for messaging services like WhatsApp and Signal to be included in the social media ban.

High-risk features including livestreaming and strangers being able to contact children will also be restricted for under-16s on other online services like gaming.

This will be backed up by stronger requirements for age checks on platforms.

Children will still be able to access the online world safely for learning, news, games and staying in touch with known friends and family on messaging services.

16 and 17 year olds will still be able to access social media, but live streaming, and stranger communication including in gaming, will be switched off by default for these ages.

See next page for current age restrictions for apps for children and young people.



A huge Thank you!

To Jay Krishan Sharma's (2KM) parents for donating 3 brand new fans to the school, very much appreciated in this very hot weather!



Family Support Worker Focus:



Children from Year 3/4 went to Montem Academy to participate in this year's Federation Tennis tournament. Year 4 have been training super hard to make sure they were ready for this competition. On the day they showcased some excellent Tennis and gave 100 percent effort in every game that they played - team CPA finished in 3rd place taking home the bronze medal! A special mention to the Year 5/6 Sports leaders who supported the Year 3/4 tournament with their officiating of matches, Well Done all!

Family Support Worker Focus:

Mental Health Stress

There are many things that can lead to stress. But not all life events are negative and even positive life changes, such as moving to a bigger house, gaining a job promotion or going on holiday can be sources of stress.

What is a stress container?



The stress container is as simple as it sounds – a container that holds your stress. We all have our own individual stress container; each container is a different size and it is filled with different stressors.

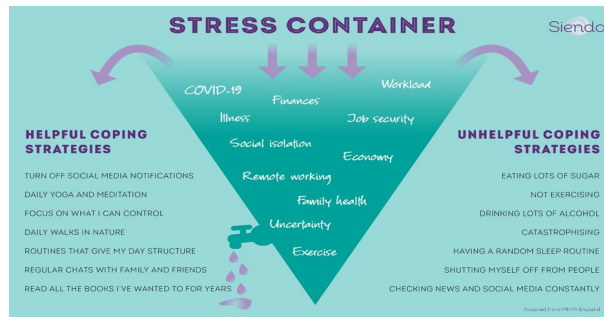
The model suggests that the level of vulnerability a person carries is represented by the size of the container. For example, my container may be smaller than yours if I am more vulnerable due to certain life experiences or current circumstances. The smaller the container, the less stress that a person can handle before the container starts to overflow, known as emotional snapping.

As you will see in the image below, the stress container is filled with everyday stressors that are present within a person's life. As the stressors build, they start to fill up the container. Overtime, if not managed correctly, everyone's stress container will start to overflow, causing damage to the person's emotional and physical health. This is represented by the arrows flowing out from the container.

In order to prevent this overflow, a person must become very skilled at managing stress. Managing stress is a very individual process and it is something that we learn overtime, as we experience what does and does not work for us.

To understand this in practice; think of a time where you felt seriously stressed and then someone said one little thing to you – and that was it – you snapped. Well, that's because your container was already too full. That one tiny little drop caused your container to overflow.

Family Support Worker Focus:



So, how can we prevent emotional snapping?

At the side of this container, you will see a tap; when turned on, it allows the pressure to release. Keep in mind, the stressors themselves may still be present, but we've released the pressure felt around them. However, when the tap is turned off, or if the flow is blocked, the container will continue to fill.

That is where our stress management skills come in – our personal responsibility is to recognise how full our container is and then understand what helps us to turn the tap on, preventing any overflow.

Enter coping strategies...

Helpful coping strategies, however, are those practices and behaviours that help us to effectively manage the situations that are causing the stress. Finding the right strategies involves a bit of trial and error, as we figure out what helps us to reduce our stress levels.

Please keep in mind, the coping strategies provided in the image are just some illustrative examples; each of us have different ways of coping and – for our stress management plan to be successful – we must find our own suitable strategies.

What does your stress container look like?

Now it's your turn! Grab a pen and paper – it's time to draw your stress container. Next, take a moment to think through what stressors are currently present within your life. Take some time to do this and note down the stressors that are floating around in your container at the moment.



Family Support Worker Focus:

Once you have done this, have a good think about what behaviours, practices or habits you have in your life and on which side of the container you would place them: 'helpful' or 'unhelpful' coping strategies. Remember, with some behaviours or habits, it can be a fine tipping point.

And lastly, once you have decorated your sheet with all your coping strategies, have a think about how you could make more time for those helpful ones that nourish your wellbeing, and where you could reduce those that are unhelpful. You could call this your – Stress Management Plan.

Remember: we do not have to conquer all of our unhelpful coping strategies at once. Coping strategies, whether helpful or unhelpful are there to help us cope. If we are attempting to remove an unhelpful strategy, it is advisable that we have an alternative, tried and tested, helpful strategy in place already.

Baby Steps for Success

Lastly, please remember to be compassionate with yourself as you move through this process. Changing habits and behaviours can take some time, and you are far more likely to experience successful change if you take small but meaningful steps.

Being proactive in taking care of your wellbeing is not only beneficial for your mental health, but it also supports your physical health.

Top tips from releasing stress from your Stress Container-

- Get active
- Listen to music
- Have a relaxing bath
- Talk to a friend
- Engage with a hobby.

It's important to be aware of what helps you to relax and de-stress and use these strategies.

Also... Be kind to yourself! We all have difficult days

Events

On Friday 19th June, Team CPA's Year 6 Tennis Team competed in the Federation Year 6 Tennis Competition held at Eton College as part of our annual Federation Tennis Tournament. The event was brilliantly supported by four Sports Leaders, who did a fantastic job umpiring the matches throughout the day. The entire day was a huge success, with both the players and Sports Leaders representing our school exceptionally well. Their enthusiasm, teamwork, and sportsmanship made us all immensely proud.



Self-confident Trustworthy Ambitious
Respectful & Responsible Supportive

Well done to Alice who has been chosen to trial for the Chelsea FC Women Girls Academy Development Pathway. Good luck Alice!



Curriculum Showcase:

Garden Rooms



Garden rooms have had some great experiences this term. We had an amazing theatre workshop with Kenn from Openbox theatre company. We went on an adventure to explore the world of minibeasts. There was singing, dancing and stories and the children loved it. We have also been out on a couple of trips. Our reception children went to the Lookout centre in Bracknell and really enjoyed exploring all the science activities, especially the water area! Our year 1 children went to Bockett's farm and thoroughly enjoyed meeting the animals and going on a tractor ride. The children have had an amazing year and we are incredibly proud of them! Mrs Howells and Mrs Warner

Curriculum Showcase:

Nursery

Our Nursery children had a fantastic time when the mobile farm came to visit! They loved meeting a variety of friendly farm animals and enjoyed learning about how to care for them. It was a wonderful hands-on experience that encouraged curiosity, confidence and plenty of smiles. It was a memorable day for everyone!



Curriculum Showcase:

Reception



The Reception children had a fantastic time on their first trip to Bracknell Look Out Discovery Centre. Despite the warm weather, everyone enthusiastically explored the interactive science activities, burnt off plenty of energy in the adventure playground, and worked together to build a house in the builders' yard. To round off the day, we enjoyed cooling down in the water play area, where the children had great fun experimenting with the water features and floating toy boats. It was a wonderful day of learning, teamwork, and outdoor fun!

Curriculum Showcase:

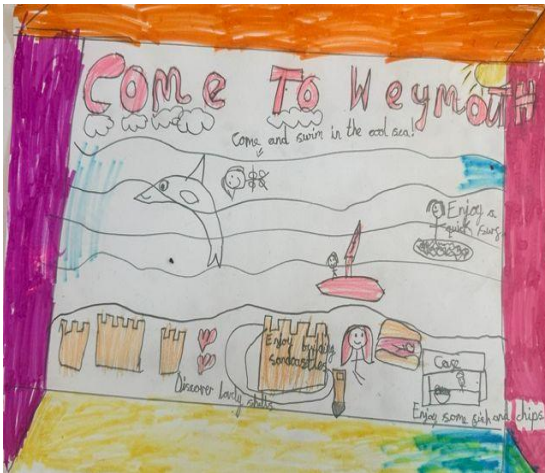
Year 1

For our current Geography unit, year 1 have been learning about human and physical features in our local area. To help us identify these features we went for a walk to Cranford Park – what a wonderful resource right at our doorstep. The children had a wonderful time exploring their environment and even had a play in the playground – what a great afternoon we had!



Curriculum Showcase:

Year 2



Year 2 **have** turned into absolute geography experts this half-term as we've been exploring the big question: **"What is it like to live by the coast?"** The children have loved diving into coastal life! They have worked incredibly hard creating:

- **Wonderful Weymouth Posters** in Geography, packed with brilliant facts about the town.
- **Beautiful Beach Leaflets** in English, showcasing everything there is to know about West Wittering.

Speaking of West Wittering... the excitement levels in the classroom are officially through the roof! The children are absolutely buzzing for our upcoming **trip to West Wittering Beach** in July.

Curriculum Showcase:

Year 3

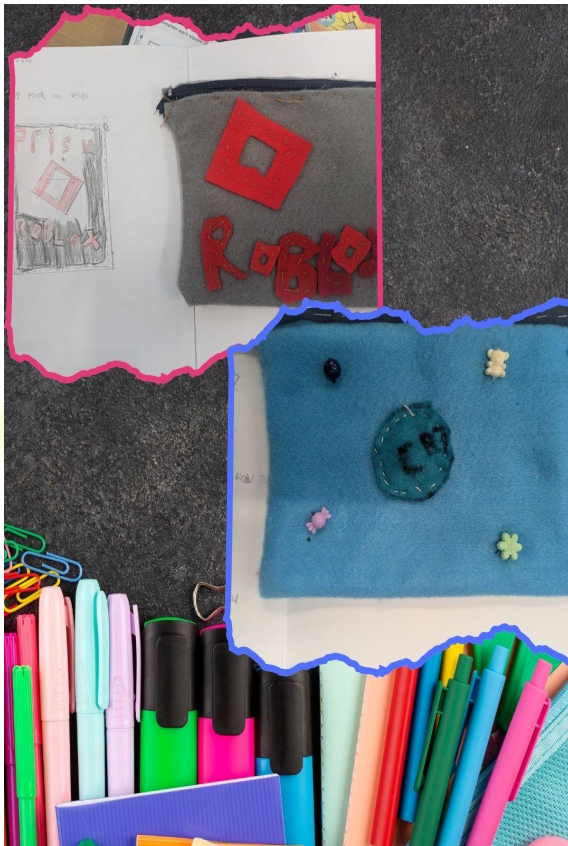
Year 3 enjoyed their food tasting lessons, which helped them decide what they would like to put in their sandwiches! They will be making their own sandwiches very soon!



Curriculum Showcase:

Year 4

Year 4 have done it! Over the past few weeks they have all worked incredibly hard to complete their pencil cases. From design to production and product evaluation, these end products have been a great success! Well done Year 4!



Curriculum Showcase:

Year 5

Congratulations to our talented Y5 children who represented CPA at the Federations Strictly Speaking Competition. The children's eloquent delivery, compelling arguments and confidence speaking on such a relevant topic were outstanding. We are so proud of you all - well done!



Curriculum Showcase:

Year 6



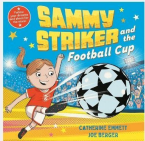
Year Six visit London!

Just before half term, for their Childhood Promise trip, Year Six visited some of the many different sights and landmarks in London. These included Buckingham Palace, the Houses of Parliament, the Covid Memorial Wall, Trafalgar Square and the London Eye. We were lucky enough to have Mr Simcock join us as our tour guide, to have a picnic in St. James' park and, of course, indulge in an ice-cream. A great time was had by all.



EARLY YEARS

Sammy Striker and the Football Cup by Catherine Emmett



Sammy Striker is NEVER found without a football at her feet, and one day at the park, she's spotted by Melissa McDream who coaches the Under 8s National Team! Sammy is a dribbler-extraordinaire, headed straight for the top. But, as the Football Cup gets closer, Sammy's shots on goal go a bit . . . wonky.

Will Sammy work out that it's what makes her DIFFERENT that will help them win the final?

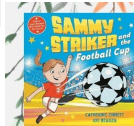
KEY STAGE 1



Harry and the Dinosaurs United by Ian Whybrow

Harry's football team are trying their best, but they just keep getting in each other's way. But, luckily, Harry soon learns the best trick of all . . . teamwork! So together Harry, his friends and their mascotaurs win the best prize ever . . .

Mrs Matthews' RECOMMENDED READS



LOWER KEY STAGE 2



Little People, Big Dreams Harry Kane By Maria Isabel Sanchez Vegara

Learn all about the incredible story of Harry Kane, an inspirational athlete whose determination and hard work helped him become captain of England's football team.

UPPER KEY STAGE 2



Unbelievable Football: The Most Incredible True Football Stories By Matt Oldfield

Do you think you now everything there is to know about football?

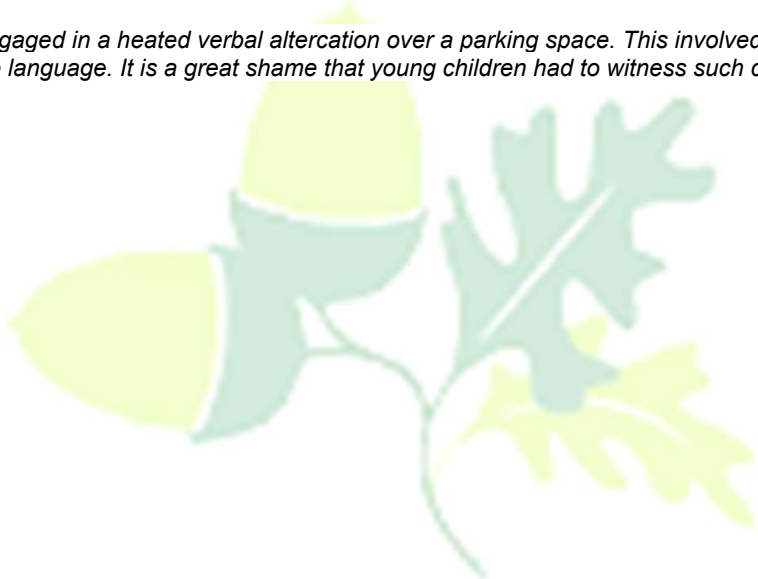
- Have you heard of . . .
- * The psychic octopus who could predict the winner?
 - * The Lioness who helped her country achieve European glory?
 - * The dog detective who saved the World Cup trophy?
 - * The superstar footballer who never actually played football?
 - * Or the local hero who ended his club's 70-year wait for a major trophy?

Discover the most inspirational stories, the most incredible real-life stories, and the always completely unbelievable football stories you never knew.

Reminders

A polite reminder to be considerate to our neighbours when parking in the area. A concerned neighbour has made the school aware of an incident that took place recently;

I was delayed further by two parents engaged in a heated verbal altercation over a parking space. This involved aggressive behaviour and inappropriate language. It is a great shame that young children had to witness such conduct right before the start of their school day



Cranford Park Academy



Self-confident Trustworthy Ambitious
Respectful & Responsible Supportive