



Principal's update

After 35 years at CPA this is now my final newsletter. I can honestly say it has been an honour and a privilege to work at such a wonderful school and I am going to miss it more than I can say. When I first walked into the building in June 1991 I knew it was the school for me. It had a fantastic, positive feel and I fell in love with the place there and then.

Over time my feelings for the school, the children, the staff, the community have only deepened and it has been delightful watching children I have taught go on to bring their own children to the school; this has been incredibly special and something I will cherish.

As I retire I am going on brand new adventures in Cornwall where I plan to do some volunteering and fully immerse myself in the local community. However I know I will never forget the very special place that is CPA. There is something about the school that attracts fantastic staff and, like me, most of them stay for years and years. It is a very hard place to leave.

I will miss the families and the children more than anything. The lovely welcome I get on the gate in the mornings and the thank yous at the end of the day are just brilliant. I know I am incredibly lucky to have worked amongst such a supportive and caring family community and I thank you all so much for making my job the best possible one I can have imagined.

Janna Murphy. The new Principal is going to be excellent and I am sad I am not going to get the chance to work with her myself! I can however leave knowing that the school is in great hands with Mrs Murphy and that she will be supported by CPA's superb SLT.

Thank you once again for all your fantastic support over the years and I wish you all the very best for the future.

Dates for your diary

Term Ends;

Tuesday 21st July 2026 at;

2:15pm-Garden Rooms,
Reception, Year 1 and 2

2:20pm-Years 3 to 6

School re-opens;

Thursday 3rd September 2026



Attendance

The class with the best attendance this last week was:

1st place: RW
2nd place: RE
3rd place: 6GD

It will be a non-uniform day for RW on Mon 20th July, well done!



Well-Being:

Jump Back Up July 2026

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

ACTION FOR HAPPINESS
Happier · Kinder · Together

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

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

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

Safeguarding - Transition to Secondary school



Help keep your family safer online

As the year 6 children prepare to leave CPA behind and head off to Secondary school, it is vital as parents/carers that we have conversations about staying safe online and being sensible with devices.

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

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

Safeguarding - Staying Safe over the Summer

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

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

Events:



Well done CPA

A huge thank you to everyone who has helped us
raise an amazing £3,216.44 at our Lark in the Park
charity event raising money for Action Aid

Thank you!!!!

Events:

Year 5 enjoyed a wonderful afternoon tea after spending the morning preparing a delicious selection of treats. They worked hard to make empanadas, finger sandwiches, strawberry cheesecake and Eton mess before sitting down to enjoy an array of scones, cakes and sandwiches. It was a fantastic opportunity for the children to develop their culinary skills, work together as a team and celebrate their efforts with a well-deserved afternoon tea.



Family Support Worker Focus:

THE 4 F'S OF TRAUMA – UNDERSTANDING OUR SURVIVAL REACTIONS

When we go through something frightening, painful, or overwhelming, our brain treats it as a threat. It sends signals to our body to react as quickly as possible. These reactions are automatic. They are survival instincts that humans have had for thousands of years, and they can switch on in an instant. Trauma can make the brain expect danger, even when the situation is safe. This means the same reactions that once helped us survive can start to appear in everyday situations, sometimes without us realising why. These survival reactions are often called the 4 F's of trauma: Fight, Flight, Freeze, and Fawn.

- **Fight** – reacting with anger, control, or confrontation to protect yourself
- **Flight** – avoiding situations or staying busy to escape discomfort
- **Freeze** – shutting down, feeling numb, or struggling to act
- **Fawn** – people-pleasing or over-caring to avoid conflict

FIGHT- “I MUST PROTECT MYSELF”

Fight is when our body prepares to face a threat directly. Adrenaline gives us strength and energy to protect ourselves. This might appear as anger, a strong urge to argue, or a need to take control.

What it can feel like:

- Heart pounding
- Feeling hot or tense
- Energy surging through your body

What it might look like:

- Speaking in a loud or sharp tone
- Criticising or correcting others
- Trying to take control Feeling you have to “win” the situation

Helpful steps:

- Pause and take slow, deep breaths before reacting
- Step away to cool down and think
- Channel the energy into movement or sport
- Practise calm, assertive communication instead of confrontation

FLIGHT – “I NEED TO ESCAPE”

Flight is when the body tells us to get away from danger as quickly as possible. This could mean physically leaving, avoiding certain situations, or staying busy to avoid uncomfortable feelings.

Family Support Worker Focus:

What it can feel like:

- Feeling restless or fidgety
- Racing thoughts
- Struggling to focus

What it might look like:

- Avoiding people, places, or conversations
- Always keeping busy to avoid thinking or feeling
- Over-preparing for situations Feeling you always need an "exit plan"

Helpful steps:

- Notice when you are avoiding something and take small, safe steps to face it
- Use grounding exercises to bring your mind back to the present
- Remind yourself that you are safe now
- Allow yourself rest without feeling guilty

FREEZE – "STAY STILL AND HOPE IT PASSES"

Freeze happens when the brain decides the safest choice is to stay still and wait for danger to pass. The body can feel heavy, the mind may go blank, and we may feel disconnected from what is happening.

What it can feel like:

- Feeling numb or disconnected
- Low energy or heavy limbs
- "Blank" mind

What it might look like:

- Struggling to make decisions
- Withdrawing from others
- Daydreaming or losing time Avoiding tasks

Helpful steps:

- Start with gentle movement, such as stretching or walking
- Break jobs into very small, manageable steps
- Reconnect with creativity – drawing, music, writing
- Talk to someone who feels safe and will not rush you

Family Support Worker Focus:

FAWN – “KEEP THE PEACE”

Fawn is when we try to stay safe by pleasing others. We focus on keeping people calm or happy, often putting their needs above our own, because upsetting them feels unsafe.

What it can feel like:

- Nervous about upsetting others
- Guilt or shame for saying “no”
- Feeling responsible for other people’s moods

What it might look like:

- People-pleasing
- Agreeing to things you do not want to do
- Over-helping or over-caring for others
- Avoiding disagreements at all costs

Helpful steps:

- *Practise saying “no” in small ways*
- *Spend time with people who respect your boundaries*
- *Remind yourself that your needs are important too*
- *Challenge unhelpful thoughts about your worth*

Cranford Park
Academy

Curriculum Showcase:

Garden Rooms



In the hot weather, Garden rooms have enjoyed sensory play and have explored things that are cold. They thought the ice was great fun!

Curriculum Showcase:

Reception



Fantastic Sports Day Fun for Reception!

Our Reception children had a wonderful time at their Sports Day! They threw themselves into every race with incredible enthusiasm and brilliant sportsmanship.

A huge thank you to all the wonderful family and friends who came along to cheer the children on, and a special shout-out to those who joined in the fun themselves! We truly appreciate your fantastic support.

Curriculum Showcase:

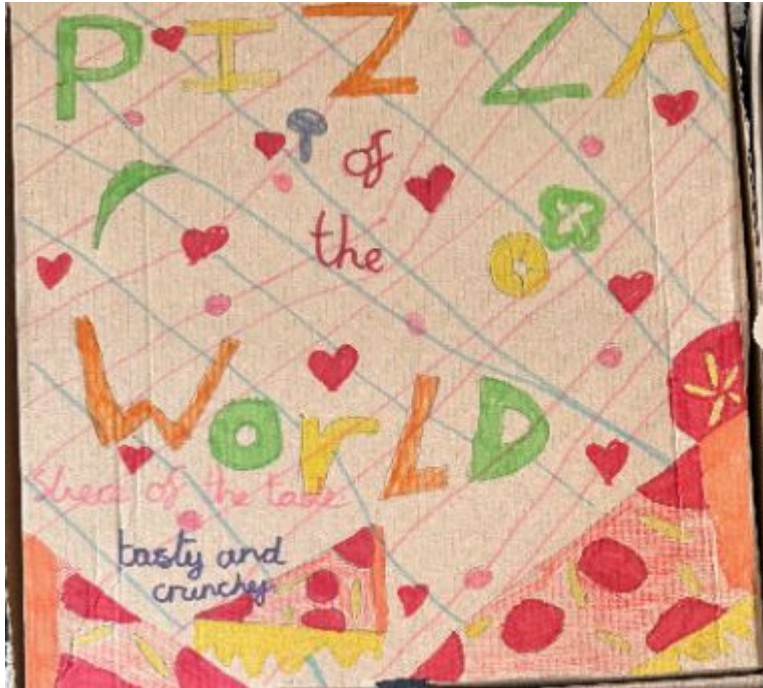
Year 1

Year 1 have been learning all about designing a home in DT this half term. We have learnt about joints and how to join things together. We looked at the inside and outside of a house and what things we have in our houses to make a home. Our challenge was to make 3 items of furniture and then construct a strong house, using the skills we had learnt. Our children produced some wonderful work – budding architects!



Curriculum Showcase:

Year 2



Move Over, Domino's... Year 2's Pizzeria is Open!

As part of our DT unit, "Perfect Pizzas," Year 2 have been busy designing and building their very own custom pizza boxes. Move over, high street brands—our mini-designers have created some seriously stylish packaging!

This week, the excitement reached boiling point! We welcomed the fantastic Chef Kerry into school for a hands-on cooking workshop. Our young chefs rolled the dough, added their favorite toppings, and brought their dream pizza designs to life before boxing them up in their custom-made packaging.

Hope you were ready for some very proud (and very hungry) children!

Curriculum Showcase:

Year 3

Our classrooms were recently transformed into a bustling, high-energy kitchen, as our pupils took on their latest DT challenge: designing and making the ultimate healthy sandwich! Before making it, they tasted different foods to help them decide what fillings they would like in their sandwiches. As well as learning/developing their cutting skills, they applied their knowledge of food hygiene. Year 3 worked excellently and enjoyed eating their sandwiches outside!



Curriculum Showcase:

Year 4

The Year 4 team wanted to celebrate the incredible success that the children had this year with their MTC. Our average score was 24.5 out of 25 which is incredible. Thanks to all of our families for their support and well done again to the fantastic achievement of all of the children this year!



Curriculum Showcase:

Year 5



Year 5 Sports Day:

Despite the soaring temperatures, our children gave every race their all and the egg and spoon race even brought out the competitive side of our parents, creating lots of laughter and memorable moments!



Hampton Court Palace Trip:

Our Year 5 chn had a fantastic visit to Hampton Court Palace, where they were impeccably behaved, engaged enthusiastically with the activities and learned a great deal about Tudor history.

Curriculum Showcase:

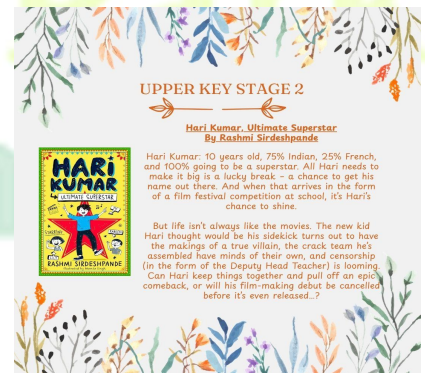
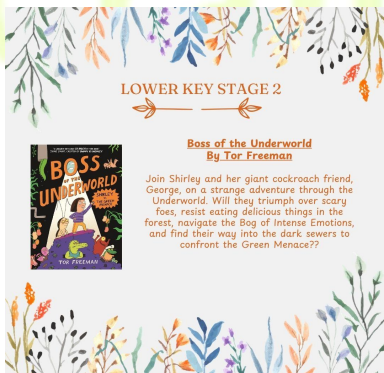
Year 6



Our Year Six performance of 'School of Pop' was AMAZING and reflected the huge amount of time and effort the children gave to ensuring it was the very best it could be: dynamic dancing, splendid singing, awesome acting and enthusiastic energy all round! A very special memory as their time in primary school is coming to an end. Congratulations on a successful show, year six! How proud everyone is of you.



Mrs Matthews' recommended reads:





News to share.....

When of our pupils Abdirahman took part in a Morrisons World Cup photo shoot!



Academy



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