



CRANBROOK PRIMARY SCHOOL NEWSLETTER



HEADTEACHER'S MESSAGE



Dear Parents/Carers,

Perspective is a word I have been considering a lot lately. It has such a huge influence on how we approach, manage and cope with situations and circumstances. It also helps us to show empathy for others

Positive thinking is important because it broadens our sense of possibility and opens our minds up to opportunities and experiences and even allows us to build new skills. Positive thinking can also broaden and build our minds according to many psychologists and also makes children (and us adults) more resilient.

What's even more interesting is that we can train our minds to be more emotionally resilient and to respond to certain emotions in a healthier manner.

An easy way to do this is by engaging in mental exercises such as those listed here, that help "rewire" the brain.

If you are interested in learning more, please follow this link: [Positive attitude - 7 activities](#)

Developing perspective is important and so is acknowledging that life has many opportunities of joy and hope, and challenges are felt in different ways. Please know we are always here to support our Cranbrook family so do get in touch should you need to.

I hope you enjoy the half term holiday and it's filled with special moments together. See you in June ready for the exciting last part of the school year.

Cassim



TERM DATES

- ✓ **Autumn Term:**
Monday 2nd Sept - Friday 20th December, 2024
Half Term: Mon: 28/10/2024 - Fri: 01/11/2024
- ✓ **Spring Term:**
Monday 6th January - Friday 4th April, 2025
Half Term: Mon: 17/02/2025 - Fri: 21/02/2025
- ✓ **Summer Term:**
Tuesday 22nd April 2025 - Tuesday 22 July 2025
Half Term: Mon: Monday 26th May - Friday 30th May 2025
- ✓ **Bank Holidays:**
Monday 5th May & Monday 26th May, 2025
- ✓ **Inset Days:**
Monday 21st July & Tuesday 22nd July 2025

7 Activities TO HELP YOUR CHILD DEVELOP A POSITIVE ATTITUDE



LOVING KINDNESS MEDITATION

Engage your child in loving kindness meditation. It involves thinking of loved ones and sending them positive thoughts. The four traditional phrases are, "May you feel safe. May you feel happy. May you feel healthy. May you live with ease."



HELPING OTHERS

Your child could help others by assisting an elderly neighbor with yard work or chores, helping a friend with homework, or participating in a canned food or clothing drive. You could also make volunteering a family affair and regularly help out with a soup kitchen or other charitable organization.



RECORDING AWE MOMENTS

Encourage your child to create an Awe Journal. In the journal, they will record sights or moments from their daily lives that they find beautiful or extraordinary: a rainbow, a kind act, or even the smell of freshly baked cookies. Your child can record these moments with drawings, descriptions, poems, etc.



SETTING AND ACHIEVING GOALS

Encourage your child to set goals and visualize and plan for obstacles in advance. This is called the WOOP approach: Wish, Outcome, Obstacle, Plan. This approach makes it more likely that your child will actually achieve their goals, resulting in increased confidence and a more positive attitude.



SHARING POSITIVITY

Share positive experiences with your child. Laugh with your child, hug your child, set aside time to provide your undivided attention, and enjoy positive experiences together.



DEVELOPING NEW SKILLS AND TRYING NEW ACTIVITIES

Recognize your child's strengths and give them opportunities to develop them and experience success. If your child expresses interest in a new activity, let them try it out. You can even find new activities to try with your child in order to increase your shared positive experiences.



Practicing Positive Affirmations

Guide your child to come up with affirmations that are short, positive, and present tense: I am kind. I am enough. I am loving. Instead of giving your child instructions or requiring them to say affirmations, try to use them in a playful manner.



Years 5 & 6 Residential – June 2025: Medication Info for children participating

Dear Parents/carers, for those children going on the residential trip this year, please ensure that medication is in school by Friday 6th June.

Please note that parents are required to complete a medical consent form for any medication that is handed in.

Children with asthma pumps already in school, do not need to provide anything else. However, if your child takes their brown pump, this must be in school before Friday 10th June at the latest.

Important: All medication must go to Meena, our First Aider, by Friday 6th June. Consent forms for any additional medication that is taken, including the brown asthma pumps, must also be handed in good time.

Please also note certain medication can only be accepted if it has been prescribed by the GP..



Update Contact details/ Emergency Information



If you have changed any contact details, such as phone numbers, email address or your address, please let the school office know urgently, so that we have up to date information and can make contact in an emergency situation.

**ATTENTION
PLEASE**



SCHOOL SUMMER TERM TRIPS/ EVENTS 2025



Redbridge Schools Recorder Festival – Sir James Hawkey Hall, Woodford–Thursday 22nd May 2025 (Selected 24 children to attend)

Ø Year 3 Green/3 blue–trip to horrible history boat tours–Thursday 22nd may 2025–9.30am–3.15pm

Ø Year 3 Red/3 Yellow–trip to Horrible History boat tours–Friday 23rd may 2025–9.30am–3.15pm

Ø Nursery living things workshop–Tuesday 10th June 2025 in school

Ø EYFS, Year 1 & Year 2–Night owl workshop in school–Wednesday 11th June 2025

Ø Year 5–Gilwell park Scouts Adventure residential trip (39 children to attend)–Wednesday 11th June leaving at 12pm–Friday 13th June 2025 return time 2.30pm

Ø Year 6 Maes Y Lade Residential trip from Monday 23rd June leaving at 8am to Friday 27th June 2025 returning at 5pm



Year 6 Stubbers Adventure trip–Wednesday 25th June 2025

Ø Reception Yellow–visit to Stepney farm in the morning at 9.30am–12pm– Thursday 3rd July–NEED PACKED LUNCH

Ø Reception Green–visit to Stepney farm in the AFTERNOON at 12.15PM AFTER LUNCH –2.30PM – Thursday 3rd July

Ø Reception Red–visit to Stepney farm in the morning at 9.15am–12pm– MONDAY 7TH July–NEED PACKED LUNCH

Ø Reception BLUE–visit to Stepney farm in the AFTERNOON at 12.15PM AFTER LUNCH –2.30PM – MONDAY 7TH July 2025



Important information Regarding Car Park Issues

Dear Parents/Carers,

We would like to remind all parents that any parking-related issues, including restrictions and enforcement, fall under the responsibility of the borough council. It is each parent's responsibility to ensure they are following local parking regulations when dropping off or picking up their children.

Please be aware that if you receive a parking ticket, this is a matter between you and the borough, and the school has no involvement in these decisions. We kindly ask all parents to park considerately and follow the rules to ensure the safety of all students and members of our community.

Please see the contact number below where you can contact regarding any parking tickets issued.

03454635050

Thank you for your cooperation.



Warm Weather

Dear Parents/Carers,



As the weather is now getting warm, please ensure that your child is appropriately dressed with a hat, sun glasses and sun cream applied before school.

If your child has hay fever, then please administer the medication before sending them to school. We would also encourage you to send in a bottle of water, labelled with your child's name, which can be topped up throughout the day, as all classes have access to drinking water.

Many thanks



THOUGHT OF THE MONTH

"Great things come from hard work and perseverance. No excuses."

(Kobe Bryant)



Use of the School field by Year 5 & Year 6 from Tuesday 22nd April during Lunchtimes



Dear Parents/Carers,

Please note that children in Years 5 and 6 will begin using the field on alternate days from Tuesday, 22nd April 2025, depending on the weather conditions. To ensure they can fully enjoy their time on the field, children will need a packed lunch. The school will provide packed lunches; however, children who wish to bring their own lunch from home are welcome to do so.

Additionally, children will need to bring extra water bottles, sun hats, and have sunblock applied before coming to school. All children will be supervised while on the field to make the most of the weather.

'Celebration of Beliefs' Day at Cranbrook

Dear Parents/Carers,

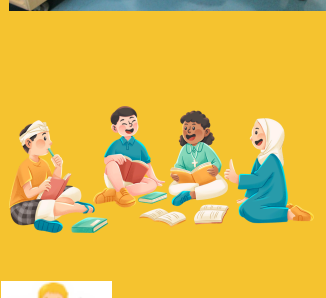
On Wednesday 21st May Cranbrook hosted a celebration of the different belief values in our community.

On the day, our children and our communities came together to promote understanding, respect, and harmony among the different communities.

The day consisted of:

- Shared faith practice discussions,
- Cultural exchange
- Charitable activities
- Open dialogue and mutual learning

The goal was to foster greater understanding, break down stereotypes, and build bridges between faiths.



Celebrating 80th Anniversary of VE Day



Dear Parents/carers,

As you are aware we celebrated the 80th anniversary of VE (8th May)/VJ (15th August) day on Friday 9th May,

it was an opportunity for the children to come together to honour and pay tribute to the Second World War generation from across the UK.

All the children enjoyed the picnic and had a great time.

Thanks for your continued support.





ATTENDANCE UPDATES

The Department for Education (DfE) has introduced new guidance for managing attendance, including a national framework for penalty notices. These changes take effect from 19 August 2024. At Cranbrook Primary School, we adhere to the Redbridge Attendance Strategy and Code of Conduct.

Please be aware of the following key points:

Fixed Penalty Notices can be issued when a student has:

- 1.5 Consecutive days of term time leave
- 2.10 sessions (5 days) of unauthorised absence in a 10 week period

First Offence:

The first time a Penalty notice is issued for Term Time Leave of Irregular attendance the amount will be

- £160 per parent, per child, paid within 28 days
- Reduced to £80 per parent, per child if paid within 21 days.

Second Offence (Within 3 years):

- The second time a penalty notice is issued for Term Time Leave of Irregular Attendance the amount will be £160 per parent, per child paid within 28 days.

Third Offence and Any Further Offences (within 3 years):

The third time an offence is committed for Term Time or Irregular Attendance a Penalty Notice will not be issued, and the case will be presented to the Magistrates' Court. Fines can be up to £2,500 per parent, per child.

Full details of the changes are available on the Government's webpage:

<https://www.gov.uk/government/publications/working-together-to-improve-school-attendance>



Importance of Time Keeping in the Morning

Parents/carers please note the gates close at 9am promptly, if you are late, your child will need to be brought in late gate.

Lateness will incur U Codes, which can lead to Penalty notices.

Email address to report absence:

absence@cranbrookprimary.redbridge.sch.uk

Please report any absence for your child on the email address above:



Attendance- Holidays

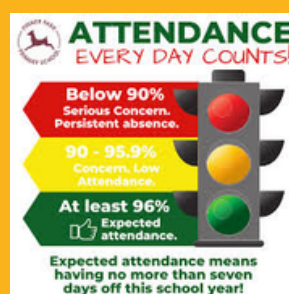
If your child is absent immediately before or after a school holiday you must provide evidence to explain the absence.



This could include medical evidence if your child is unwell or proof of flight delays or other circumstances beyond your control. Without this evidence, we cannot authorise the absence, and you may be issued a penalty notice by the Education Welfare Officer (EWO).

If the absence is due to illness, you will need to provide medical evidence to avoid a penalty notice. Acceptable forms of evidence include:

- A medical appointment card with details of the appointment.
- A letter from a professional, such as a hospital consultant or psychologist.
- Proof of a consultation with NHS 111.
- A prescription or medication prescribed by a GP.
- A copy of the prescription.
- A screenshot of a medical note (e.g., via the NHS app).
- Letters confirming hospital appointments.
- A slip from the surgery with the date, the pupil's name, and the surgery stamp, signed by the receptionist.



School Website

I would encourage all Parents/Carers to visit the school website regularly to read and note new updates and information. It is full of key information and support to help with pupils learning.



<https://www.cranbrookprimaryschool.com/>





Class WhatsApp Groups



Dear Parents/Carers,

With the rapid advancement of technology, we are able to stay more connected than ever to our children's education. We understand that many Parents/Carers find Class WhatsApp groups a convenient and effective way to communicate with the whole class.

However, while these groups offer many advantages, they can also lead to issues if not used appropriately. Communication within large groups can sometimes be challenging, especially when it's written and lacks context.

To ensure these groups remain positive and helpful, we encourage all Parents/Carers to follow these guidelines:

- Be patient and tolerant with others.
- Share thoughts clearly and accurately; avoid hearsay.
- Foster cooperation and kindness among all group members.
- Use the group for queries or school-related discussions only.
- Always show respect for the school community, including staff and teachers.
- Avoid using the group as a substitute for in-person communication.

Inappropriate online activity includes:

- Abusive or personal comments about staff, students, or other parents.
- Actions that may harm the school's reputation.
- Posting defamatory or libellous statements.



The school takes safeguarding very seriously, and any reported incidents will be handled appropriately.

Raising Concerns

If you have any concerns or issues, please address them directly with the appropriate member of our Senior Leadership Team. Discussing matters in the group may lead to misunderstandings and inaccuracies, so we encourage you to reach out privately when needed.

If you come across inappropriate comments in the WhatsApp group, please contact a member of our Senior Leadership Team immediately.

Thank you for your understanding and cooperation.

Online-Safety

Dear Parents/Carers,



TikTok has become one of the most popular social media apps on the planet, with 1 billion monthly active users. Young people in particular love its short-form video focus, and it is now one of Generation Z's favourite tools of expression.

Parent Zone and TikTok have worked together to create a series about safety for teens when using the platform.

Click the link for further information: <https://parentzone.org.uk/article/tiktok>





FACE PAINTING-- SHAMAZING FACES



This is Marissa!

You may know me from school. outside of school, I run Shamazing Faces, offering professional face painting and theatrical makeup with 20 years experience. I'm fully insured and DBS checked. perfect for parties, fairs and events.

My contact details are:

07572036859

or

shamazingfaces@outlook.com

or facesshamazing on Instagram



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Online ONLY School Support Course with live webinars – Available in Levels 1, 2 & Level 3 progression

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