



# Cedars Manor School Newsletter

Issue 10 — November 14th 2025

## RECEPTION APPLICATIONS FOR SEPTEMBER 2026 — NOW OPEN!

### Key Dates

- **Applications Open:** 1 September 2025
- **Closing Date:** 15 January 2026

### How to Apply

You must submit your application **online**. You can apply through:

#### 1. London Borough of Harrow Website

- Go to the Harrow Council admissions page: [Apply for a primary school place](#)
- Create or log in to your account.
- Follow the step-by-step form to enter your child's details and school preferences.

#### 2. eAdmissions Website

- Visit the eAdmissions portal: [eAdmissions](#)
- Register for an account (or log in if you already have one).
- Add your child's information.
- Select your preferred schools in order of preference.
- Upload any required documents.
- Submit your application and **save/print your confirmation**.



### Important Notes

- You can choose **up to 6 schools** (recommended).
- Applications submitted after **15 January 2026** will be considered late and may reduce your chance of getting your preferred school.



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## OVERALL ATTENDANCE – 93.67%

Week ending 14/11/2025

	Class	%	No of Pupils late	No of <u>lates</u>
1	Sycamore	97.78	0	0
2	Hawthorn	97.5	2	2
3	Fir	97.39	0	0
4	Yew	97.04	2	2
5	Pine	97.04	2	4
6	Beech	97	2	4
7	Elm	96.92	2	2
8	Spruce	95.79	2	3
9	Rowan	93.91	2	3
10	Maple	92.94	1	1
11	Hazel	89.44	1	1
12	Lime	85.65	1	1
13	Cherry	78.62	1	2

The whole school attendance is **93.67%** this week, which is **BELOW** the school average of **96%** and **BELOW** the National average of **95%**



## AFTERSCHOOL CLUB



**Monday – Friday | 3:20 PM – 5:45 PM |  
Term Time Only**

Our Afterschool Club offers fun activities, social time, and a welcoming space for your child to relax and unwind after the school day.

Cost per session:

- £10 per child
- £8.50 per child for siblings

(A minimum of one session per week is required.)

### Important Information:

Fees must be paid termly in advance.

If you are interested, please collect a form from the school office.



## DATES FOR THE DIARY

19th November—YR2 Parent MathWorkshop  
19th November—YR1 Headstone Manor  
20th November—YR3 Headstone Manor  
21st November—Beech Class Assembly  
21st November—Break the Rules Day  
24th November—Individual School Photos  
28th November—Fir Class Assembly  
3rd December — Winter Fair!  
3rd December — R visit All Saints Church  
5th December — Pine Class Assembly  
9th December — Year 6 Field Trip



We are delighted to let you know that our Choir pupils will be taking part in the Hatch End High School Winter Concert on **Wednesday 3rd December 2025**.

This exciting event brings together students from Hatch End High School and local primary schools for an evening filled with music, song, and celebration.



## Break the Rules Day – Friday 21st November

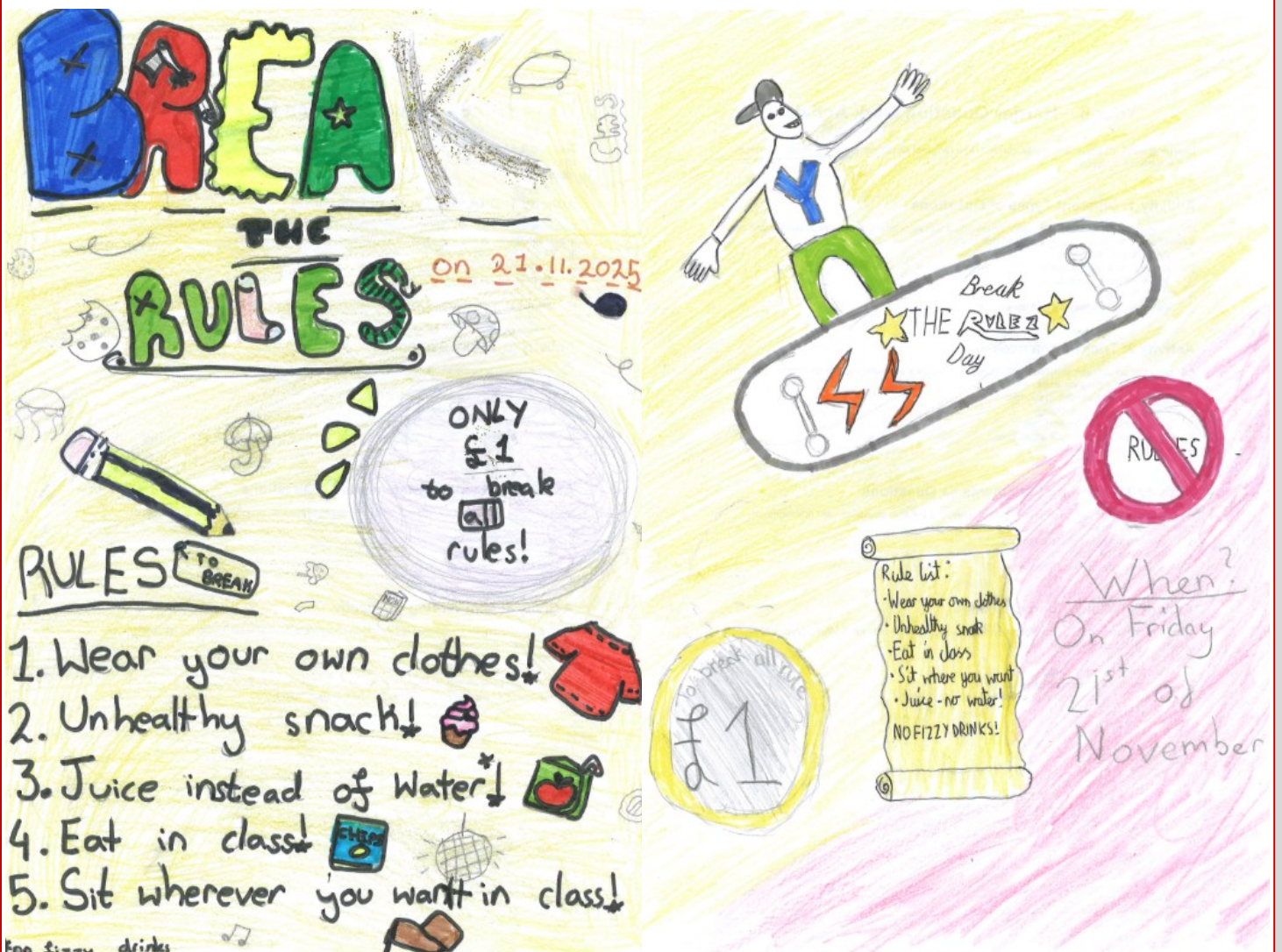
On **Friday 21st November**, we will be holding a “**Break the Rules Day**” in school! Pupils can choose to break any (or all!) of the five special rules **for £1**.

### Rules you may break:

- Wear your own clothes
- Bring an unhealthy snack
- Bring juice instead of water (*no fizzy drinks allowed*)
- Eat in class
- Sit wherever you want

Please see the attached flyers created by our CMS Head Pupils.

We're looking forward to a fun day!





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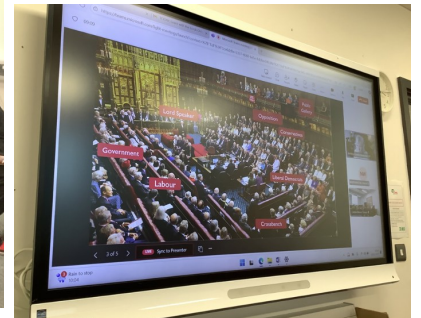
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## Learn with the Lords

On **Monday 10<sup>th</sup> November**, we were lucky to be joined online by **Baroness Garden**, taking part in a 45-minute online question and answer session with our School Council pupils as part of the popular 'Learn with the Lords' programme.

During the event Baroness Garden talked about her role and work in the House of Lords, before answering questions from our pupils. Our pupils met together prior to the meeting to decide what questions they wanted to ask.

It was an informative meeting and the children gained an insight into the work done inside The Houses of Parliament. The children also took a virtual tour of The House of Lords and The House of Commons, which was fascinating.



## Year 2 Trip to The Tower of London

On **Wednesday 12<sup>th</sup> November**, Year 2 visited The Tower of London as part of their learning in History on Kings and Queens. It was a fantastic day out. The children enjoyed looking at the crown jewels, exploring the tower and learning about the Kings and Queens of the past. We were also lucky to see the Poppy display on show for Remembrance Day. The children behaved impeccably and represented Cedars Manor beautifully.





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## Year 4 Opera Workshop

On **Thursday 13th November**, Year 4 took part in an Opera workshop led by **The Royal Ballet and Opera**. It was a fantastic experience and the children learned about how Opera has evolved over the years, transporting back to the 1600's. It was an interactive session and the children had the opportunity to sing and act.



## Young Carers Support at Cedars Manor School

Cedars Manor School is committed to identifying and supporting pupils who have caring responsibilities at home. Ms Bellis currently works with a group of young carers in school, offering guidance, emotional support, and a safe space to talk.

If you think your child may be a young carer please contact **Ms Bellis via the school office** for information and support. We are here to help ensure every young carer feels understood and supported.



### Signs of the Week



Remember



Peace



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## Learn an instrument



Does your child love music? We have trained teachers waiting to teach your child an instrument.

There are opportunities to attend instrument festivals run by Harrow Music Service with other local schools such as string festival and guitar festival.

We have **drums**, **violin**, **guitar** and **keyboard** lessons available.

Please ask at the office for more information.



### Year 5, Young Ambassadors for Peace

Our Year 5 Peace Ambassadors attended their second workshop this week. They were learning how to resolve conflict and promote peace with others.

Throughout the course of the day, the children participated in a number of activities to explore conflict resolutions.

They also discussed and role-played scenarios related to bullying in schools, with the focus on how to recognise bullying, prevent it and stand up to it.



### Year 3 Football at Hatch End High School

The children in Year 3 enjoyed their PE lesson this week at HEHS led by the HEHS pupils.

In the session the children took part in a number of activities to develop their football skills. It was a fantastic opportunity for our CMS children.

**The next session will be on 4th December.**





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## ATTENDANCE EXPECTATIONS

If your child is ill or unable to attend school, it is important that you inform the school office **before 9am**.

You can do this by either speaking directly to a member of staff or leaving a voicemail on the absence line (Option 1).

If you are unsure if you should send your child to school please refer to the information in this link to determine: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

We kindly ask that all appointments for your child, including medical and dental visits, be scheduled **during the school holidays or after school hours** whenever possible.

Appointments during the school day can disrupt your child's learning and impact their progress.



## PARKING OUTSIDE THE SCHOOL

We kindly ask all parents and carers to ensure they are parking responsibly when dropping off and picking up their children.

Unfortunately, we have noticed an increasing number of vehicles creating hazards for pedestrians and other road users. This not only poses a safety risk for the parents and children but also disrupts traffic flow around the school.



**In addition, please remember that the children's safety in the car is just as important as their safety around it.**

Drivers are **legally** responsible for making sure that any child **under 14** is correctly and securely restrained in a car seat or seat belt appropriate for their age, height, and weight. Even for short journeys, please double-check that car seats are properly fitted and that all seat belts are fastened securely.

## Value of the Month: Empathy

**Empathy:** understanding and sharing the feelings of others with kindness, compassion, and respect. It means listening with an open heart, considering different perspectives, and offering support when someone needs it.



We encourage our students to demonstrate empathy by being good listeners, showing kindness in their words and actions, and being mindful of how others may feel. Empathy helps us build stronger relationships, create a more supportive community, and make sure everyone feels valued and understood.

## EMAILS OF THE WEEK:

**10/11/2025** - Clubs Starting this week!

**10/11/2025** - Year 3 Maths Parent Workshop

**10/11/2025** - PGL Trip - FINAL Reminder

**11/11/2025** - NCMP for Reception and Year 6

**12/11/2025** - Cancellation of Football Session – 24th November 2025

**14/11/2025** - Winter Concert!



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## LEARNING AT CEDARS MANOR SCHOOL

### Nursery

**We have been learning:** about different significant days, especially Remembrance day and describing poppies.

**You can help at home by:** *talk about what special events or days you take part in and traditions that may take place.*

### Reception

**We have been learning:** about one less. Linked to our story Handa's Surprise, we learnt what happens when you take one fruit away as the animal took it from Handa's basket of seven fruit.

**You can help at home:** *encourage your child to retell the story in their own words.*

### Year 1

**We have been learning:** about how toys have changed from the past to the present.

**You can help at home by:** *talking about your own favourite toys and games from childhood and how they are different from today.*

### Year 2

**We have been learning:** the importance of being kind to others, having a voice and speaking up if we see something unkind.

**You can help at home by:** *asking your child what their kindness pledge they made in class was.*

### Year 3

**We have been learning:** about the coastline

**You can help at home by:** *talking about places that your child may have visited that are close to the sea.*

### Year 4

**We have been learning:** how to add 4-digit numbers using formal written method

**You can help at home by:** *practicing adding up to 4-digit numbers using column method*

### Year 5

**We have been learning:** about Vikings and writing diary entries

**You can help at home by:** *practicing time adverbials and connectives.*

### Year 6

**We have been learning:** to write a diary entry in role of a character

**You can help at home by:** *asking your child to write a diary entry this weekend as one of the following characters: Munchkin, Spat, Dooby or William.*

**Thank you for supporting your child's learning at home. Your involvement helps to reinforce what they've been doing in school and makes a big difference in their progress!**



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*Cedars Manor School*  
**WINTER FAIR**

**WEDNESDAY 3RD DECEMBER**  
**3:30PM - 5PM IN THE SCHOOL HALL**

**FREE ENTRY**

JOIN US FOR:  
**HOT CHOCOLATE STATION**  
**BAKE SALE**  
**PRELOVED UNIFORM**  
**GAMES**  
**AND MORE!**

For further information about this event please contact [friendsofcms@cedarsmanor.harrow.sch.uk](mailto:friendsofcms@cedarsmanor.harrow.sch.uk)

We're inviting parents and carers who would like to promote their own businesses or hire a stall at our upcoming school fair to get in touch with us.

If you're interested, please email us at [friendsofcms@cedarsmanor.harrow.sch.uk](mailto:friendsofcms@cedarsmanor.harrow.sch.uk) or leave your contact details with the school office, and a member of our team will get back to you.

We'd love to showcase and support our wonderful school community — so don't miss out on this opportunity!



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## Joy Sports Academy – Winter Holiday Camp



School's out and the Joy Sports Academy Winter Camp is back for three fun-filled days of sports, creativity and festive activities!

Children can enjoy **football, dodgeball, archery, gymnastics, treasure hunts, arts & crafts, dance battles** and exciting **Christmas challenges**.

**Free hot vegetarian meals** provided daily.  
**Free places** available for FSM-eligible children.  
 Open to ages **4–16**.

- Cedars Manor School, Harrow
- OR
- Whitefriars School, Harrow

**Dates:** 29th–31st December 2025

### Times:

FSM children – 9:00am to 5:00pm (Free)  
 Paid places – 9:00am to 1:00pm = £25 | 9:00am to 5:00pm = £37

### Sign up:

Cedars Manor – <https://forms.gle/uQoGGhmZTQkLW7it5>  
 Whitefriars – <https://forms.gle/dhX8zb82Ek4viCRXA>

**HOLIDAY CAMP**  
 JOY SPORTS ACADEMY

AGES 4-16 WINTER HOLIDAYS Dates: 29, 30, 31 DEC

PAID   
 9am - 1pm = £25  
 9am - 5pm = £37

FSM   
 9am - 1pm = FREE  
 9am - 5pm = FREE

FREE HOT VEGETARIAN MEALS

**Multi Sports Camp**

**Places Available For Children**

The Joy Sports Academy team will host a fun-packed program to provide a safe, friendly and secure environment where a variety of activities are offered. The Holiday camp promotes healthy lifestyles and positive social interactions.

REGISTER ONLINE USING QR CODE OVER PAGE

Remember, these places are open for all the year groups & other local schools. Once you complete the form, your children's placement will be secure. You can make the payment online.

NOTE: Fees don't apply to the benefit related FSM children. All the activities and food are completely FREE for ANY 4 DAYS (9am – 5pm). Parents need to provide EVIDENCE.

Logos: Harrow HAF, BACE, Holiday Activities and Food Programme, Ealing HAF, youngharrow foundation, HAF IN HARROW, Department for Education, Orsted

### REGISTER ONLINE USING QR CODE BELOW

If you would like to enrol your child/ren in our Holiday Programme, please fill out the online application form and submit it before the first day of the camp. Please note that places are limited, and priority will be given to those booking for the entire week.



Tax FREE childcare vouchers are accepted



### HARROW BOROUGH VENUES

**Cedars Manor Primary School**  
 Whittlesea Road, Middlesex HA3 6LS

**Whitefriars Primary School**  
 Whitefriars Avenue, Middlesex, HA3 5RQ

Dates: 29, 30, 31 DEC

Dates: 29, 30, 31 DEC



Gymnastics, Dance, Different Sports, Quizzes, Origami, Art & Craft, Soft Archery, Talent show, Treasure Hunt, Life Skills, Painting, Invasion Games, Team Building, Orienteering, Yoga, Nutrition, Science experiments, Circuit Training, Problem Solving, Leadership, Competitions, Drills and much more...

Monday	Tuesday	Wednesday	Thursday	Friday
29/12	30/12	31/12		

**COST PER DAY PAID:**  
 9am-1pm = £25  
 9am-5pm = £37  
**FSM:**  
 9am-1pm = FREE  
 9am-5pm = FREE

For more information, please contact:

Mr Patel on email: [enquiry.jsacamps@gmail.com](mailto:enquiry.jsacamps@gmail.com)



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about AI-GENERATED VIDEOS

### WHAT ARE THE RISKS?

AI-generated videos are increasingly difficult to spot and easy to share. From fake news clips to deepfake abuse, children and young people face new risks every day online. These videos can imitate real people, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and families who want to protect children in a fast-evolving digital world.

### DEEPPAKE ABUSE CONTENT

Shockingly, artificial intelligence is now being exploited to create child sexual abuse material (CSAM). These synthetic images and videos are a form of digital abuse, often generated by manipulating real children's photos, including ones shared innocently online. Worryingly, the Internet Watch Foundation (IWF) has identified a sharp rise in this disturbing trend. Whether real or AI-generated, this content causes lasting trauma – and its creation or possession remains a criminal offence under UK law.

### BLURRED REALITY

Regular exposure to fake content can erode a child's trust in real-world evidence. If everything can be faked, they may begin to question genuine videos – including actual abuse or injustice. This is known as the 'liar's dividend', where real harm is dismissed as fake news. It can discourage victims from coming forward or speaking up.

### USED FOR BULLYING

Deepfake technology is already being used by peers to create embarrassing or explicit clips of classmates. These videos can be edited to appear as though a child said or did something they never did. Once shared, they are almost impossible to delete completely. AI-generated bullying adds a new layer of harm that is deeply personal and difficult to prove.

### EMOTIONAL MANIPULATION

AI-generated videos can be used to provoke strong emotions, including fear, anger or guilt. Fake footage of crying children, injured animals or burning buildings may be created purely for clicks, donations or political influence. Children may feel upset or powerless, unaware that what they are watching has been digitally invented to manipulate their reaction.

### DISINFORMATION

AI-generated videos can spread fake news, making it harder for children to separate fact from fiction. False clips may include deepfake interviews, hoax disasters or fabricated health claims. AI is already being used to produce misleading or persuasive material that appears authentic. If they don't develop media literacy, children may accept false content as truth.

### IMPERSONATION AND SCAMS

With just a few photos or voice clips, AI tools can imitate someone's appearance or speech. This makes it easier for scammers or bullies to create fake videos of children, teachers or celebrities. These impersonations can be used for fraud, harassment or humiliation – and can spread quickly through social media or group chats, due to the viral potential of video, in particular, on social media.

## Advice for Parents & Educators

### TEACH HOW IT WORKS

Explain to children that videos can be faked – and show them how. Demonstrating side-by-side examples of real vs AI-generated clips helps to build awareness. Discuss how faces, voices and even movements can be copied by machines. Understanding the technology reduces fear and builds confidence in navigating digital content safely.

### TALK ABOUT TRUST

Always keep lines of communication open. If a child sees something upsetting or unbelievable, they should feel safe discussing it without judgement. Create an environment where they know they will not get in trouble for asking questions. This also helps you step in quickly if harmful content has been shared; trust is vital and needs to be nurtured.

### ENCOURAGE CRITICAL QUESTIONS

Help children question what they watch. Who made this? Why was it made? Is it trying to persuade me? These habits encourage digital thinking, especially when videos seem too shocking or convenient. Reinforce that not everything shared by friends or influencers is true, even if it looks convincing at first, and that the initial approach should always be one of speculation.

### STRENGTHEN PRIVACY SETTINGS

Advise children not to share voice notes, selfies or personal videos on public platforms. AI tools often scrape content from social media to create deepfakes. Use privacy controls to limit who can see their content and turn off facial recognition where possible. Fewer public images means fewer opportunities for misuse.

### Meet Our Expert

Brendan O'Keefe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.

