



Cedars Manor School Newsletter

Issue 1 — 5th September 2025



PE Days



- **Monday:** Pine, Fir, Hawthorn, Sycamore, Beech
- **Tuesday:** Maple, Hazel, Fir, Hawthorn, Sycamore, Beech
- **Wednesday:** Cherry, Elm, Pine, Lime
- **Thursday:** Spruce, Rowan, Elm, Yew, Lime
- **Friday:** Bonsai, Maple, Hazel, Rowan, Spruce, Yew

Free School Lunches This Year!

We're happy to remind families that **school lunches are free for all students again this year**. Our kitchen team prepares nutritious, balanced meals every day, and we encourage your child to enjoy them. No need to pack a lunch—just come hungry!



Bikeability



Cycle Confident will be delivering our Year 5 and 6 Pupils free Bikeability training from 15-19th September. This is a fantastic opportunity for the children to develop their cycling skills. There are two Levels that children can progress through Level 1 and Level 2. Level 1 offers children the opportunity to refine their basic cycling skills on the school site and Level 2 allows children to develop skills riding their bike on the surrounding school roads. We have 30 spaces and will allocate these on a first come first serve basis.

SECONDARY SCHOOL CHILDREN BORN BETWEEN 1 SEPTEMBER 2014 AND 31 AUGUST 2015

You need to apply to transfer to secondary school.

Please apply:

Online at www.eadmissions.org.uk

CLOSING DATE FOR APPLICATIONS IS

31 OCTOBER 2025

We strongly recommend that you submit your secondary application by **Friday 24 October 2025**, as this is the Friday before the half term holiday.



Uniform Expectations



Pupils are expected to wear school uniform

every day, which includes a **white shirt or polo**, a **red jumper or cardigan**, and **black trousers, skirt, or pinafore**.

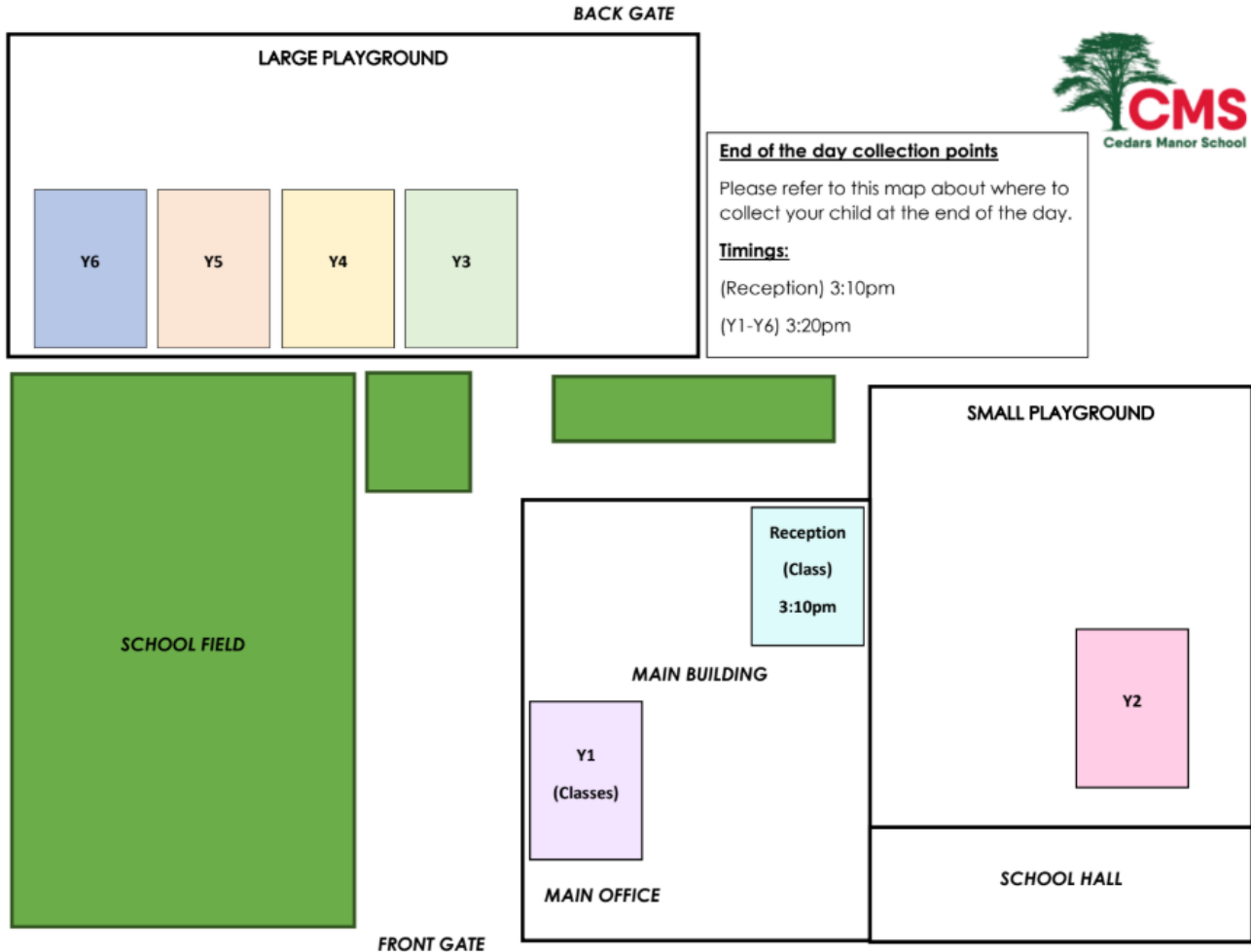
On **PE days**, pupils are still expected to wear **school uniform**. They should wear their **PE kit** only during their scheduled PE lessons. Please ensure your child is wearing **school shoes** (not trainers) as part of their everyday uniform.



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End of Day Collection Map



Duke of Cedars

We are excited to announce that we are launching The Duke of Cedars Award. At Cedars Manor School, we are passionate about providing our pupils with a broad range of life experiences. The Duke of Cedars Award will deliver a range of exciting opportunities, equipping pupils with the essential life skills to support them through their school journey and life beyond.

Pupils will complete a number of activities within the following four categories; Physical, Skills, Volunteering and Expedition. Over the course of our pupils' school experience, they will complete and achieve four awards, Bronze, Silver, Gold and Platinum. Each award will be completed over a 2-year period. Children's achievements are recognised at the end of each academic year with a certificate. Children will be awarded a badge representing the award they have completed at the end of the 2 years.



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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

As a gentle reminder, 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 parking in restricted areas, blocking driveways, and 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: TOLERANCE

Tolerance: accepting and respecting differences in others, whether in opinions, beliefs, cultures, or abilities. It means being open-minded, patient, and kind, even when people think or act differently from us.



We encourage our students to demonstrate tolerance by listening with respect, appreciating diversity, and showing empathy toward others. Tolerance helps us build inclusive communities, resolve conflicts peacefully, and grow into compassionate individuals who make the world a better place.



Emails of the week:



01/09/2025 - Welcome Back!

03/09/2025—Year 5 and 6 Mobile Phone & Collection Permissions

04/09/2025—Elm Class Teacher Absence

05/09/2025—Instrument Lessons!

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.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build these bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College



FREE PARENT WEBINAR: THE FLU VACCINE IN CHILDREN & YOUNG PEOPLE

Join us for a presentation discussing the flu vaccine in children and young people.

Topics covered:

- ✓ Why does my child need the vaccine
- 💡 Side-effects and safety
- 👤 Nasal vs injection (pork gelatine content)
- 📊 Flu data from previous years
- ❓ Q&A session



📅 Wednesday 17th September

🕒 8:00 - 9:00pm



📍 Microsoft Teams - scan here

👤 login: 363 003 291 454

🔒 password: jc3J83z5

📅 Thursday 18th September

🕒 6:00 - 7:00pm



📍 Microsoft Teams - scan here

👤 login: 310 543 675 209 5

🔒 password: gT7P9ci3