



Cedars Manor School Newsletter

Issue 2 — 18th September 2026



DATES FOR THE DIARY

- 25th Sep — YR3 Visit Stanmore Library
- 9th Oct — Sycamore Class Assembly
- 22nd Oct — YR5 Visit Science Museum
- 23rd Oct — Lime Class Assembly
- 23rd Oct — Last day of Half-Term
- 24th Oct to 31st Oct — Half-Term Holiday
- 4th Nov — YR2 Visit Tower of London
- 6th Nov — YR3 Visit Headstone Manor
- 12th Nov — YR4 Visit Verulamium
- 13th Nov — Hawthorn Class Assembly

ENRICHMENT CLUBS SIGN-UP

Our Enrichment Clubs still have spaces! Sign up now to secure your space.

Please only sign your child up for a club if they are in the correct year group shown below.

Day	Club	Year Group	Cost	Sign Up
Monday	Cooking Club	Years 3 & 4	£50	Sign up here
	Gymnastic Club	Years 3 & 4	£25	Sign up here
Tuesday	Choir	Years 3–6	FREE	Sign up here
	Maths Club	Years 5 & 6	FREE	Sign up here
	KS1 Multisport	Years 1 & 2	FREE	Sign up here
	Science Club	Years 5 & 6	£25	Sign up here
Friday	Coding Club	Years 3–6	£25	Sign up here

OVERALL ATTENDANCE – **96.78%**

Week ending 18/09/2026

	Class	%	No of Pupils late	No of lates
1	Rowan	100	3	6
2	Pine	99.64	3	3
3	Lime	99.23	0	0
4	Yew	99.09	0	0
5	Hazel	98.33	0	0
6	Sycamore	98.1	0	0
7	Beech	98.1	1	1
8	Fir	96.4	2	2
9	Spruce	95.79	1	1
10	Hawthorn	94.4	2	2
11	Cherry	93.54	2	2
12	Elm	93.33	1	1

The whole school attendance is **96.78%** this week, which is **Above** the school average of **96%** but **Above** the National average of **95%**
Well Done!!

BRONZE HEALTHY SCHOOLS AWARD

We are delighted to announce that Cedars Manor School has achieved the **Bronze Healthy Schools Award!**

This award recognises the work we do to support the **health and wellbeing of our pupils**, including promoting healthy lifestyles, physical activity, positive relationships and emotional wellbeing across our school community.

A huge **well done to our pupils and staff** for their continued commitment to making Cedars Manor a happy, healthy and supportive place to learn. We are very proud of this achievement and look forward to continuing our work towards the next level!





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PGL RESIDENTIAL TRIP

A number of our Year 6 pupils had a wonderful experience this week at PGL. They spent 3 days enjoying a range of activities, developing their independence, confidence, team building skills. Some of the activities enjoyed were; climbing, zip line, raft building, archery and fencing.

The children were a credit to our school and their behaviour was exemplary.



RECYCLING WEEK

This week has been Recycling Week and the pupils in school have been learning about the importance of recycling and how this can support our planet. This year's theme was 'Rescue Me,' which has meant recycling things that would normally be thrown away and repurposing them.

All classes have taken part in this challenge and Year 5 pupils in Fir class made Lava Lamps from empty water bottles.

Why not try recycling at home too - ask your child to help you identify items that can be recycled and repurposed.





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LEARNING AT CEDARS MANOR SCHOOL

Nursery

We have been learning: all about ourselves. We have been drawing pictures of our family and talking about the features of our face and body.

You can help at home by: playing a game of 'Simon says'. For example Simon says tap your head, Simon says wiggle your leg.

Reception

We have been learning: all about different dinosaurs through our story Harry and His Dinosaurs Go To School. We discussed how we felt on our first day in Reception class.

You can help at home by: asking your child if they can remember any of the dinosaurs in the story or what happened in the story and how Harry helped.

Year 1

We have been learning: about adjectives and how to use describing words in sentences.

You can help at home by: finding objects around the house and using adjectives to describe their colour, size, shape and appearance.

Year 2

We have been learning: learning about a range of materials and their properties

You can help at home by: asking your children about different materials and discussing their properties.

Year 3

We have been learning: to read, write, represent and understand numbers up to 10,000

You can help at home by: asking your child to identify the thousands, hundreds, tens and ones in a number.

Year 4

We have been learning: about the human skeleton and the functions of its different bones.

You can help at home by: asking your child to name the bones in a human skeleton and describe its function.

Year 5

We have been learning: learning about numbers up to 1,000,000 as part of our place value unit in Math.

You can help at home by: asking your child to identify the value of each digit in a number.

Year 6

We have been learning: expanded noun phrases

You can help at home by: talking to your child about nouns, adjectives and determiners. Encourage your child to practise writing them. There are always questions about expanded noun phrases in the GPAS paper.

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!

Friends of Cedars Manor School

AGM

Annual General Meeting

Everyone is welcome.

Stay informed and get involved.

You are all members of the Friends of Cedars Manor School.
Come and see how you can become an active member!

Friday 2nd October – 2:45pm

Sign in at the school office



Parentkind
Member Association

MOTION4KIDS SPORTS DEVELOPMENT CENTRE



CEDARS MANOR SCHOOL

Whittlesea Rd,
Harrow HA3 6LS



FUN SPORTING ACTIVITIES
BOYS & GIRLS, AGES 4-16



MAKE NEW FRIENDS
BUILD CONFIDENCE



STAY ACTIVE
LEARN NEW SKILLS



EVERYONE WELCOME!



EVERY SATURDAY
9:45 – 11:45 AM



SPACES ARE LIMITED – BOOK NOW
TO GUARANTEE YOUR CHILD'S PLACE

ADMISSION
FREE

≡ ACTIVITIES ≡



FOOTBALL



BASKETBALL



DODGEBALL



HANDBALL



TAG RUGBY



ATHLETICS



CRICKET



DANCE



TO BOOK YOUR PLACE:

020 3371 8615 | ADMIN@MOTION4KIDS.CO.UK



WWW.BOOKWHEN/SPORTSPAYMOTION-DC



SCAN TO BOOK!

Top Tips for SUPPORTING CHILDREN'S RETURN TO ROUTINE

Returning to school after the holidays can be challenging for some children and young people, and both families and education settings can play an important role in helping them readjust. Consistent routines, clear expectations, and supportive communication can support children and young people's wellbeing, self-regulation, and academic success. These practical tips can help make the transition back to school feel more manageable.

1 START EARLY

Gradually reintroduce school-day sleep, meal, and wake-up routines around a week before term begins. In education settings, familiar routines and expectations can also be introduced from the start of term to help pupils settle back in. A gradual and predictable approach can make the transition feel less abrupt and give children and young people the time they need to readjust to the structure of school life.



2 REBUILD ROUTINES TOGETHER

Involve the children and young people in your care in the rebuilding of familiar routines at home and in education settings. Having a say in their daily schedule can increase predictability for them and give them a greater sense of control. This might include discussing morning routines at home or reviewing classroom timetables, expectations, and activities together at the beginning of the school day.



3 ENCOURAGE RESPONSIBILITY

Giving children and young people age-appropriate responsibilities can help foster their autonomy and engagement. For younger children at home, this might include getting dressed independently or checking their school bag. In education settings, children and young people could organise their learning materials, complete simple classroom tasks, or follow a familiar morning routine. These manageable responsibilities can help them feel more involved in the school day while developing useful skills.



4 RECONNECT WITH PEERS

Re-establishing friendships can help children and young people feel more confident and connected when they return to school. Families might arrange opportunities for their children to speak to or spend time with school friends, while educators can use group activities, 'buddy' systems, or collaborative tasks to help rebuild classroom connections.



5 SUPPORT HEALTHY NUTRITION

Regular, balanced meals, particularly at breakfast, are linked to improved concentration, behaviour, and academic outcomes. Families can gradually return to familiar school-day mealtimes, while education settings can reinforce healthy eating routines at the start of term and signpost breakfast provision where available. Consistent access to food can help support children and young people's energy levels and concentration throughout the day.



6 COMMUNICATE OPENLY

Talk to the children and young people in your care about how they feel about the return to school and give them the opportunity to share any worries or questions. Anxiety around going back to school, particularly when starting a new year group, can be common, and children and young people may benefit from your reassurance and support. Parents and educators can all help with this by listening calmly to concerns and questions, and sharing relevant information with one another where appropriate.



7 RECONNECT WITH LEARNING AND PEERS

Light educational activities before term begins can help children become familiar with learning routines again without creating any unnecessary pressure on them. In school, low-pressure recap activities and familiar tasks from the previous year group can serve a similar purpose during the first few days back. Keeping learning positive and achievable can help rebuild children's concentration, confidence, and academic motivation as they settle back into their usual routine.



8 PRIORITISE SLEEP

Ensure the children and young people in your care get age-appropriate sleep and begin returning to their usual bedtime habits before term starts. Reducing screen use before bedtime may also support better sleep quality. Educators can also be mindful that tiredness may temporarily affect children's concentration, behaviour, and emotional regulation as they readjust to school routines.



9 PREPARE AHEAD

Organising uniforms, bags, lunches, and other school essentials in advance can reduce unnecessary stress when school mornings begin again. Educators can also help by preparing pupils for any changes to classrooms, timetables, staff, or behaviour expectations. Giving children clear information about what to expect ahead of time can make the return feel more familiar and help build up their confidence and independence.



10 BE PATIENT AND FLEXIBLE

Children adjust to changes in their routines at different rates, so your patience and flexibility can be important during the first days and weeks back. Some may settle quickly, while others need longer to adapt to earlier mornings, classroom expectations, or busy schedules. Parents and educators can support children and young people's readjustment by maintaining consistent routines, all the while recognising that concentration, behaviour, or confidence may temporarily look different for them.



WELCOME BACK!



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School, and a business development specialist for Minds Ahead, which works with schools to improve their mental health provision.



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