



Cedars Manor School Newsletter

Issue 4 — 2nd October 2026

RECEPTION APPLICATIONS FOR SEPTEMBER 2027 — OPEN!

Key Dates

- **Applications Open:** 1 September 2026
- **Closing Date:** 15 January 2027

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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Issue 4 — 2nd October 2026



DATES FOR THE DIARY

- 9th Oct — Sycamore Class Assembly
- 9th Oct — Hello Yellow Day
- 14th Oct — YR4 TTRS Day
- 20th Oct — Flu Vaccinations
- 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
- 4th Nov — YR4 Watch the Lion King
- 6th Nov — YR3 Visit Headstone Manor
- 11th Nov — YR6 Maths Parent Workshop
- 12th Nov — YR4 Visit Verulamium
- 13th Nov — Hawthorn Class Assembly
- 19th Nov — YR5 Maths Parent Workshop
- 20th Nov — Beech Class Assembly
- 27th Nov — Fir Class Assembly
- 3rd Dec — YR4 Maths Parent Workshop
- 4th Dec — Pine Class Assembly
- 7th Dec — Flu Vaccination Catch Ups
- 10th Dec — YR3 Maths Parent Workshop

OVERALL ATTENDANCE – 98.28%
Week ending 02/10/2026

	Class	%	No of Pupils late	No of lates
1	Beech	100	0	0
2	Cherry	100	1	2
3	Fir	99.2	1	1
4	Sycamore	99.09	0	0
5	Yew	99.05	1	1
6	Elm	98.89	3	3
7	Lime	98.46	0	0
8	Spruce	97.89	1	1
9	Rowan	96.74	1	1
10	Hazel	97.54	1	1
11	Hawthorn	97.2	1	1
12	Pine	95	0	0

The whole school attendance is **98.28%** this week, which is **Above** the school average of **96%** but **Above** the National average of **95%**
Well Done!!

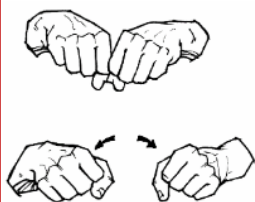
IMPORTANT: NEW GATE CLOSING TIME & LATE COLLECTION FINES

A reminder to all families that our **front and back school gates now close at 8:50am**. After 8:50am, late arrivals must enter through the **main entrance**.

We would also like to remind families of our **late collection charges**. Reception finishes at **3:10pm**, while Years 1–6 finish at **3:20pm**. A **10-minute grace period** is provided for collections. From **3:30pm**, a **£10 late collection charge will be issued for each child**, with a further **£10 charge for every additional 30 minutes** of lateness.

We understand that occasional delays can happen, but we ask all families to make the necessary arrangements to ensure children arrive on time and are collected promptly.

SIGN OF THE WEEK



Break Rules



Friday



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STUDENT COUNCIL HOUSE OF LORDS

On Monday 28th September our school council and head pupils took part in an active online workshop with the house of lords. This was an amazing opportunity where the children were able to ask an active lord questions about parliament. During the session the children met with Lord Young of Cookham and were keen to find out about this job.



DISCOVER THE JOY OF READING

Reading together is a wonderful way to build your child's confidence, imagination and love of learning. Harrow Libraries are **free to join**, and children of all ages can have their very own library card.

From books and e-books to audiobooks, comics, storytimes and family activities, there's plenty to enjoy throughout the year.

Scan the QR code to join Harrow Libraries and start exploring.



Help your child with reading



Joining Harrow libraries is **FREE** and simple.

No one is too young to have their own library card.

Membership includes access to thousands of books, e-books, e-audiobooks, digital magazines, comics and graphic novels plus we have an all-year programme of Rhyme and Storytimes & family-friendly craft activities.

www.harrow.gov.uk/libraries



HELLO YELLOW DAY CAKE SALE DONATIONS

On Friday 9th October we will be holding a cake sale after school to support Mental Health Awareness. We are asking for cake donations for the sale. If you are able to provide some cake donations please can you bring them into school on Thursday 8th October by the end of the day. A reminder that we cannot accept any products that contain nuts.



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 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.

We ask everyone to take extra care when parking. **Your cooperation helps us keep our families and community safe.**



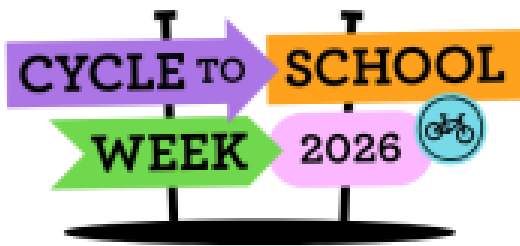
MUSIC INSTRUMENT LESSONS



Would your child like to learn an instrument? Individual music lessons are available in school.

Please contact the school office for more information.

Instruments currently available include:
Guitar Piano Violin Drums



CYCLE WEEK

Next week is **Cycle to School Week**. This is a week-long event across the UK to encourage families to cycle and scoot to school. It is a great opportunity to celebrate cycling and scooting and the positive impact it has on children's health and wellbeing as well as on the environment.

During this week we would like as many children as possible to cycle or scoot to school. Our new Junior Road Safety Officers will record daily the number of bikes and scooters. There are designated areas for bikes and scooters to be kept.

We are pleased to announce that we will be holding a competition '**dream it, draw it, ride it.**' Children can design their own bike, with one lucky child chosen by The Bikeability Trust and Madison and will inspire a one-of-a-kind custom Ridgeback bike. Entries should be given to their class teacher by **Thursday 15th October** as the competition deadline is Friday 16th October. The school will submit all entries for the children.

A template can be found at:

https://www.bikeability.org.uk/wp-content/uploads/2026/08/RBKids_Bikeability_ColouringComp_A3_v2_FINAL.pdf





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SECONDARY SCHOOL TRANSFER – SEPTEMBER 2027 ENTRY

SEPTEMBER 2015 AND 31 AUGUST 2016

You need to apply to transfer to secondary school. Please apply:

Online at www.eadmissions.org.uk

CLOSING DATE FOR APPLICATIONS IS

31 OCTOBER 2026

We strongly recommend that you submit your secondary application by **Friday 23rd October 2026**, as this is the Friday before the half term holiday

School	Open Events
Canons High School	Open Evening: Wednesday 7 October 2026 Open Mornings: Monday 12 – Wednesday 14 October 2026, 9am-10am
Harrow High School	Open Evening: Wednesday 23 September 2026, 6:30pm Open Morning Tours: By appointment. Please contact the school
Hatch End High School	Open Evening: Thursday 24 September 2026, 5:30pm-8:00pm (Headteacher's Speech at 5:30pm and 7pm) Open Mornings: Tuesday 29 September and Thursday 1 October 2026, 9:15am-10:30am Please book for both events on the Hatch End school website . 
Nower Hill High School	Open Mornings: Monday 21, Tuesday 22, Thursday 24 and Friday 25 September 2026 Information, presentations and tours for parents/carers and children to see the school in the normal working day start at 9am and finish at 11am each day. Places for any of the five Open Mornings can be booked via the link on the school website from the start of September.
Park High School	Open Evening: Thursday 17 September 2026, 6pm-8pm (last admission 7:30pm) Open Mornings: Tuesday 22, Wednesday 23 and Thursday 24 September, and Wednesday 30 September and Wednesday 7 October 2026 (Please book via the link on the school website from the start of September.)
Pinner High School	Open Evening: Thursday 1 October 2026, 5:30pm and 7pm – Head's talk and school tour for parents/carers and children. No booking required. Open Morning: Monday 5 October 2026, 9am-10:15am and 11am-12:15pm. School tour only for parents/carers and children to see the school during the normal working day. Booking required.
Rooks Heath School	Open Evening: Wednesday 9 September 2026, 5pm-7:30pm Open Mornings: Available on request between 9:10am-10:30am
Salvatorian College	Open Evening: Tuesday 29 September 2026, 5:30pm-7:30pm Open Mornings: Commencing from Thursday 1 October 2026 (9am-10am, by appointment)

OPEN DAYS

To help you make an informed decision, we've included a list of all upcoming **secondary school open days** for you to visit. These open days are a great opportunity to:

- Tour the school grounds and facilities
- Meet teachers and staff
- Ask questions about curriculum, support, and extracurricular activities

Please take the time to visit the schools you're considering — this will help you choose the best fit for your child.



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LEARNING AT CEDARS MANOR SCHOOL

Nursery

We have been learning: about the story of Elmer the Elephant. We have been on colour hunts and talked about how it is ok to be different

You can help at home by: talking about things we like and dislike and how they might be different to our friends and family.

Reception

We have been learning: about fossils and dinosaur footprints.

You can help at home by: making footprints in playdough using toy dinosaurs or other animals. Encourage your child to describe the prints, compare their sizes and count how many they have made. Can they guess which animal made each footprint?

Year 1

We have been learning: to compare numbers to 20 using $>$ and $<$.

You can help at home by: practising comparing numbers to 20

Year 2

We have been learning: how to write shape poems.

You can help at home by: encouraging your child to write their own shape poem using words to describe their favourite objects.

Year 3

We have been learning: how to write a diary entry

You can help at home by: encouraging your child to write a short diary entry about their day, including what happened and how they felt.

Year 4

We have been learning: to round numbers in maths.

You can help at home by: looking at the digit to the right of the target place value and use a simple rhyme like "**five or more, raise the score; four or less, let it rest**" to decide. You can also make it visual by drawing a **number line** so they can see which multiple of 10, 100, or 1,000 the number is physically closer to.

Year 5

We have been learning: about Sikh beliefs in RE.

You can help at home by: discussing similarities and differences between Sikh beliefs and their own.

Year 6

We have been learning: about figurative language

You can help at home by: discussing the different types of figurative language with your child, and write some examples together.

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!



YOUNGMINDS

**Hello
Yellow**
FRIDAY 9 OCT

**Wear yellow,
say hello.**

Join us for our 10th Hello Yellow! Wear yellow, start a conversation about mental health and raise money in your school – so we can be there when you need us most.

#HelloYellow

M&S | YOUNGMINDS

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!

MAGNA
INSPIRE | CAPTIVATE | ENGAGE

FREE
FOR HAF
ELIGIBLE
FAMILIES!

MAGNA AUTUMN ADVENTURE FAMILY FUN DAY

FUN
ACTIVITIES
FOR THE WHOLE
FAMILY!

MONDAY
26TH OCTOBER

TUESDAY
27TH OCTOBER



ELMGROVE PRIMARY SCHOOL
KENMORE AVENUE, HARROW HA3 8LU



CREEPY
INFLATABLE MAZE



UV GLOW-IN-THE-DARK
SOFT AXE THROWING



BOUNCY
CASTLES



5 IN 1 INFLATABLE
ACTIVITY STATIONS



SPOOKY CRAFTS



FAMILY GAMES AREA



THRILLER DANCE ZONE



MORNING SESSION
09:40 - 13:40



AFTERNOON SESSION
14:00 - 18:00



AGES
CHILDREN 5 - 11
ADULTS 18+



PARENTS MUST
ATTEND WITH
THEIR CHILD



MAXIMUM RATIO
1 ADULT TO
2 CHILDREN



SPACES ARE
LIMITED AND
ADVANCED
BOOKING REQUIRED

OUR FAMILY FUN DAYS ARE:

- ✓ Fully inclusive and welcoming
- ✓ Suitable for children and families of all abilities
- ✓ Delivered by experienced and qualified staff
- ✓ Designed to encourage family engagement and community connection
- ✓ Safe, supportive and accessible environments for all

BOOK NOW!



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SCAN TO BOOK

A FULLY INCLUSIVE AND IMMERSIVE FAMILY FUN DAY



HAF
IN HARROW

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

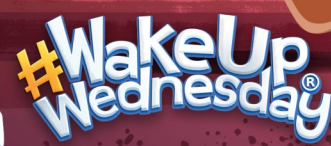
Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



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