Cedars Manor School Newsletter

Issue 7 — 23rd October 2026

DATES FOR THE DIARY

24th Oct to 31st Oct — Half-Term Holiday

2nd Nov — Start of Autumn 2 Term

4th Nov — YR2 Visit Tower of London

4th Nov — YR4 Visit the Lyceum Theatre

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

LOOKING FOR A VENUE FOR YOUR NEXT CELEBRATION?

Did you know that Cedars Manor's School Hall is available to hire during weekends and school holidays? Whether you are planning a birthday party or another special celebration, our Hall could be the perfect venue!

If you are interested in hiring our Hall or would like further information about availability and hire arrangements, please contact our school office with your requirements at:

office@cedarsmanor.harrow.sch.uk

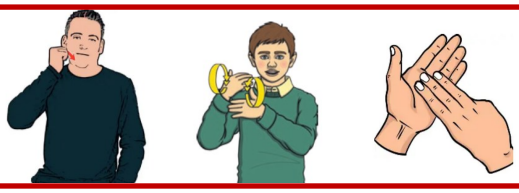


WEEKLY ATTENDANCE

OVERALL ATTENDANCE – 95.75%
Week ending 23/10/2026

	Class	%	No of Pupils late	No of lates
1	Yew	100	1	1
2	Fir	99.62	1	3
3	Elm	98.33	2	2
4	Pine	97.31	3	3
5	Hazel	97.15	2	2
6	Cherry	95.67	3	4
7	Spruce	95.26	2	3
8	Hawthorn	95.2	3	3
9	Lime	95	0	0
10	Sycamore	93.64	1	1
11	Rowan	90	2	2
12	Beech	89.52	1	1

SIGNS OF THE WEEK



BLACK HISTORY MONTH

SECONDARY SCHOOL TRANSFER 2027

DOB: 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

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YEAR 1 BIKEABILITY SESSIONS

Over the past weeks, our Year 1 pupils have been taking part in Bikeability sessions led by Mr Mahon on Monday afternoons. The sessions have been helping the children develop their cycling skills and confidence in a safe, supportive environment. Working through the stages of balancing, riding and building independence on their bikes, the children have been making progress at their own pace and developing valuable skills along the way.



SCHOOL COUNCIL FOOD TASTING

Our School Council took part in a special food-tasting event with Chartwells on Wednesday and Thursday, sampling a selection of delicious new dishes from our upcoming school lunch menu! It was a great opportunity for our pupils to share their thoughts on the food before the menu launches after half term.

The new school lunch menu is attached alongside this newsletter for parents and carers to view.





YR 5 DUKE OF CEDARS ECO BOOK SALE

On Tuesday 20th October, Year 5 held an after-school book sale, selling pre-loved books as part of their Duke of Cedars Award. This initiative supported our school's **12th sustainability goal of reducing waste** by giving old books a new home and encouraging others to reuse and recycle.

Well done to Year 5 for taking positive steps towards a more sustainable future!



E-SCOOTERS: SAFETY INFORMATION

Please be aware that privately owned e-scooters are illegal to use on public roads, pavements, parks and other public spaces in the UK. They may only be ridden on private land with the landowner's permission.

Riding a private e-scooter illegally can result in the scooter being seized, a minimum £300 fixed penalty and six penalty points for riding without insurance. E-scooters can pose significant risks to both riders and pedestrians.

Please note that e-scooters are not permitted on school premises. We ask all parents and carers to ensure that children are aware of these rules and understand the importance of making safe and responsible choices.



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RECEPTION DINOSAUR-MAKING WORKSHOP

On Thursday 22nd October, our Reception children welcomed their parents into school for a fun, creative dinosaur-making workshop! As part of their learning about dinosaurs, the children worked alongside their grown-ups to design and create their very own dinosaurs using junk modelling materials. It was a wonderful opportunity to get creative together, bring the children's imagination to life!



YEAR 5 SCIENCE MUSEUM TRIP

On Thursday 22nd October, our Year 5 pupils enjoyed an exciting educational visit to the **Science Museum in London**! The children explored the Space exhibition, watched the live shows *Wonder Show* and *Mission to Space*, and took part in an interactive workshop all about forces. The visit provided a fantastic opportunity to bring their classroom learning to life, building on their studies of Earth, Space and Forces this half term. It was a wonderful way to explore science beyond the classroom!



OUR RIGHTS RESPECTING SCHOOL JOURNEY

At Cedars Manor School, we are proud to be a **Rights Respecting Bronze Award school**! We are now working towards achieving our Silver Award, building on our commitment to creating a school community where every child feels respected, valued and included.

This term, we have been focusing on **developing a rights-respecting school community**, with an emphasis on ethos and relationships. We are helping children and adults understand the United Nations Convention on the Rights of the Child (UNCRC), create classroom charters that reflect children's rights and use **respectful, inclusive language** in their everyday interactions.

We have been exploring four important articles:

- **Article 2:** Every child has the right to be treated fairly and without discrimination.
- **Article 6:** Every child has the right to life, survival and development.
- **Article 29:** Every child has the right to an education that develops their talents and abilities.
- **Article 30:** Every child has the right to learn and use their own culture, language and religion.

Through lessons, assemblies and displays, we are encouraging children to celebrate differences, treat one another with kindness and respect, and understand the importance of everyone's rights. Together, we are putting children's rights at the heart of everyday school life as we continue our journey towards Silver!

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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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LEARNING AT CEDARS MANOR SCHOOL

Nursery

We have been learning: all about black history month. We have explored an artist called Alma Thomas and different African patterns.

You can help at home by: *going on a pattern hunt at home and in the local environment, talk about the colours and shapes you find.*

Reception

We have been learning: about signs of Autumn. We went on an Autumn walk around the school environment looking for different coloured leaves and we then stuck them in rainbow colours.

You can help at home by: going on an autumn walk at your local park and seeing the signs of Autumn.

Year 1

We have been learning: number bonds to 5, 6, 7 and 8 in Maths.

You can help at home by: practise number bonds to 5, 6, 7 and 8 using fingers, toys or everyday objects.

Year 2

We have been learning: how to add and subtract 10, and how to recognise multiples of 10.

You can help at home by: practising placing numbers correctly on a hundred square and exploring what happens when we add or subtract 10.

Year 3

We have been learning: to add and subtract 3 - digit numbers - across a 100.

You can help at home by: practising addition and subtraction using the column method, remembering to exchange when needed.

Year 4

We have been learning: addition and subtraction of 4-digit numbers with regrouping

You can help at home by: practising 4-digit addition and subtraction with regrouping, encouraging them to show each step and check their answers.

Year 5

We have been learning: about multiples, common multiples and factors in Maths.

You can help at home by: supporting your child to revise their times table knowledge

Year 6

We have been learning: how to divide numbers up to 4-digits by 1-digit.

You can help at home by: asking your child to demonstrate how they solve these calculations.

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!

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. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

DEEPFAKES

A deepfake is a piece of artificial intelligence (AI) trickery designed to make you believe that a person has said or done something they haven't. AI models are able to use audio, video and photos of a subject to produce misleading mimics. Initially unsophisticated and easy to spot, deepfakes are improving every day. And with the spread of user-friendly AI, it's easier than ever for children to make their own, or be the unsuspecting target of them.

WHAT ARE THE RISKS?

A BULLYING RISK

AI has got easier to use and more widespread, making it a "gift" to bullies. Children can generate fake audio of peers saying damaging things, or pictures of them doing something embarrassing. More disturbingly, Metro recently highlighted cases where fake sexualised images of teens are spread through social media. Mainstream apps don't allow this usage, but with AI becoming widespread, easy-to-use sites without guardrails keep emerging for darker uses.

FAKED CELEBRITY ENDORSEMENTS

With the technology getting easier to use and public figures having lots of clips for training, celebrities are a frequent target. According to McAfee, the most deep faked celebrities are Taylor Swift, Scarlett Johansson, Jenna Ortega, Sydney Sweeney and Sabrina Carpenter, and their AI dopelgangers are usually pushing scams. Even YouTuber MrBeast has been deepfaked by scammers on TikTok. It can be used for propaganda too, making politicians appear to do or say things to improve or harm their reputation.

FAKE FAMILY SCAMS

With a few seconds of audio — from an Instagram reel or TikTok — scammers can clone a person's voice. They can then use this to scam relatives with phone calls asking for money or assistance. This is a widespread tactic for scammers, with the FBI reporting 22,000 such cases in 2025, defrauding victims out of $893 million that year alone.

EXTORTION RISK

You might not be the one being tricked by a deepfake — you could also be the star of it. Blackmail videos are as old as film itself, but with deepfake technology you don't have to have done anything wrong to be a target. A deepfake video showing a person in an uncompromising position could make the victim pay up, even when the content never happened.

Advice for Parents & Educators

KEEP PROFILES PRIVATE

To make a convincing deepfake, you need a supply of images, audio or video of the subject. That means that most non-celebrity victims are targeted via social media where there's a ready-made repository of media to train a deepfake from. Most social media companies have privacy settings to prevent unauthorised access. Enable these to keep strangers and bullies away.

KNOW WHAT TO LOOK FOR

While deepfakes are getting harder to spot, there are still telltale signs to look out for. Deepfake creation can leave blurry edges and flickering textures, especially around hair and teeth. It can also look too sleek, with models often trained on professional video. Make sure the mouth shapes match the spoken words, too. As for audio, listen out for mispronounced phrases and a slightly unusual, robotic rhythm of speech.

USE RESEARCH AND COMMON SENSE

Even perfect deep fakes rely on trust, so think critically. If it's someone you know claiming to need help, then ask them to prove they're who they say they are with an inside joke. For public figures, try Googling the person along with a bit of the contentious speech in quotation marks. Also question why you're seeing the video. If it's a paid promotion, then ask yourself who's paying and why. If someone is sharing the clip, do they dislike the target?

TALK TO YOUR CHILDREN

As well as emphasising the need for privacy and to not trust everything they see online, it's important to ensure children realise why deepfakes are problematic in the first place. With deepfake technology getting more accessible and easy to use, children can start using the technology to make deepfakes of schoolmates, teachers or other adults. Ensure they're aware of the serious trouble the technology can cause, and the ethical problems of manipulating someone's image without consent.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of The Guardian, The Telegraph, The i, Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday®

The National College®

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MAGNA
INSPIRE | CAPTIVATE | ENGAGE

MAGNA AUTUMN ADVENTURE

FAMILY FUN DAY

FREE FOR HAF ELIGIBLE FAMILIES!

FUN ACTIVITIES FOR THE WHOLE FAMILY!

MONDAY 26TH OCTOBER | **TUESDAY 27TH OCTOBER**

ELMGROVE PRIMARY SCHOOL
KENMORE AVENUE, HARROW HA3 8LU

Elmgrove

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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

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SCAN TO BOOK

young harrow foundation

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A FULLY INCLUSIVE AND IMMERSIVE FAMILY FUN DAY

FOR FAMILIES IN RECEIPT OF MEANS-TESTED FREE SCHOOL MEALS

HAF HOLIDAY ACTIVITIES & FOOD IN HARROW

FREE FAMILY FUN

THIS OCTOBER HALF TERM!

MAGNA



Autumn Adventure

Elmgrove Primary School
Kenmore Avenue, Harrow, HA3 8LU

26 & 27 October

WOODLAND ADVENTURE



Outdoor Family Fun

All Saints Church
90 Uxbridge Road, Harrow, HA3 6DQ

28 October

BE ACTIVE



Halloween Family Fun

29 October

Roxbourne Primary School

Longfield Primary School

Belmont School

ALRIDHA FOUNDATION



Family Fun Day

Harrow Arts Centre
171 Uxbridge Road, Pinner, HA5 4EA

31 October

WHAT'S ON ?

- SPOOKY SCIENCE, SLIME & POTIONS
- HALLOWEEN CRAFTS
- GLOW-IN-THE-DARK GAMES
- INFLATABLES
- WOODLAND ADVENTURES
- DANCE, FAMILY FUN & MORE

SCAN TO SEE WHAT'S ON & BOOK

PLACES ARE LIMITED. ADVANCE BOOKING REQUIRED.

HTTPS://YOUNGHARROWFOUNDATION.ORG/HAF-PROGRAMME

NHS
Central and North West London
NHS Foundation Trust

Parent Webinars 2026

CNWL London Mental Health Support Team



Supporting Neurodivergent young people's wellbeing

Join this webinar to learn practical tools and tips to support the emotional wellbeing of neurodivergent children, including those who are Autistic and have attention differences (ADHD).

Thursday 29 October
Time: 12-1pm



Supporting Transitions and Change

A webinar dedicated to helping parents help their child manage transitions, such as moving from primary to secondary school, which can be anxiety provoking!

Friday 27 November
Time: 12-1pm

If your child/children is attending a Brent/Harrow/Hillingdon school, this is for you.
It is FREE to join! Please use the QR code below to register.
We look forward to seeing you.

For query, please email:
Brent: cnwl.adminbrentmhstcamhs@nhs.net
Harrow: cnwl.adminharrowmhstcamhs@nhs.net
Hillingdon: cnwl.adminhillingdonmhstcamhs@nhs.net

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Sports Play Motion



CEDARS MANOR SCHOOL
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  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

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SCAN TO BOOK!