



Cedars Manor School Newsletter

Issue 9 — 13th March 2026



DATES FOR THE DIARY

- 17th March—YR2 Kew Gardens Trip
- 20th March—Rocksteady Assembly
- 23th March—Parent Consultations
- 24th March—Parent Consultations
- 26th March—YR1 Transport Museum Trip
- 27th March—End of Term **(1:30 PM FINISH)**
- 16th—17th April—Bikeability
- 16th April—YR6 Bentley Priory
- 22nd April— YAPS Project
- 30th April—YR4 British Museum Trip



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.

WEEKLY ATTENDANCE

OVERALL ATTENDANCE – 95.19%

Week ending 13/03/2026

| | Class | % | No of Pupils late | No of lates |
|----|----------|-------|-------------------|-------------|
| 1 | Sycamore | 98.08 | 3 | 5 |
| 2 | Spruce | 97.89 | 4 | 6 |
| 3 | Hazel | 97.22 | 1 | 1 |
| 4 | Yew | 97.14 | 1 | 1 |
| 5 | Pine | 97.2 | 1 | 1 |
| 6 | Fir | 96.46 | 0 | 0 |
| 7 | Elm | 96.07 | 6 | 8 |
| 8 | Rowan | 95.34 | 5 | 6 |
| 9 | Beech | 94.67 | 1 | 1 |
| 10 | Maple | 94.21 | 3 | 3 |
| 11 | Hawthorn | 93.33 | 2 | 3 |
| 12 | Lime | 93.6 | 2 | 3 |
| 13 | Cherry | 89.26 | 4 | 8 |

The whole school attendance is **95.19%** this week, which is **Below** the school average of **96%** but **Above** the National average of **95%**

It is very important that your child is in school **EVERYDAY** and **ON TIME**, so that they can make progress in their learning. Parents must have a valid reason for keeping a child at home. Children have **13 weeks** of holiday time. Family holidays should be taken during this time only.

SIGNS OF THE WEEK



SCIENCE WEEK



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YEAR 3 VISIT TO THE MOSAIC SYNAGOGUE

On Wednesday 11th March, Year 3 visited The Mosaic Synagogue. It was a fantastic experience for our pupils who have been learning about Judaism in their RE lessons. The children were able to explore a range of artefacts, learn about Shabbat and they took part in a singing session. The children behaved impeccably and had a wonderful time.



CMS PUPILS HELP PROTECT HARROW'S SONGBIRDS THROUGH RUBY ROBIN AWARD

Our CMS Eco Warriors and Recycling Rangers completed SongBird Survival's **Ruby Robin Award**, which encourages children to learn more about birds and take simple, practical actions to support them during colder weather.

As part of the award, the children took part in a range of fun, hands-on activities. Creating simple craft projects such as making bird feeders, learning fascinating facts about local bird species and spending time outdoors spotting birds in the local area. The children received a Ruby Robin certificate and badge in recognition of their efforts. The children will receive their award at the end of March. A huge well done to these pupils.



YEAR OF READING

This year we are celebrating the **Year of Reading** - is one of the most powerful ways to support a child's development. Regular reading strengthens vocabulary, improves writing skills, and supports progress across all subjects. Just as importantly, reading can help children relax, build imagination, and support their mental health and wellbeing by giving them time to unwind, reflect, and explore new ideas.

EYFS and KS1 children use **Learning with Parents** to record their reading at home. We ask that children read and log their reading **at least three times a week**.

KS2 children have **purple reading records**. They are expected to read **five times a week** and record this in their diaries, with parents signing it once per week.

Your support at home makes a huge difference. Even a short daily reading session can help build confidence, fluency, and a lifelong love of books.



SUSTAINABILITY IN THE COMMUNITY - THE LITTLE RECYCLERS

CMS has signed up to The Little Recyclers, it is a recycling programme whereby clothes collected are given a second chance - they are resold in Europe at affordable prices, making quality clothing accessible to more people. Plus, by extending the life of clothing, we help to reduce textile waste and do our part for the planet.

Please support us in working with this company and in doing so, we also raise vital funds for our school. Please see attached the types of clothing that is accepted. **Please note that no school uniform can be collected.**

Please put any clothes you would like to donate in a bag and bring this to the school office by Friday 20th March.

✔ We accept

- ✔ Good quality clean clothing (adult's, children's, baby)
- ✔ Shoes (paired)
- ✔ Bags
- ✔ Hats & scarves
- ✔ Belts
- ✔ Fashion accessories
- ✔ Swimwear
- ✔ Jewellery
- ✔ Lingerie
- ✔ Bras
- ✔ Perfumes

✘ We can't accept

- ✘ Uniforms
- ✘ Dirty, wet, ripped, damaged clothing
- ✘ Traditional clothing
- ✘ Underwear & socks
- ✘ Duvets & pillows
- ✘ Carpets, rugs, mats, curtains
- ✘ Linen, towels, bedding
- ✘ Single shoes
- ✘ Furniture, mattresses
- ✘ Stationery, hangers
- ✘ Workwear
- ✘ Hygiene items, diapers
- ✘ Baby stuff (prams, baskets, etc.)
- ✘ Food, medicines
- ✘ Books, CDs, DVDs
- ✘ Bric-a-brac, kitchen utilities (pots, pans, etc.)
- ✘ Electrical appliances
- ✘ Soft, hard toys



Joy Sports Academy – Easter Holiday Camp



School's out and the **Joy Sports Academy Easter Camp** is back for four fun-filled days of sports, creativity and Easter activities!

Children can enjoy **football, dodgeball, archery, gymnastics, treasure hunts, arts & crafts, coding, dance battles** and exciting **Easter 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: 30th–31st March & 1st–2nd April

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:

- [Click here to register for Cedars Manor](#)
- [Click here to register for Whitefriars](#)

HOLIDAY CAMP
JOY SPORTS ACADEMY

AGES 4-16 **EASTER HOLIDAYS**
MAR 30th, 31st & APR 1st, 2nd

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 ALL 4 DAYS (9am – 5pm). Parents need to provide EVIDENCE.

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 School
Whittlesea Road
Harrow Middlesex
HA3 6LS

Whitefriars primary School
Whitefriars Avenue
Harrow Middlesex
HA3 5RQ

Dates: **MARCH 30th, 31st and APRIL 1st, 2nd**

Dates: **MARCH 30th, 31st and APRIL 1st, 2nd**



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 |
|--------|---------|-----------|----------|--------|
| 30/03 | 31/03 | 01/04 | 02/04 | - |

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





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LEARNING AT CEDARS MANOR SCHOOL

Nursery

We have been learning: all about growing. We have planted some sunflower seeds and are observing them grow. The children have identified what a plant needs to grow, soil, water, sun and a seed.

You can help at home by: reading 'The enormous turnip' and exploring what food grows in the ground when you go food shopping.

Reception

We have been learning: about the story 'What the Ladybird Heard' and facts about ladybirds and their lifecycle.

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

Year 1

We have been learning: about transport and travel

You can help at home by: talking with your child about different transport you have used.

Year 2

We have been learning: about metre and centimetre

You can help at home by: measuring everyday objects with a ruler or tape to practice cm and m. Ask simple questions like "Which is longer?" to build understanding.

Year 3

We have been learning: what happens in a synagogue, the Jewish pace of worship.

You can help at home by: talking to your child about what they learned and asking them to share something they found interesting.

Year 4

We have been learning: to use classification keys to identify plants

You can help at home by: asking you child the difference between flowering and non flowering plants

Year 5

We have been learning: about reversible and irreversible changes in science

You can help at home by: exploring everyday reversible changes like melting ice and irreversible changes like baking, and discussing why some changes can or cannot be undone.

Year 6

We have been learning: learning how to draw self portraits

You can help at home by: encourage your children to look in the mirror at home and practice drawing their face

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!

What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVOD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2026



Harrow
Parent
Carer
Forum

Our strength is our shared experience

Partnership for Inclusion of Neurodiversity in Schools (PINS)

JOIN
US

PARENT

COFFEE MORNING

Hosted by

Vicky Leech

from Harrow Parent Carer Forum

Learn about the PINS project. Do you have something to say about your child's education? We want to hear your voice!

- ✓ Meet other parents
- ✓ Get your questions answered
- ✓ Discuss important information

We welcome you all



Can't attend, send an email
Vicky@harrowparentforum.org



Location
**Whittlesea Road Harrow
HA3 6LS**

26

March

9am

**Cedars
School**

