

Dear Parents

A Happy New Year! Welcome back to Cedars Primary and welcome to our new families of Nursery children starting with us this term. I trust you have all had a wonderful holiday and enjoyed some much needed rest and recuperation with your families.

As always, we have a number of news items and updates.

### Health and Wellbeing

From this term at Cedars Primary, we are adopting the Milton Keynes **HIT 5** programme, a whole school approach to developing health and wellbeing.

Our aim:

- **H**eighten children's and parents' awareness and understanding of what constitutes a healthy lifestyle
- **I**ncrease children's fitness levels and physical literacy, which should in turn encourage participation in activities
- **I**mprove children's wellbeing, through understanding and empathy for others, social skills, teamwork and cooperation
- **I**ncrease attainment across whole school, through confident and happy learners
- **T**ogether, work to reduce obesity rates

**5 lifestyle changes that will make a real difference to everyone!**

The programme has a half termly theme that will be supported in school through assemblies and classroom activities. We will send information leaflets to help you at home to reinforce the messages your children will be learning about in school.

The theme for this half term is **Healthy Heart.**



#### **Remember health & wellbeing needs these elements:**

- 60 mins of physical activity per day
- a balanced diet, including the 4 main food groups
- plus '5 a day'
- reflect the behaviour you would like to receive

### **STARS Bronze Travel Award**

As you are already aware, we are trying to encourage our children to use

healthier modes of travel and become more aware of the environment.

Last term we decided to sign up to something called 'Sustainable Travel and Road Safety' or STARS for short. It is a national schools awards scheme that has been established to recognise schools that have demonstrated excellence in supporting cycling, walking and other forms of sustainable travel. The scheme encourages schools across the country, not only to increase levels of sustainable and active travel but also to improve the health and well-being of children and young people and also the environment around us.

Great news.... through numerous activities completed in recent months, Cedars Primary School has now achieved the STARS Bronze Award.



We are now working towards our Silver Award. Please look out in the next few months for some new exciting initiatives, such as scooter training for Yr 1 and 2, cycle maintenance sessions, the 'big pedal' and walking zones.

### **Locking Bicycles/Scooters**

Just a quick reminder now we are in the middle of the winter season. For the children's own safety, on the wet/slippery roads, we would like to encourage all children to ensure that their cycle/scooter is in a roadworthy condition, they take care riding their cycles/scooters to and from school and also that they wear a suitable helmet.

Also, we have noticed that many of the cycles/scooters are left in the rack

unlocked. School gates are unlocked at 3pm, so anything left unlocked is also unattended for a short while. Just to be on the side of caution, we would recommend that all cycles and scooters are locked securely in the relevant place.

### **Sports Update**

The Year 5/6 boys' football season starts next week. The league season this year will operate a bit differently. Instead of travelling over to Tattenhoe and playing 2 or 3 games in a night, we will play one game a night against other schools in and around the Newport area, so a few local derbies to look forward to. Our first game is against Green Park School, at Green Park on Tuesday 17<sup>th</sup> January at 3.45pm. Any support very welcome.

Also the boys have dreams of reaching Wembley in May. Again this year we have entered the 'Kids Cup' at Milton Keynes Dons. If we are successful through three rounds of competition we will be at Wembley in front of 90,000 plus people! Good luck boys.

### **Uniform**

We still have some school uniform for sale, which is brand new and comes from John Lewis. Fleeces (ages 3/4, 8/10 and 10/11) are priced at £9.00, and blue polo shirts (sizes 5/6 and 9/10 years) are priced at £4.50. Please contact the school office (after 9am in the mornings).

### **Calendars**

Don't forget to buy your Cedars Primary calendar for 2017! Illustrated with pictures by some of our children, they

contain dates of school and PTFA activities, as well as term dates. These are well worth the £5 price tag and are on sale from the school office.

### **Emergency School Closure**

With wintery weather predicted, we would like remind/inform parents that the council's emergency school closure system is available. If you have not already registered for the system you can do so at the following website:

[www.milton-keynes.gov.uk/closures](http://www.milton-keynes.gov.uk/closures)

By using this system, a text and email will be sent to you should the school be closed, eg in the case of snow.

### **E-Safety Parent Workshop**

There will be a workshop for parents of children in F2 to Year 6 on Thursday 26<sup>th</sup> January from 9am to 10am followed by tea and coffee. Further details to follow.

### **PTFA Movie Night**

This event has been postponed to **Friday 27<sup>th</sup> January** and will take place straight after school. Further details will be sent out on Monday.

### **Attendance**

We are delighted that over 69 children received 100% attendance badges for last term - well done everyone and keep it up!

You may already be aware that the Department for Education sees good attendance as 96% and above and your child would be considered to be persistently absent if 90% or below. Therefore if your child's attendance is below this level you will have received a letter from me drawing this to your attention. If you

have any questions at all about attendance please do not hesitate to contact me.

### **Achievers of the Week**

In every Friday Celebration Assembly we celebrate children's achievements both at school and from home. Each week the Class Teacher chooses a child for a special award called 'Achiever of the Week'. Many congratulations to the following children for their special awards:

Olivia - trying hard and always following the Cedars Way.

Ellie - always following the Cedars Way.

Lewis - a fantastic Christmas acrostic poem.

Bret - always working hard and producing high quality work.

Max - always trying hard to follow the Cedars Way.

Aleena - being a great role model.

Judah - working hard to improve his writing.

Vinnie - trying hard to follow the Cedars Way.

Jessica - writing a great poem.

Amelie - asking good questions.

Malachy - good research for the new topic.

Louie - writing an excellent poem.

Aiden - great maths.

Chris - writing an excellent poem.

Casey - a positive attitude towards the golden mile.

Aibhlinn - always trying her best.

Georgia - enthusiastic start to the new topic.

Sophie - positive attitude to school.

Macie - always listening and working hard.

Archie - excellent speaking in write time.

Warm regards

*Lisa Munday*