



Cranbrook Primary School Newsletter

Issue: 35
3rd July 2024

Thought of the week

"A warm smile is the universal language of kindness." (William Arthur Ward)

Message from the Headteacher:

Dear Parents/Carers,

While the weather may not be on our side, Sports day is an important part of our annual calendar and we look forward to the children 'having a go' and enjoying whatever form of sports day we manage to run in school this week, weather permitting.

Sports day is a truly positive day that celebrates all abilities and hopefully inspires our children to see how much fun physical activity can be. A competitive spirit is healthy, but it's the taking part not the winning that we celebrate most at Cranbrook and encouraging our children to be as physically active as possible.

A recent study from the World Health Organization found that the "majority of adolescents worldwide are not sufficiently physically active, putting their current and future health at risk." People under 18 are advised to undertake some kind of physical activity for an hour a day. Full days at school and a growth in social media and technology use mean these targets are not being achieved. Please make the effort to get the kids moving through online exercise tutorials, fitness video games or enjoying safe, outdoor spaces.

We hope the children will enjoy their sports days and we know they value you their parents and carers coming out to be a part of this special day, so we hope to see as many of you as possible!



Last day of the school year Tuesday 23rd July

EARLY CLOSURE

Last day of school year will be Tuesday 23rd July. The EYFS, Yr1 and 2 will finish at 1pm and Years 3, 4 & 5 will finish at 1.10pm. Please ensure you collect your child promptly.

After School Club will not be open on Tuesday 23rd July:

Please ensure you have alternative childcare provisions in place.

Clubs:

Clubs are due to finish the week beginning Monday 8th July 2024 except Cookery club (Monday 15th July) and embroidery club (Tuesday 16th July). The last club for Football First will finish on Friday 19th July 2024.

Key Dates

Term Dates for 2024

Summer Term 2024:

Monday 15th April-Tuesday 23rd July 2024

Half Term break:

Monday 27th May-Friday 31st May 2024

Sports Days

Thursday 4th July - Years 1 to 3

Friday 5th July - Years 4 to 6

Year 2 Yellow-Class assembly on Monday 8th July at 2:30pm in the main hall.

Thursday 11th July 2024

Year 2 (All classes) Trip to Kew Gardens

9.30am-3pm

Year 2 Blue-Class Assembly on Monday 15th July at 2.30pm in the main hall.

Sports Days

Thursday 4th July - Years 1 to 3

Friday 5th July - Years 4 to 6

Tuesday 16th July-Last Day for Nursery

Tuesday 23rd July 2024

Year 6 Leavers Assembly to parents- 9.30am-Main Hall

Tuesday 23rd July-Last day for all pupils- School finishes at 1.30pm



Online Safety:

For Parents - WhatsApp Safety Guide

Given that WhatsApp is one of the most popular messaging apps in the world it's no surprise I find children from Year 3 upwards using it with very little understanding of what safety features are available. Internet Matters has a great guide for parents about privacy settings, where to get support and more.

<https://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/>

Lost Property If your child has lost an item of clothing in school, please take a look at the **Lost Property Tubs**, which are located in the school playground by the green sheds.



Rocket Padel

We are excited to welcome our neighbours who invited some of our children over earlier this week to a Pro/Amateur event, which they really enjoyed!

Please see a message from them to you all:

Rocket Padel Tennis. It is the world's fastest growing sport and we are delighted to have opened our state of the art centre on your doorstep! An amazing sport for players of all ages and abilities we offer fun, social and engaging after school coaching for children of all age groups for £8 per session. Bookings can be made via our page on the Playtomic app. For more information visit our website or email Ilford@rocketpadel.com.

<https://www.rocketpadel.com>



Tuesday 23rd July 2024

**Year 6 Leavers
Assembly to parents-
9.30am-Main Hall**

Year 6 -Performance to Parents and Leavers Assembly –Tuesday 23rd July 2024:

The Year 6 Leavers Awards ceremony will take place on **Tuesday 23rd July** at **9.30am** in the main hall, there will be a short awards ceremony prior to the Year 6 performance. We look forward to seeing Year 6 parents there. Please collect the children from main hall at 11am.

Request for donations for games to support learning

Please could you donate any old board games, Connect 4 or puzzles-FAO Maths Team. **Thanks for your ongoing support.**

Family Maths Challenge: Answer to last

week's challenge: If you add 5 hours to 9 a.m., you will get 2 p.m.

THIS WEEK'S CHALLENGE:

Name the shape that has no angles but is not a circle.



School Council Elections-4th July

Cranbrook are in search of new school council representatives to take us into the new academic year.

On July 4th, each class (next year's Year 2 to 6) will hold votes to elect their new representatives - a girl and boy from each class.

Parents please encourage your children to become confident communicators by supporting them to write a one minute speech about why they should be elected.

Here are some points to consider in your speech:

1. Why they want to be school councillor?
2. What changes they want to make to the school?
(Choose 3 main points)
3. Words of encouragement to the class to ensure that you will be a good councillor

New school councillor from each class will be announced week beginning 8th July.

Good luck everyone!

**The School Council Team
Rachel, Indie, Kayley, Shahnaz and Munira.**

Sports Days Wednesday 3rd, Thursday 4th and Friday 5th July 2024

Please see the below dates for Sports days 2024:

Thursday 4th July - Years 1 to 3

Friday 5th July - Years 4 to 6

Hubs, ARP and Cube will have their Sports day separately.

More information will be shared in the following weeks.



Nursery last day-Tuesday 16th July 2024

Dear Parents/carers, please note the last day for Nursery will be Tuesday 16th July. Please also note, we do have availability in our Nursery, if you wish to apply, please contact the school office.



Attendance Winners

Well done to **Year 5 Blue** for achieving **98.3%** attendance this week!

Remember Good attendance= Good Progress

Congratulations to **3 Blue, 4 Green and 5 Blue** on completing the 15 days attendance challenge for "Every day matters" and achieving 100% attendance.

Email address to report an Absence:

Please report any absence for your child on the email address below:

**absence@cranbrookprimary.re
dbridge.sch.uk**

Gold Awards: Aizah. U, Liyan. P, Amelia. A, Yusuf. Sher. A-1B, Liliانا. I-1G, Matei. L, Harry. S-2Y, Azmaeen. K, Maya. M-2G, Faatimah. J, Alisha. U-4Y, Zahid. S, Hayder. S-4G, Amara. I, Hahim. S-5R, Mustaqim. U, Alex. B-5Y, Anaya. R, Lloyd. B, Salma. H, Hassan .J-6Y, Kiara. G, Sumayyah. N, Abisha. A- 6G

Reception Star of the Week:

Rion. K, Aveer. S-RR, Uthman. O, Maya. K-RB, Yusuf. G, Rico. A-RY, Zain. H, Kainat. K-RG

Achievement Awards for Reading:

Star of the ARP:

Matei. C



Name	Class
Dawud. B	1R
Zainab. S	1Y
Ava. R	1G
Ishaq. A	1B
Adam. P	2R
Maciej. R	2Y
Isra. A	2G
Aiza. A	2B
Ismaeel. P	3R
Aiman. S	3Y
Amelia. A	3G
Izaan. A	3B
Zoya Uddin. B	4R
Aarav. B	4Y
Yasin. S	4G
Mahnisa. S	4B
Amani. A	5R
Mahfuz. C	5Y
Ibrahim. J	5G
Amelia. A	5B
Chizaram. A	6R
Lucas. L	6Y
Aiza. Y	6G
Azaan. A	6B

Well done everyone!

Rights Respecting:

Article 42:

Everyone should know about children's rights. This article tells us that governments must make sure that everyone is aware about the rights of children. We fulfil our obligation with the article by ensuring we teach the children at school about their rights in an ongoing fashion, referring to the regularly during lessons and holding weekly assemblies that explore different children's rights.

It is important that all parents, adults and children know the rights of a child. They should be followed always. They protect children from danger. By learning and following the rights of a child, we ensure we protect children and give them freedoms to express themselves.



Spelling Bee:

A huge well done to the six finalists who competed at Fullwood Primary in the REP spelling bee competition last week. They performed really well, with Alleezay 1R and Aiza 6G making it to the finals for their key stage. Well done to all of our finalists - you are lexical legends!



Looking after your Mental Health

Eating Well

If you think you are using food – or control and restriction of foods – as a coping mechanism that is impacting your life negatively, you may be experiencing an eating disorder. Speak to your GP for advice and support.

Changes you can make

Stay hydrated

Dehydration can leave you feeling sluggish and foggy. It can also slow down digestion, leaving you bloated and constipated. Overall, it's not comfortable for anyone! Try:

Drinking regularly throughout the day

It's recommended we drink 6-8 glasses, so if you're on the go, it's always handy to carry a reusable water bottle

As soon as you wake up, grab a big glass of water – your body will need it after a long sleep, and doing so gets you into a good habit of staying hydrated throughout the rest of the day



Who Inspires YOU!

We would love you, our parents & carers, to share recommendations of individuals who inspire you or your children, especially from your own culture.

Your diverse insights will contribute to a variety of inspirations within our school community.

Please send them to:

Admin.cranbrookprimary@redbridge.gov.uk



Celebrating Cultural Connections-Celebrating diversity across our school:

[Kristol Ambrose](#)

[Kristol Ambrose](#) is an environmental scientist (marine biologist) and activist whose fondness for nature has led her to join the rally for ensuring a sustainable future. While working at an aquarium, she spent two days extricating plastics from a sea turtle. After this experience, she vowed she would "never drop a piece of plastic on the ground again".

She later channelled her advocacy to convince the Bahamian government to ban single-use plastics, plastic cutlery and straws, as well as Styrofoam cups and containers. [Through other initiatives like the Bahamas Plastic Movement \(2013\), she tackles plastic pollution in her country.](#)

Her Junior Plastic Warriors Environmental Program empowers the youth to care for the environment and make more tangible impacts by finding original ways to repurpose plastic waste. Kristal has been awarded the 2014 Environmental Youth Leader Award from the Government of the Bahamas and she most recently won the 2020 Goldman Environmental Prize, a prestigious prize for grassroots environmentalists.