

Dear Parent/Carers,

**Thought of the week:** "Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't". (Rikki Rogers)

**Headteacher's Award:** Laila. S-4R

**Gold Awards:** Jamie. H and Abdullah. O-2Y

**Achievement Awards for Science:** Vivien. M-1G, Aisha.Z-1Y, Adam. S-2R, Ibrahim. M-2B, Yusuf. S and Sricharan. P-3G, Daria.O (Writing), Rezwana. W-3B, Amani.A-3R, Hanah. K (Writing) and Salma. H-3Y, Amira. L-4Y, Ayden. A-4R, Jessie. S-4G, Aydan. S-5R, Mahrosh. N-5Y(Writing) , Hafsa. S-5Y, Vanmuhilan. K-6Y, Yahya. S-6B, Safiyya. K-6G and Sulaiman. P-6R  
**Well done, children!**

**P4C Question for this week:** Here is your next P4C question for children to discuss at home.

Is war ever an option?

**Absences:** If your child is away from school, please contact us to let us know the reason. Please note that if your child is missing school too often due to ill-health, we will request medical evidence in line with the agreed policy. Please also note, holidays during term time will not be authorised and parents **will** receive a penalty notice, especially when flights have been booked prior to seeking authorisation. Request for leave for special circumstances will only be authorised at the headteacher's discretion and only up to 3 days. For children whose attendance is already a cause for concern, the school will not authorise additional absences.

**Rights Respecting:**

**RIGHTS**

**RESPECTING**



This week, the children will be learning about:

**Article 1:** Everyone under the age of 18 has all the rights in the Convention.

**Article 19:** Protection from Violence-The right to be safe.

The government is responsible for protecting children from violence ,abuse, neglect, poor treatment and exploitation.

**Article 22:** All refugee children are entitled to protection and humanitarian assistance.

Please talk to your child about this Right at home.

This will help them to understand the Right and

**Well-being Parent Workshop- Friday 11th February**

Cranbrook Primary has begun hosting a series of Wellbeing Parent Workshops to support our parents in meeting the needs of their children and the family. The next session will focus on **Online Safety**, in keeping with our theme of **Safer Internet Week!** You will receive input from our staff, who have knowledge and experience on this subject, with opportunities to interact with other parents and ask questions. So come along for coffee, biscuits and good company. There will also be a raffle prize draw at the end of the session. Places will be available on a first come, first serve basis. We look forward to seeing you.

**Date: Friday 11<sup>th</sup> February 2022**

**Time: 9.15am to 11am**

**Venue: Dance Studio**

Please see the attachment for more information.

**Smart watches:**

Please note watches that can take photographs or videos are banned from school, as they contravene our **Acceptable Use and Safeguarding Policies**. Any child who brings this to school will be expected to hand this in to the teacher. We will then return the watch to parents/carers at the end of the school day. Any child who repeatedly brings this in, will be very disappointed, as the watch will then be confiscated till the end of term.

**Parents Evening-21<sup>st</sup> February (12.30 – 5 pm) & 22nd February 2022 (3.30 – 5pm)**

This term we will be conducting the progress meetings again through Microsoft teams. The meetings will be held on **Monday 21<sup>st</sup> February (12.30 –5pm)** and **Tuesday 22nd February 2022 from 3.30pm-5.00pm**.

Please look out for the letter that will come out this week, giving instructions on how to book appointments.

**Appointments to be booked via Parentmail.**

**INSET day- Monday 21st February 2022**

Please note, the school will be closed for pupils on **Monday 21st February 2022** due to staff training.

**COVID Update**

COVID continues to impact on pupil and staff attendance. This is leading to some disruption for classes. Whenever possible, we are doing our utmost to minimise changes.

## Cranbrook Primary School Family REA Scheme Questionnaire:

Redbridge Educational Psychology Service have been working hard on a hugely important and exciting new project for schools. The project is called the Race and Equality Awareness (REA) Scheme. We are pleased that your school has chosen to take part. As part of the project, we will be gathering information from across the school. Race and Equality is an issue that is important for everyone in the school community. This is why we want to hear from parents, school staff, and students. We would really value your opinion and would love to hear about your experiences and ideas about what could be done differently. Below is a questionnaire that takes around 15 minutes to complete. By taking part in this research you will be contributing to your school's journey to ensuring it is a safe and welcoming space for all staff, students, and their families. Your answers will be completely anonymous, which means we don't know your name and your name can't be shared with anyone. You do not have to take part and can withdraw from the questionnaire at any time before it is completed. Your answers will be used as part of a larger data set which will develop themes and key areas to focus on. If you have any questions or would like any support or information, please speak to a member of the school SLT. By clicking the next button at the bottom of the page, you are agreeing that you have read and agreed with the above information. You also agree to your answers being used as part of the project.

<https://forms.gle/btRCA6vhhYh2Lut68>

**The deadline for completing the survey has now extended and it needs to be completed by 11th February 2022**

### Five Steps to Mental Well-being (4 of 5)

#### 1. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- giving you a feeling of purpose and self-worth

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school

**Club Timings:** Parents/carers, please be punctual on collecting your child for club days. The timings are as below:

**Drama-3.15pm-4.15pm, Cookery: 3.30pm-4.30pm and Karate: 3.20pm-4.50pm**

## KEY DATES FOR YOUR DIARY

### Key Dates for 2022

#### Spring term 2022

**Tuesday 4th January 2022-Friday 1st April 2022**

Half term break-Monday 14th February 2022- Friday 18th February 2022

Easter break- Monday 4th April 2022- Monday 18th April 2022

#### Summer Term 2022

**Tuesday 19th April 2022- Friday 22nd July 2022**

Half term break- Monday 30th May 2022 to Friday 3rd June 2022

#### Inset Days

**Monday 21st February 2022**

**Tuesday 3rd May 2022**

**Monday 11th July 2021-Additional Bank Holiday**

### Redbridge Educational Well-being Workshops

A message from the Redbridge Educational Wellbeing Team can be seen below. We hope you will find these sessions useful.

"We are excited to announce that REWT are recommending our parent workshops this term. Our parent workshops were hugely popular last year and we are delighted to be able to provide this support for Redbridge parents once again.

The workshops will cover the following topics:

- **Understanding and Supporting Anxiety and Low Mood**
- **Understanding and Supporting Bereavement and Loss**
- **Parent Actions to Tackle Stress**
- **Parent Actions to Improve Wellbeing**

How can you register?

- Parents can register using the links or QR codes on the flyer attached
- Parents can visit the Redbridge Educational Psychology Service web page where they will find the dates, times and registration links for our session to our workshops: <https://www.redbridge.gov.uk/schools/educational-psychology-service/>

Headteacher: Jas Leverton

Cranbrook Primary School, The Drive, Ilford, Essex, IG1 3PS  
Telephone: 0208 518 2562 Fax: 0208 554 1575