

The Cedars Primary School

Newsletter

Friday 9th September 2022

The New School Year

Welcome to all, both parents and carers of new starters and those of you who have children at the school last year.

We've had some great fun with a mini 'Dinosaur' topic this week and I know that staff have been planning more great topics for the rest of the year.

If you do have any queries either email the class team at the address on this page or for more general queries email:

help@cedars.hounslow.sch.uk

De-Escalation Training for Parents and Carers

We will be hosting a de-escalation and restraint training for parents and carers on Friday 23rd September from 11.00-12.00. Please contact the office if you would like to attend.

Communication Home

Communication home will continue to be via a daily email with a phone call home if needed. Each class has a dedicated email address. If you need to contact your child's class team you can email the following:

acornclass@cedars.hounslow.sch.uk

hazelclass@cedars.hounslow.sch.uk

firclass@cedars.hounslow.sch.uk

elmclass@cedars.hounslow.sch.uk

beechclass@cedars.hounslow.sch.uk

willowclass@cedars.hounslow.sch.uk

mapleclass@cedars.hounslow.sch.uk

pineclass@cedars.hounslow.sch.uk

ashclass@cedars.hounslow.sch.uk

oakclass@cedars.hounslow.sch.uk

Annual Reviews

We are required to hold a meeting to review the outcomes and provision on your child's Educational Health Care Plan at least once a year. These annual review meetings will continue to be held over the telephone or using Zoom or online. If you would prefer your child's annual review meeting to be conducted face to face in school, please contact the school office so we can arrange this.

You should receive a letter well in advance of the meeting informing you of the date and time it will be taking place. Please let us know as soon as possible if you need to change the date or time of your meeting so we can reschedule it at a time that suits you, as it is important you attend your child's annual review meeting.

Families First and Intensive Support

Families First and Intensive Support (FFIS) team have shared the details of the parenting programs that will be run by them this month.

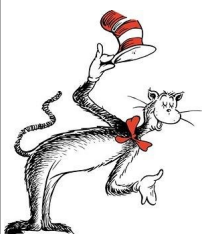
123 Magic is a parenting/behaviour management programme for parents and carers of children aged 2-12 who have been diagnosed with ADHD or who display challenging behaviour. It is a 5 week programme.

The plan for **123 Magic** is to be run on:

**Sep 2022 Cohort: 20 Sep to 18 Oct – Tuesdays
10 am to 12 pm**

**Nov 2022 Cohort: 10 Nov to 8 Dec – Thursdays
10 am to 12 pm**

Reading at Home



This week your child should have brought home a reading book and reading record book. We would like you to listen to your child read. When you have read with your child could you can send the book and reading record back to school please?



Hello, Parents & Guardians! We are BeeZee Bodies, and we work with Hounslow Council to provide FREE (and FUN!) healthy lifestyles support for families in the London Borough of Hounslow.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER? SIGN UP FOR FREE!

Just go to beezeebodies.com/families (or scan the QR code!) and enter your details. We'll give you a call back to have a quick chat and enrol your family on to your preferred BeeZee Families group!



NEW COURSES START W/C 19TH SEPTEMBER 2022 FOR 12 WEEKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ISLEWORTH The Smallberry Green School 17:00 - 19:00 age 5-15	CRANFORD Cranford Community College 17:00 - 19:00 age 5-15	HOUNSLOW CENTRAL Grove Road Primary School 17:00 - 19:00 age 5-15	FELTHAM Marjory Kinnon School 17:00 - 19:00 age 5-15
ONLINE age 5-8 17:30 - 18:15	ONLINE age 5-8 16:30 - 17:15		
ONLINE age 9-12 18:30 - 19:15	ONLINE age 9-12 17:00 - 17:45	ONLINE age 9-12 17:00 - 17:45	

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hounslow and include one child who is age 5-15 and above their ideal healthy weight.

BUILD A BALANCED LUNCHBOX!

SEND 'EM BACK TO SCHOOL THIS SEPTEMBER WITH A PERFECTLY PACKED, HEALTHY LUNCH! YUM!

CHOOSE YOUR CARBOHYDRATES

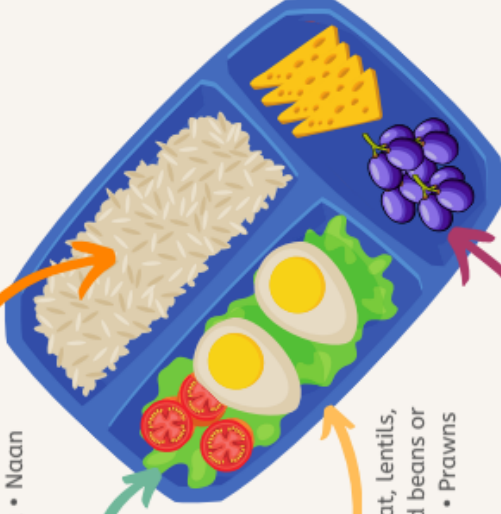
Bread • Tortilla wraps • Chapattis • Pitta
• Pasta • Rice • Potatoes • Cassava • Naan

PACK SOME PLANTS

Frozen, tinned or fresh fruit & veg •
Hide peppers, sweetcorn & peppers in
tuna mayo! • Disguise onions and
tomatoes in a curry/stew • Celery or
carrot sticks with their favourite dip.

PICK YOUR PROTEINS

Leftover protein from dinner (e.g. meat, lentils,
tofu or paneer) • Eggs • Tuna • Tinned beans or
low sugar/salt baked beans • Cheese • Prawns



SELECT A SNACK

Cheese slices • Yogurt (try low fat and low sugar options) • Popcorn •
Pita/carrots with hummus • Grapes • Pepper slices • Raisins • Crackers

Mix and match these to get all those nutrients in!



beezeebodies.com/families



BeeZee Families

03308 186308

London Borough
of Hounslow