



# The Cedars Primary School

## Newsletter

Friday 21st October 2022

### Black History Month

We celebrated Black History Month this year with each class choosing a black icon to research and find out information about. The children then presented their information in assemblies over the past two weeks. All of the children spoke beautifully in assembly and classes presented information on the following icons:

Acorn — Halle Bailey

Hazel — Kobe Bryant

Fir — Rosa Parks

Elm — Miss Kyere — Aidoo

Beech — Bob Marley

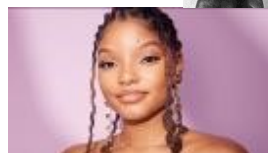
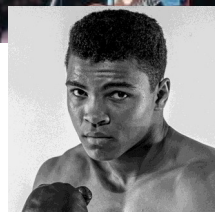
Willow — Pele, Mohammed Ali

Maple — Mae C. Jemison, Garrett Morgan

Pine — Stormzy

Ash — Surya Bonaly

Oak — Marcus Rashford



We finished the week with a Black History Month food fair and storytelling afternoon. Children and staff were able to try plantains, salt-fish fritters, sweetcorn fritters, coconut cake, guava jam, jerk chicken and biltong. They then listened to an 'Anancy' story whilst relaxing with a tropical drink. Thank you to all who contributed and especially to Mr Franklyn's parents who joined the school to cook and tell stories on Thursday.

### Cheaper Broadband and Phone Packages

Social tariffs are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. Some providers call them 'essential' or 'basic' broadband.

They're delivered in the same way as normal packages, just at a lower price. Amid rising living costs, Ofcom is encouraging companies to offer social tariffs to help customers on low incomes.

For more information follow the link below:

<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs>

### Get Help to Buy Food and Milk—Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Your benefit will be added onto this card every 4 weeks.

Follow the link below for more information and how to apply.

<https://www.healthystart.nhs.uk>