



The Cedars Primary School

Newsletter

Friday 18th November 2022

Parents and Carers Phonics Training

Thursday 8th December 11.00am

The government requires all schools to follow a set scheme for the teaching of synthetic phonics. Synthetic phonics is a method of teaching where words are broken up into the smallest units of sound (phonemes). Children learn to make connections between the letters of written texts (graphemes, or letter symbols) and the sounds of spoken language. Synthetic phonics also teaches children how to identify all the phonemes in a word and match them to a letter in order to be able to spell correctly.

Earlier this year we introduced a new programme for teaching phonics called 'Phonics International'. The programme is taught in all classes and children have made good progress following the scheme. We will be hosting a meeting in school to explain more about the teaching of phonics including ideas for how to help your child at home for example how to form the letter sounds correctly.

The meeting will take place on Thursday 8th December at 11.00am in school. All parents and carers are welcome to attend, whichever year group your child is in.

Home Start to Help Local Families

If you have some free time after Christmas, and you are a parent or grandparent, you could help other families with pre-school children. Local charity Home-Start is offering a free course to train you to be a home-visiting volunteer, supporting families with difficulties such as post-natal illness, bereavement or disability.

The course will run in Whitton 9.45am-2.30pm, on Tuesdays from 31 January to 21 March (not half-term 14 Feb). After the course, you would visit a family for 2-3 hours a week. For more information, please contact Angie Ahmed angie@homestart-rkh.org.uk or 07884 536161. Registered charity no: 1108975.

De-Escalation Training for Parents and Carers

We will be hosting a de-escalation and restraint training for parents and carers on Friday 2nd December from 11.00-12.00. Please contact the office if you would like to attend.

Parents and Carers Evening Meetings

Class teachers hosted parents' and carers evening meetings this week. We hope that you were able to attend and discuss your child's progress. If you were not able to attend for any reason please contact your child's teacher by email and they will be happy to hold a phone meeting on another date that is suitable for you.



Volunteer. Because childhood can't wait.

If you have **parenting experience**, a few hours spare each week and want to make a difference to a local family, join our network of trained volunteers, helping families with young children through challenging times. **Free volunteer course** runs in **Whitton** on Tuesdays

9.30am-2.30pm from 31 January to
21 March 2023 (not 14 Feb).

To find out more, contact
Angie Ahmed

info@homestart-rkh.org.uk

07884 536161

homestart-rkh.org.uk

HOMESTART

**Richmond, Kingston
and Hounslow**

Charity No:
1108975





Hello, parents & guardians!
We are BeeZee Bodies, and we work with
The London Borough of Hounslow to
provide FREE (and FUN!) healthy lifestyles
support for children and their families.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES
GROUPS STARTING NEAR YOU IN **JANUARY**.

GET ON THE WAITING LIST!

Just go to beezeebodies.com/families
(or scan the QR code!) to find out more.



SCAN ME WITH
YOUR SMARTPHONE
CAMERA!

*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 age 5-15
who is above their ideal healthy weight.

LET'S MAKE SWEET POTATO CINNAMON SWIRLS!

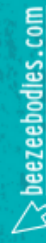


WHAT TO DO:

1. Bake the sweet potatoes in the oven for one hour at 180C, or until soft.
2. Allow the potatoes to cool and then peel the skin off
3. Mash the potatoes and stir through the maple syrup
4. Mix the flour, baking powder, bicarbonate of soda and salt together.
5. Add in the flour mix to the mashed potato a little bit at a time, stirring until it becomes a ball. You might need to use your hands to bring it all together to form a dough.
6. Allow the dough to rest for at least 30 minutes
7. Using a rolling pin or your hands, roll out the dough onto a floured surface to make a rectangle. It should be the thickness of a £1 coin
8. Lightly brush the surface with the oil
9. Mix the sugar and cinnamon together and sprinkle across the surface
10. Using a pizza cutter or a knife, cut 3cm strips and then roll them to make a spiral
11. Put all the rolls next to each other in an oven dish and bake for 30 minutes
12. Meanwhile, mix icing sugar together with a little bit of water to make a thick paste.
13. Drizzle over the buns once they're cooled
14. Enjoy!

WHAT YOU'LL NEED:

- 2 sweet potatoes (cooked, peeled and mashed)
- 2 tbsp maple syrup
- 240g plain flour
- 2tsp baking powder
- 1/4 tsp bicarbonate of soda
- Pinch of salt
- 50g soft brown sugar
- 4 tsp cinnamon
- 1 tbsp vegetable or olive oil
- 50g icing sugar
- 1-2tsp water



beezeebodies.com



BeeZee Families



03308 186308



London Borough
of Hounslow