

# Cecil Road Primary School

Together we achieve more.



This week we have been celebrating **Mental Health Week**. This year's theme is Know Yourself, Grow Yourself. We have been engaging in activities that promote resilience, kindness, and self-care.

## What's Been Happening at School?

- **Daily Wellbeing Activities:** We have participated in different activities such as mindfulness exercises, gratitude journaling, and movement breaks to promote a positive mindset.
- **Classroom Discussions:** Teachers have lead age-appropriate conversations about emotions, stress management, and the importance of talking about feelings linked to our Zones of Regulation.

**Special Assembly:** Miss Day shared valuable insights on mental health and how we can support each other.

## How You Can Support Your Child at Home

- **Encourage Open Conversations:** Ask your child about their feelings and reassure them that all emotions are valid.
- **Create a Routine:** A structured daily routine with time for play, relaxation, and sleep can help children feel secure and balanced.
- **Practice Mindfulness Together:** Simple breathing exercises or a few moments of quiet reflection can help reduce stress for both you and your child.
- **Limit Screen Time:** Encourage outdoor play, reading, and creative activities to support a healthy balance.

**Seek Support if Needed:** If you notice ongoing worries or changes in behaviour, don't hesitate to reach out to our school Family Liaison Officer, Mrs Woollcott.

Let's work together to support our children's emotional wellbeing and ensure they feel happy, safe, and confident. If you have any questions or need additional resources, please feel free to contact us.

Thank you for being a vital part of our school community proving 'Together We Achieve More'.

Mrs C Old

**Newsletter 55**  
7th February 2025



**Years 3, 4, 5, 6**

**Please note that all meal payments must be made direct to Caterlink using the new ParentPay system at the time that meals are ordered.**

**No cash payments can be accepted.**

**Please check ParentPay for the new school meal prices.**

**Year R, 1, 2 & Free School Meals**

**All meals must be ordered using the ParentPay system.**

## School Website



**Please have a look and find out about your children's learning—**

**[Cecil Road Primary & Nursery - Our Year Groups](#)**

# Cecil Road Primary School

Together we achieve more.

## Dates for the Diary

Term 3	
Friday 31 <sup>st</sup> January	Y2 Johnson Forest School
Monday 3 <sup>rd</sup> February	Dress to Express day – Children’s Mental Health Week
Tuesday 4 <sup>th</sup> February	Y5/6 Cheer Festival @ NSfG
Thursday 6 <sup>th</sup> February	Y2 Attenborough Forest School / Y1 Peake Swimming
Friday 7 <sup>th</sup> February	Y2 Johnson Forest School
Thursday 13 <sup>th</sup> February	Y2 Attenborough Forest School / Y1 Peake Swimming
Friday 14 <sup>th</sup> February	Y2 Johnson Forest School Benchball Tournament @ NTC Last day of Term 3
Term 4	
Monday 24 <sup>th</sup> February	Return to school
Tuesday 25 <sup>th</sup> February	Y5/6 Netball Festival @ NSfG
Thursday 27 <sup>th</sup> February	Y2 Attenborough Forest School / Y1 Potter Swimming
Friday 28 <sup>th</sup> February	Y2 Johnson Forest School
Thursday 6 <sup>th</sup> March	World Book Day – dress as your favourite book character World Book Day fair Y2 Attenborough Forest School / Y1 Potter Swimming
Friday 7 <sup>th</sup> March	World Book Day fair Y2 Johnson Forest School

## Wish List

Cecil Road staff have added some exciting items to an Amazon Wish List for our children.

Please check these out on the link below.



[Check out my list on Amazon](#)

We would be most grateful for any support you can offer for these items.



At Cecil Road the 6 principles of nurture underpin our ethos of wellbeing.

As part of Children's Mental Health Week, we have been thinking about 'Know Yourself, Grow Yourself'. We use Zones of Regulations to think about how we are feeling and to think about what we can do to get back to 'green'.



## TIPS FOR FAMILIES

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

- 1 Encourage journaling**  
 Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**  
 When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**  
 Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**  
 Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**  
 Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here@you.co.uk](https://www.place2be.co.uk)

## Other information.....



To promote reading for pleasure and to encourage our pupils to read more broadly, we are having a school book fair in celebration of World Book Day on Thursday 6<sup>th</sup> & Friday 7<sup>th</sup> March.

Every book purchased will go towards brand new **FREE** books for our school.

Books can be purchased on the day of the book fair and paid for by either cash or card. Books can also be ordered on the day and you will receive your order within 2 weeks of the receipt of order. World Book Day tokens will be accepted, there will also be a selection of sale stock for purchase.

To celebrate Mental Health Week, please encourage your children to draw and enter this amazing competition from M&S to design a jumper to celebrate Young Minds Hello Yellow kids wear collection.

<https://mnsyoungdesignercompetition.powerappsportals.co>



Libby is a free mobile app that allows you to borrow and read ebooks and audiobooks from your local public library. It is available for download on iOS, Android, and Windows devices. As long as you have a valid library card, you can enjoy borrowing and reading books at no cost through the app.

[Libby: A Great Source for Free Children's Books - Kid's Picture Book Review](#)

[Libby - Welcome](#)

[25 awesome read-alongs to explore with your kids](#)



Northfleet Trust

[Northfleet Schools Trust Website – Official Website of Northfleet Schools Trust](#)



Our school hall is available to hire on Saturdays and after school. Please contact us for further details.

Help ease the pressure on our NHS services by choosing the right service when you have any health concerns.

<https://www.stopthinkchoose.co.uk/>



We recycle batteries.

There is a box for these in the school office .

## Come & Join our Parent & Toddler Group

Every Wednesday in the school hall  
8.45-10.00am £2 per family

Lots of fun, playing, activities, tea, coffee and biscuits on offer—come along and join our group. Please invite friends and family.



## Healthy School

### Healthy Eating

Eating a healthy well balanced diet it good for everyone, and it is something we encourage at Cecil Road.

Please see the recipe below for a quick and easy idea for a healthy packed lunch;

[Hummus and salad wrap - Lunchbox recipes - Healthier Families - NHS](#)

### Hummus and salad wrap recipe

Simple to make and fun to eat. Try serving with cherry tomatoes, and some mixed berries with low-fat Greek style yoghurt.

Prep: 10 mins  
Serves 1



Please check the noticeboard outside the office for information about Emotional Wellbeing at Cecil Road.



**NELFT NHS**  
NHS Foundation Trust

**Online Workshops**  
Aimed at parents of children in primary school

**Workshops**

**Understanding Your Child's Behaviour 22/1/2025 10:30 – 12:30pm**  
[Join the meeting now](#) Meeting ID: 336 234 531 867 Passcode: P7df6fg9

**Understanding ADHD 4/2/2025 – 5:30 – 7:30pm**  
[Join the meeting now](#) Meeting ID: 357 257 416 30 Passcode: nd9Xi6Pz

**Introduction to Autism 28/02/2025 12:30 – 2:30pm**  
[Join the meeting now](#) Meeting ID: 342 957 959 572 Passcode: UR22px2W

**Understanding Anxiety 10/03/2025 5:30 – 7:30pm**  
[Join the meeting now](#) Meeting ID: 375 848 985 296 Passcode: 2v3dM2xX

**Sleep & Autism 27/03/2025 5:30 – 7:30pm**  
[Join the meeting now](#) Meeting ID: 380 423 848 345 Passcode: cq2qv9U5

**Me & My Child: Understanding Resilience 9/4/3025 10:30 – 12:30pm**  
[Join the meeting now](#) Meeting ID: 320 369 568 303 Passcode: Qz9WN7Ru

*\*Workshop times alternate from term to term*

Our online workshops offer information around key topics to help understand what is going on for your child and strategies to support them, based on the latest evidence and practice.

If you would like to join, please use the links above. If you have any questions, please speak to your child's school.

Our workshops are held on Microsoft Teams. You do not need an account to join. You will need access to the internet. Currently, this workshop is only available to parents/carers of children attending a EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

[EWTandESTenquiries@nelft.nhs.uk](mailto:EWTandESTenquiries@nelft.nhs.uk)

**We look forward to meeting you!**

**Kent Emotional Wellbeing Teams**  
**Medway Emotional Support Teams**



## Cecil Road Sports & Active Families Page

Some of our Year 5 children had a fantastic time this week, creating and performing at the cheer festival!



### Animal Dance

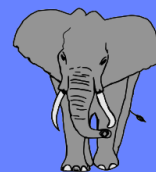
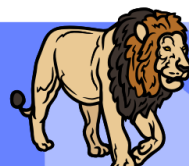


#### How to play:

- Create a short dance that uses the movements of an animal of your choice.
- Try not to just act like the animal, but use their movements e.g. the way they crawl, walk, sleep or jump.
- Think about how quickly or slowly they move.
- Think about how they move e.g. bouncy, smoothly.
- Choose some music that suits your animal too.



Show your dance to a family member or friend.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

# Vocabulary



Ask your children to tell you what they did in oracy this week.

Did they: Ask questions? Tell a story? Debate a topic?  
Play a game?



Vocabulary is really important. We need to help our children develop a wide range of vocabulary before they leave primary school. If you would like ideas, you can use the Year 1-2 Year 3-4 or Year 5-6 spellings to help you increase your children's vocabulary. (Ask your child's teacher for a copy of them)

## **This weeks challenge:**

### **Key Stage 2:**

Everyone finds a new word and tells the family what it means. Take turns trying to use it in a sentence or story.

### **Key stage 1:**

Find a new words to describe an object. Help your children learn new words: big - large, happy-excited, or small- tiny. Can they use these new words?

**EYFS:** Play find the word - find as many objects with the same thing (red objects, big objects, objects with the number 2 on them)

Gravesend Library are holding a Storytime Event this half term.  
Booking is essential - please see details below.



**Join Us for a Special Half-term Storytime Event!**

**Thursday 20 February 2025**

**10:30AM**

## **Gravesend Library**

Local Children's Author Helen Gaston invites families to a delightful reading of her new rhyming picture book!

Perfect for children aged 3-6, but all ages are welcome.

**Come and enjoy a morning of fun, rhyme, and imagination!**

Contact library staff for further information 03000 41 31 31  
or email [gravesendlibrary@kent.gov.uk](mailto:gravesendlibrary@kent.gov.uk)


Free event - Scan QR  
Code for tickets



[kent.gov.uk/libraries](https://kent.gov.uk/libraries)

 @KentLibrariesArchives

 @kentlibraries

 03000 41 31 31

CUSTOMER  
SERVICE  
EXCELLENCE



**Kent  
County  
Council**  
[kent.gov.uk](https://kent.gov.uk)





## PTA DIARY DATES

Don't forget every Friday we will be selling treats from the playground such as doughnuts and cookies. If anyone would like to volunteer to help with the Friday Sweet Treat Sale please contact the PTA via [PTA@cecilroad.co.uk](mailto:PTA@cecilroad.co.uk)



## PTA EVENTS



Our new online ticketing system!

We have made the decision to go online for all our PTA event ticket sales. You will no longer need to worry about having spare change or missing before or after school sales.

This will be your **ONLY** way in. We will no longer be selling tickets in the playground (unless advertised).

PTA events will allow you to buy tickets online for PTA run school events.

Please use the link below to sign up

<https://www.pta-events.co.uk/friendsofcecilroad/index.cfm>

Once events are added you will be able to purchase the tickets directly through the website. We will notify you before tickets go on sale. If there is a limit to the number of tickets on sale, then these will be on a first come first served basis and will show as *sold out* once there are no longer any left to purchase.

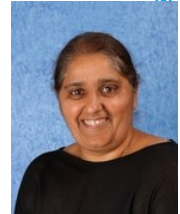
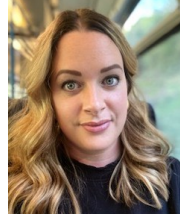
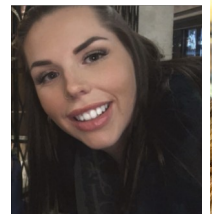
Not only will you be able to purchase tickets for events; you will be able to volunteer for events and purchase raffle tickets too!

### **BE THE FIRST TO SIGN UP**

**We have so many amazing upcoming events that we can't wait to share with you all!**

**Thank you!**

**Friends of Cecil Road PTA**



Please speak to any member of the team if you would like to join the PTA or help with any event. Everyone is really keen to make the PTA a huge success and would also welcome lots of ideas for events etc.



From year 1 – year 6 children’s homework is on Doodle. If your child is unable to log in, please let their teacher know. Each week we look at the children who have the highest score and celebrate their success in assembly on a Monday.



1. Scan the QR code to download the free apps and get logged in using the login information provided by your child’s class teacher

## Our star Doodlers this week are.....

### Maths

Year 1 – Ava & Francis

Year 2 – Mehtab & Manraj

Year 3 – James B & Zachary

Year 4 – Gurtegh & Jack

Year 5 – Rahela & Adomas

Year 6 – Prabhleen & Anaya

### English

Year 1 – Ava & Francis

Year 2 – Aleksander & Aedan

Year 3 – James & Anthony

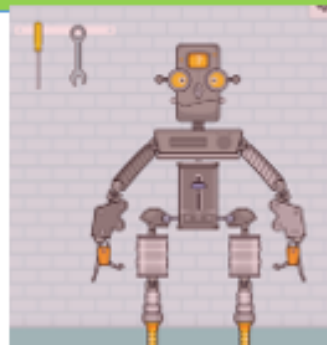
Year 4 – Japleen & Jack

Year 5 – Sammy & Adomas

Year 6 – Blessing & Anaya

## My Robot

As children collect stars on Doodle they can make their own Robot. This can be found in the stars section



# Meet our Governing Body

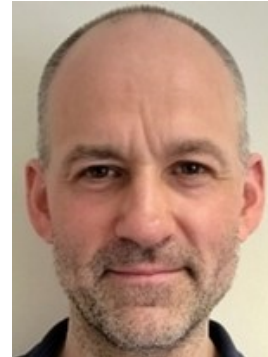
## Who are our Governors?



Lorna Nolan



Steve Gallears



Jake Fisher



Emma Ellerington



Grant Roe



Carrie Old



Victoria Northern



Shihaan Razack