

Cecil Road Primary School

Together we achieve more.



End of Term 3

What a fantastic term it has been! The children have been engaged in lots of exciting learning, making great progress and showing real enthusiasm in their studies. We are so proud of their hard work and dedication.

As we head into a well-deserved break, we encourage everyone to keep up the great momentum—keep reading regularly and continue working on Doodle to reinforce learning in a fun way!

We hope you all have a restful and enjoyable break, and we look forward to seeing everyone back refreshed and ready for another great term.

Keeping Healthy – A Message to Parents

We encourage all our children to develop healthy habits that support their well-being and learning. A balanced diet, regular exercise, and plenty of sleep all play a key role in helping children stay focused and ready to learn.

Please support your child by:

- Providing a nutritious lunch and healthy snacks
- Encouraging daily physical activity
- Ensuring they get enough sleep each night
- Promoting good hygiene, including regular hand-washing

By working together, we can help our children stay happy, healthy, and ready to achieve their best!

Thank you for your support.

Mrs C Old

Newsletter 56
14th 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](#)

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Dates for the Diary

Term 3	
Friday 14 th February	Last day of Term 3
Term 4	
Monday 24 th February	Return to school
Tuesday 25 th February	Y5/6 Netball Festival @ NSfG
Thursday 27 th February	Y2 Attenborough Forest School / Y1 Potter Swimming
Friday 28 th February	Y2 Johnson Forest School
Monday 3 rd March	Fire Safety visit
Wednesday 5 th March	Y4 Hockey match @ Bronte
Thursday 6 th March	World Book Day – dress as your favourite book character World Book Day fair Y2 Attenborough Forest School / Y1 Potter Swimming
Friday 7 th March	World Book Day fair Y2 Johnson Forest School
Monday 10 th March	Y3 Tag Rugby match @Bronte
Tuesday 11 th March	Winning House Cinema trip
Wednesday 12 th March	Y4 Chance to Shine Cricket YR NHS Vision & Hearing screening
Thursday 13 th March	YR Rosen Forest School / Y1 Potter Swimming Y6 Horton Kirby Trip
Friday 14 th March	YR Donaldson Forest School TSS Football @ Painters Ash Riverview 7's Football @ Riverview



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 we believe that it is important to talk to children about mental health and for them to understand that we all have feelings, and it is important to know how to manage our feelings.

HOW PARENTS CAN SUPPORT THEIR CHILDREN TO TALK ABOUT MENTAL HEALTH

[@BELIEVEPHQ](#)

- Talking about feelings and thoughts doesn't always come naturally to people. Help your child to practise by getting them to talk about their day and how different things or events made them think and feel.
- Talking openly and regularly about mental health can support children to feel safe and more confident to talk about their own feelings.
- It is important that your child knows where to go to seek help. Provide them with the detail of mental health charities and helplines in case they want to reach out to somebody else.
- Find the right time to engage in conversations about mental health. This might be 1 on 1 or with the family.
- Don't pressure them to talk about their mental health. Create a safe and nurturing environment where your child feels comfortable to come and talk to you when they feel the time is right.
- A safe environment where a child feels as though they are being understood and listened to can help encourage them to speak out about their mental health.
- Building mental health into every day regular conversations can be useful. Whether that is checking in with your child or just asking how they are feeling, this can be useful for breaking down barriers.

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 6th & Friday 7th 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.

Supporting our mental health is always important - Kooth supports children aged 11 yrs+ and Qwell is to support adults.

KoothTalks Webinars



Families can explore the role of Kooth in the care pathway for young people with an eating difficulty. They will inform

parents and carers on how their digital platforms can support young people with eating difficulties in this 30 minute webinar.

Families can [register for this webinar by completing this form](#).

Self- care from Qwell

Browse through the Qwell [self-care collection](#) to learn tools on how to cope, and strengthen your wellbeing, and read personal accounts from real people who have lived through tough experiences.

Explore how the [cost-of-living crisis](#) might affect different people, and discover the different ways you can support yourself and others, practically and emotionally.

Adults 18+ can register [here](#)



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.

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



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;

[Salmon and salad bagel - Lunchbox recipes - Healthier Families - NHS](#)

Salmon and salad bagel recipe

Bagels are popular with kids so this is a good way to introduce some fish into your child's lunchbox. This would work well with a handful of grapes and a plain rice cake.

Prep: 10 mins
Cook: 1 min
Serves 1





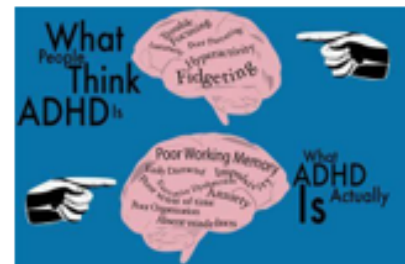
SEN Workshop Understanding ADHD and Autism

Wednesday 5th March
3pm – 3.30pm
Cecil Road School Hall

This workshop will be delivered by Miss Day, Miss Southgate and our Emotional Wellbeing practitioner.

You will:

- Have strategies to use at home.
- Have an understanding of ADHD and Autism.
 - Have resources to take home.
- Have time to talk to professionals with experience.
 - Be able to ask questions.
 - Have a drink and biscuit!





Cecil Road Sports & Active Families Page



Congratulations to our amazing football team who took part in the O'Reilly Shield Tournament this week.

Change it

What you need: someone to time, four cushions and three socks.

How to play:

- Place the cushions randomly in a space. Place a sock on three of the four cushions, leaving one cushion empty.
- Time one minute.
- Collect one sock from a cushion and place it on top of the empty cushion. Then collect another sock from another cushion and place it on the new empty cushion. How many socks can you move in one minute?
- Play again, can you improve your score?
- Make this harder by moving the cushions further apart.

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INDOOR FOOTBALL COACHING!

COMETS
Disability Football

Starting Thursday 6th
March 6-7 pm
@ Cascades Leisure Centre

FUN!

Come along to our **FREE MEET THE COACH SESSION** Thursday 27th February

Blast off with Comets!

A safe space for disabled children aged 5 - 11 to kickstart their football journey

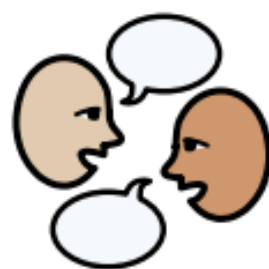
ENGLAND FOOTBALL

To register your interest contact Corinna by email Corinna.court@gcll.co.uk
Free to full members, £4.50 to centre members & £6.38 to non members

This week's Oracy challenge:



How do we introduce ourselves to new people? Pretend you are strangers and introduce yourself to each other. Teach your child how to introduce themselves to a friend and how to introduce themselves to someone very important (like the King!)



To make this game extra fun, change the way your voice sounds and make up different names.

Could you teach your child how to shake hands?



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



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.

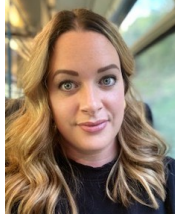
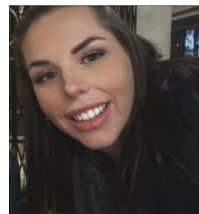
Not only will you be able to purchase tickets for events; you will be able to volunteer for events and purchase raffle tickets too!

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

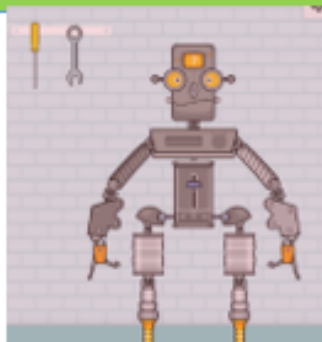
Year 1 – Flynn & Francis
Year 2 – Manraj & Olivia
Year 3 – James B & Elliot
Year 4 – Maya & George
Year 5 – Amelija & Adomas
Year 6 – Prabhleen & Anaya

English

Year 1 – Ava & Francis
Year 2 – Phoenix and Aedan
Year 3 – James & Zachary
Year 4 – Maya & George
Year 5 – Alaa & Lois
Year 6 – Prabhleen & 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

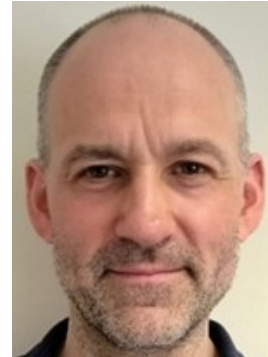
Who are our Governors?



Lorna Nolan



Steve Gallears



Jake Fisher



Emma Ellerington



Grant Roe



Carrie Old



Victoria Northern



Shihaan Razack