



Cranford Park C of E Primary School NEWSLETTER

Let
your
light
Shine

No. 53: November 2025

Thank you to all those who came along to our Harvest Festival at the end of last half term.



All our children made me very proud and it was lovely to see such joy as they performed. I also enjoy seeing the growing confidence as they move up through the years.



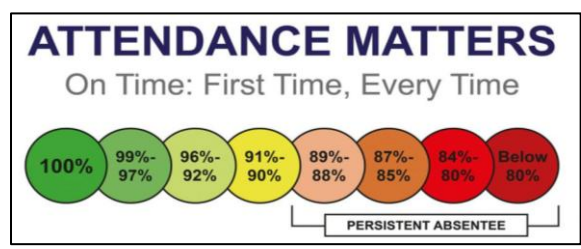
Attendance Concerns

I have recently been called in to meetings with the Local Authority who have serious concerns about our school's current attendance. We have been advised to be **much firmer** about the absences we are authorising and we are now being monitored very carefully. New guidance issued is that families with persistent or unauthorised absence should be met with and offered support, but that if this action does not improve their attendance within a few weeks, they should receive a **penalty notice**. It is no longer the case that a holiday needs to be five days long to get a penalty and families can now be fined for **any** type of unauthorised absence. Please note that if children are **late** after the register closes, *this counts as an unauthorised absence*. Any trips, birthday celebrations, family visits and similar would also be **unauthorised**. If you are late ten times, you could receive a penalty notice for that alone. A new system and procedures will flag families where there are concerns and penalties will be issued. If you receive a letter inviting you to a meeting with us, it is essential that you attend and that your child's attendance then improves in order for you to avoid the penalty. Remember this is £80 per parent per child on the first occasion and if repeated, offences could lead to prosecution. The latest guidance makes it clear that the government are determined to get children in to school! All this aside and far more importantly, I have seen myself the detrimental impact of children missing school and then struggling to keep up with their classmates. Please do try to get your children to school, **on time, every day**, so we can give them the education they deserve.



Healthy Snacks

Some of the staff have expressed concerns about the type of snacks we are seeing coming in to school - high sugar, high fat snacks with very little nutritional value. Of course, such foods are fine on occasion - we operate a 'fun food Friday' concept ourselves. These can also lead to a 'sugar crash' in the lesson after break, affecting concentration. Please could we encourage you to consider sending healthy snacks to school? Anything which doesn't come in a wrapper is usually okay! Please avoid any crisps or biscuits for breaktime snacks. Best of all would be fruit, vegetables such as carrots sticks, or something like breadsticks or a healthy cereal bar (check for sugar content and **no nuts** please). We do already provide a variety of fruit for all our Reception and Key Stage One children each day but are aware some children like to bring their own. If you have any great snack ideas which we can share with other parents, please do let us know! Thank you for your support.



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Year R had a **wild** end to their 'On Safari' topic at the end of last half term! Our little explorers followed a map to find and spot creatures across the school grounds. They played *Chase the Snake's Head*, elephant games and baked and decorated Safari cakes! A roaring good day full of teamwork, laughter and adventure.



A reminder...

Don't forget your **coat.**

Children will be outside in all weathers, so please ensure they have a warm coat in school. Thank you!

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Dealing with anger in 5 - 11 years olds

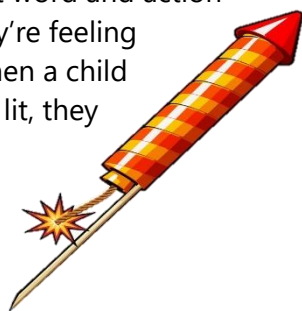
Many parents are dealing with angry children at the moment. The NSPCC have produced some guidance to support parents with this difficult issue. Some of their advice is shared below:

How to de-escalate an angry child

It's important to listen rather than try to fix things. Try not to overstimulate them by asking too many questions. Help them regulate their emotions and thoughts. That might mean giving them space or redirecting them to hit a cushion rather than something that will hurt them or be damaged. De-escalating is about setting up tools to use **before** a situation arises. That might be: agreeing a time out word, teaching a breathing technique, spotting your child becoming angry and distracting them, having a weighted blanket they can lie under to feel relaxed and secure. Do not threaten your child that you will tell their teacher, or anyone else as this can result in them not trusting adults when they need help.

When your child is calm and receptive, drawing an anger firework together can help:

1. On a sheet of paper, support your child to draw a firework.
2. Include a fuse.
3. Describe how anger can build up and burn up the fuse.
4. Explain that if the anger is not dealt with it can cause an explosion.
5. Encourage them to draw or write down the triggers that light their fuse and frustrate them.
6. They can also think about what things calm them down. What's the water that can cool their lit fuse?
7. You could create a time out word and action plan together for when they're feeling overwhelmed. That way, when a child feels like their fuse is being lit, they know there's something to say and steps they can take.



Teach your child to express anger healthily

Be a role model with how you express your own anger. This can include modelling how you respond to frustrations. For example, if something has sold out in the supermarket, voice your frustration, talk about how you're going to manage, show how you problem solve a negative situation. You might also try something like telling a child what you are going to do to feel better after getting stuck in a traffic jam. This is showing children, through observation, that it is okay to feel angry, and to start thinking about how to move through it. If you do lose control and express anger in a less healthy way in front of your child, you can apologise and reflect on it in an age-appropriate way when you've calmed down. You can also point out when characters in books and TV shows handle anger particularly well or badly or use it as a jumping off point for conversations later. Consider what helps you express your anger. It might be screaming into a pillow or doing deep breathing exercises. Both of these are healthy ways to release anger as they don't hurt anybody. You can tell your child about how you cope with feelings of anger.

For the full article, go to:

[Anger management in children: how parents can help | NSPCC](#)



Free expert-led learning for families on child development and wellbeing

[Togetherness](#) is the new name for InOurPlace (The Solihull Approach)— the NHS digital hub for emotional health learning. Funded in our area, it gives families free access to expert guidance on child development, wellbeing, brain changes, and more, helping you connect with your children and support their growth. Togetherness is an online learning platform created by psychologists and health professionals, offering accessible, evidence-based resources proven to improve mental health, behaviour, and relationships. Hampshire County Council sponsors [Togetherness.co.uk](#) making trusted NHS content and courses free for local parents and carers. Please see the wellbeing newsletter from the Togetherness team using the link below:

[Togetherness October 2025 parent wellbeing newsletter.pdf](#)

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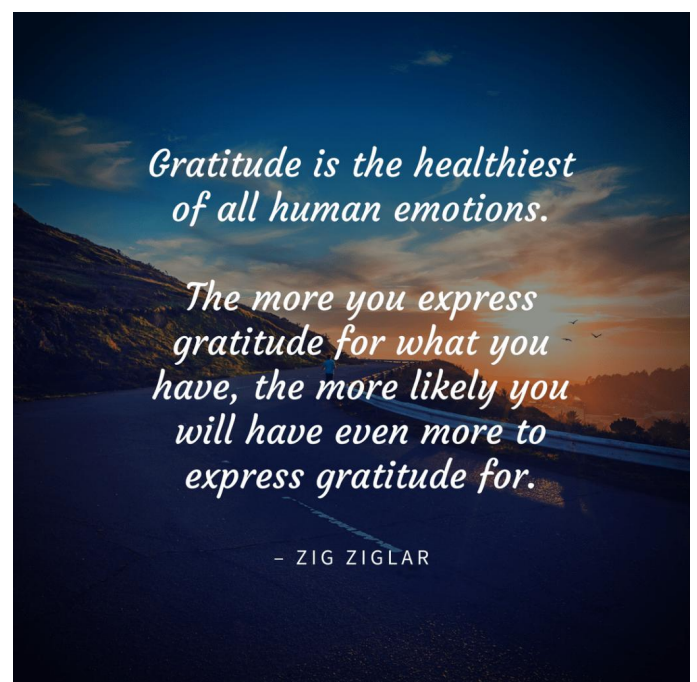
PAUSE DAY

A huge thank you to all the parents who came in to work alongside their children on our Pause Day on the theme, "Gratitude - around the world and in our hearts." It was lovely to see all the creative work. We are hopeful that your children will be more grateful for all you do for them as a consequence! (We can hope 😊)



Living with Gratitude and Peace

I recently read an article which I thought might be of interest. A bedtime routine in Finland is reportedly preventing teenage anxiety in later life. Finnish parents are asking their children one simple question: "What was the warmest moment today?" The child might say, "When you hugged me," or "When the snow crunched." This tiny question shifts focus away from fear or mistakes and locks the brain into a feeling of safety. The day gets remembered not as stress but as warmth. Finnish psychologists found that if a child recalls one moment of gratitude every night, their anxiety drops by nearly a third within a year. It's not 'positive thinking.' It's nervous system re-training. The brain stops scanning for danger and builds a quiet inner sense of "I'm okay." Children learn what comfort actually feels like and later, as teens, they can catch anxiety early. Finnish adults do it too. Every night, they write down three "quiet moments" of the day – not wins, not goals – just little pauses of peace. They sleep deeper and dream softer as a result, because when the brain hears "you're safe" before bed, it doesn't stay in fight mode all night! To summarise, never go to bed feeling like the day was empty. Even on bad days, find one warm moment. Because the habit of looking for light - that's real emotional resilience. Why not give it a go?



Gratitude is the healthiest of all human emotions.

The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.

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Free Courses for adults 19+ in Hampshire

We're pleased to share details of the latest **Household Support Fund (HSF7)** activities, delivered in partnership with Hampshire Achieves and Hampshire Libraries. These free courses and events are designed to support adults (aged 19+) living in Hampshire with practical skills to help manage the cost of living.

Courses include:

<p>Managing Your Household Budget Learn how to: Create a practical budget plan</p> <ul style="list-style-type: none"> • Calculate income and outgoings • Explore benefits and incentives to reduce household bills • Access local and national support 	<p>Digital Skills Workshop Gain confidence in: Using apps and websites</p> <ul style="list-style-type: none"> • Saving money through online shopping and selling • Navigating the digital world safely and effectively
<p>Healthy Cooking on a Budget Discover how to: Use a slow cooker to save on energy bills</p> <ul style="list-style-type: none"> • Store and reheat batch-cooked meals safely • Enjoy a home-cooked meal and take home a free slow cooker and food voucher 	<p>Warm and Welcome Events Drop-in sessions at libraries across Hampshire offering: Advice and support on energy bills and the cost of living</p> <ul style="list-style-type: none"> • No booking required • More info: Warm and Welcome events

Visit [Learning in Libraries – Hampshire County Council Shop](#) to book a free place.

Support for Families

Children and young people from low-income families in Hampshire can look forward to an exciting programme of **fun activities and nutritious meals** over winter, courtesy of Hampshire County Council's Holiday Activities and Food (HAF) programme.

The programme is funded by the DfE so that local authorities can offer **healthy food and enriching activities** in the school holidays to children who receive benefit-related free school meals during term time. A small number of places are also available on HAF schemes for other vulnerable families. There are over **125** sites delivering activities across the whole of Hampshire over the Christmas holiday period. Schools, childcare providers, community groups, and sports activity providers are amongst those delivering schemes.

Eligible families are now invited to book their free school holiday clubs. Information on available schemes and how to book can be found on the Family Information Services Hub (FISH), using the following link.

[Family Information and Services Hub | Holiday Activities and Food Programme](#)



Spotlight would also like to offer **all our families discounted and free fun activities** like bowling, laser tag, donutting, paddleboarding, soft play, clip n climb, ninja warrior, lagoon waterpark, swimming trampolining as well as discounted days out to places like Thorpe Park, Chessington etc. They are currently offering our families a discount on the gold membership for just £5 per person and this then entitles you to activities at up to 50% off. If you would like to sign up, complete



the form by following the link below, or scan the QR code on the poster on the next page. They will then send a timetable of fun activities for you!

<https://forms.gle/TM7gKy7ui7hsAVJx>

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Spotlight UK
Creating positive memories

Discounted Family Fun upto half price off



Ninja Warrior Paddle Boarding Donutting
Laser Tag Glo Golf Bowling
Soft Play Flip Out



Days Out including Chessington, Legoland
4 Kingdoms and more

AND MORE...
Gold membership is £5 per person per year which gives activities at
upto 50% off and then our charity funds the difference.
For more details please visit our website
www.spotlightuk.org or email activities@spotlightuk.org

Bringing History to Life

A report from Year 6



As part of our History topic, we have been learning all about World War 1 and World War 2. To help bring our learning to

life and to understand the devastating impact war had on people, we were very fortunate to welcome a special visitor, 'Grandad Terry.' Grandad Terry was a young child during WW2, and he shared with us some of his scary stories and experiences he had lived through. We were all amazed at how much courage, bravery and resilience Terry has! Following on from WW2, Terry was also part of the RAF Special Forces unit during the Cold War. Grandad Terry shared with us some of the amazing models he makes, as a hobby, to visually represent the war. We are very grateful for Grandad Terry coming to visit – it really made us all think about how fortunate we are to live in a safe country, thanks to those who came before us.



NEW TICKET WAVE



14th DEC 2025
PLACES LEISURE EASTLEIGH
SOUTHAMPTON BRICK FESTIVAL
MORE LEGO THAN YOU CAN DREAM OF

We have been asked to let you know about the Southampton Brick Festival, an exciting celebration of all things LEGO. But it isn't just about fun, although it is packed full of that too! Brick Festival events also invite visitors to explore a range of STEM subject skills through the medium of LEGO bricks. How do you become more interested in Science, Technology, Engineering and Maths? By understanding them. And how do you best understand things? By having fun while learning. LEGO is the perfect tool for developing new skills, exploring new ideas and having new adventures.

TICKETS AVAILABLE NOW!

AMAZING LEGO DISPLAYS

NEW 6 RETIRED LEGO SETS

BUILD CHALLENGES

ACTIVITIES FOR ALL AGES

CHARITY TOMBOLA

MILLIONS OF LOOSE BRICKS

PLUS SO MUCH MORE!!




SOUTHAMPTON BRICK FESTIVAL

14th DEC 2025
PLACES LEISURE EASTLEIGH
SOUTHAMPTON BRICK FESTIVAL
MORE LEGO THAN YOU CAN DREAM OF

Letting her Light Shine!



Our congratulations to Kayla, who recently participated in her very first dance competition at the Aspects of Dance Festival, which also happened to be her first time on stage! Kayla performed a beautiful ballet duet, smiling the whole way through. Their performance earned them 1st place in their section! Very impressive, well done!

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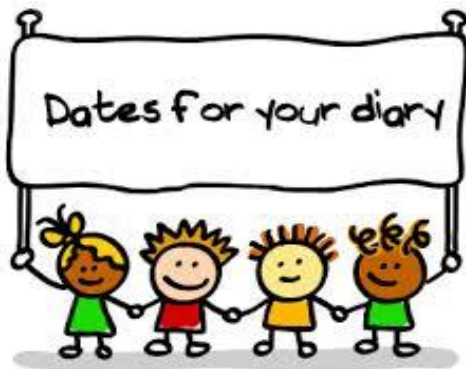
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School Uniform

A reminder that unless you have discussed and agreed any changes with the headteacher directly, **all children** are expected to wear **full school uniform**, including black shoes. Please remember that we do not allow nail polish in school. Our full policy is available on the school website. In order to offer parents more choice, we are currently working with Brenda's uniform shop in Frimley Road, Camberley, so that they can stock our jumpers, as well as Mapac. We will keep you posted!



Don't forget that our Head boys and girls will be selling second hand uniform in the hall every Friday after school! Items priced from just £2 so definitely worth a look, even to just have a spare jumper!



New events will be given in bold

Mon 10th Nov: Odd sock day – wear crazy odd socks!
 Tues 11th Nov: PTA Meeting after school
Tues 11th Nov: Y4 Cross Country Event at Velmead
 Wed 12th Nov: Y5 Swimming
 Fri 14th Nov: Year R cake sale
 Mon 17th Nov: PTA Raffle goes live
 Mon 18th Nov: Happy school bags clothing collection
 Wed 19th Nov: Y5 Swimming
 Fri 21st Nov: Year 1 class assembly
 Fri 21st Nov: Year 1 cake sale
 Fri 21st Nov: Children in Need Mufti Day – Spots
 Wed 26th Nov: Y5 Swimming
 Thurs 27th Nov: Open Morning for Prospective Parents
 Fri 28th Nov: PTA Mufti Day for screw top wine
 Fri 28th Nov: Christmas Fair 3.30 – 5pm
 Sat 29th Nov: Lions Christmas Market 3.30 – 6.30pm
 Tues 2nd Dec: PTA Elfridges sale in school
 Wed 3rd Dec: Y5 Swimming
 Fri 5th Dec: Year 6 class assembly
 Fri 5th Dec: Year 6 cake sale
 Sun 7th Dec: Christingle at Yateley Manor School
 Tues 9th Dec: PTA meeting after school
 Wed 10th Dec: Y5 Swimming
 Thurs 11th Dec: School trip to the pantomime
 Fri 12th Dec: Year 4 cake sale

Fri 12^h Dec: PTA Raffle Draw
 Mon 15th Dec: KS1 performance
 Tues 16th Dec: KS1 performance
 Wed 17th Dec: Christmas dinner and jumper day
 Fri 19th Dec: PTA Mufti Day for bottles
 Fri 19th Dec: Break up for xmas hols 1.15pm
 Mon 5th Jan 26: INSET Day
 Tues 6th Jan: Children return to school
 Tues 13th Jan: PTA Meeting after school
 Fri 16th Jan: PTA Mufti Day for Easter Eggs
 Fri 16th Jan: Year R class assembly
 Fri 23rd Jan: PTA Quiz Night
 Fri 30th Jan: PTA Discos
 Tues 3rd Feb: PTA Meeting after school
 Wed 4th Feb: Parents' Consultation Evening
 Fri 6th Feb: PTA Mufti Day for Easter Eggs
 Fri 6th Feb: Safer Internet Day
 Wed 11th Feb: Parents' Consultation Evening
 12th/13th Feb: Y5 Bikeability
 Fri 13th Feb: Break up for half term holiday
 Mon 23rd Feb: Children return to school
 Mon 23rd Feb: Choir to Young Voices at the O2
 Wed 25th Feb: Wellington 'Escape Room' for Y5
 w/b 2nd March: BOOK WEEK
 Tues 3rd March: Bounce for Books
 Wed 4th March: Wellington 'Escape Room' for Y5
 Thur 5th March: World Book Day – Dress up day
 Tues 10th Mar: PTA Mothers' Day Sale – date change
 Tues 10th Mar: PTA Meeting after school
 w/b 16th March: STEM WEEK
 Thurs 19th Mar: Y5 to Wellington Chemistry Spectacular
 Fri 20th March: Y2 Nightwalk 6-8pm
 Fri 20th March: Comic Relief – details to follow
 Tues 24th March: Easter Service at St Peter's Church
 Wed 25th March: Easter Sunday with Easter tea
 Wed 25th March: PTA Mufti Day for bottles
 Fri 27th Mar: Break up for Easter 1.15pm
 Mon 13th April: Children return to school
 Tues 21st April: PTA Meeting after school
 Wed 22nd April: 3-4pm Yr 5 to Wellington for low ropes
 Fri 24th April: PTA 'Dare to be different' day
 Fri 24th April: Happy School Bags clothing collection
 Wed 29th April: 3-4pm Y5 to Wellington for paddling
 Mon 4th May: Lions May Fair, Yateley
 Thurs 7th May: Photographer – classes and leavers
 Fri 8th May: PTA Mufti Day for sweets
 Fri 8th May: PTA Popcorn Party
 w/b 11th May: Y6 SATs testing week
 11th to 13th May: Y5 residential to Runways End
 Fri 15th May: Y3 Sleepover 6pm to 7.30am
 Tues 19th May: PTA Meeting after school
 Wed 20th May: Break up for half term 1.15pm
 21st & 22nd May: INSET DAYS
 Mon 1st June: INSET DAY
 Tues 2nd June: Children return to school
 Friday 5th June: Freezy Friday sale
 Tues 9th June: PTA Meeting after school
 9th/10th June: Y4 residential to Minstead
 Fri 12th June: Freezy Friday sale
 Tues 16th June: PTA Fathers' Day Sale
 Fri 19th June: Freezy Friday sale
 Fri 26th June: PTA Mufti day £1 and Summer Fair
 Friday 3rd July: Freezy Friday sale
 w/b 6th Jul: Y6 residential to Avon Tyrrell
 Friday 10th July: Freezy Friday sale
 Tues 14th July: PTA Meeting
 Friday 17th July: Freezy Friday sale
 Friday 17th July: PTA Mufti day for £1
 Fri 17th July: Y6 Leavers' Party
 Tues 21st July: PTA Colour Run event
 Wed 22nd July: Break up for summer hols 1.15pm

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