

# Newsletter

Cranford Primary School

Issue 23: 7<sup>th</sup> March 2025

## Message from the Head Teacher

We have exciting news from Mrs Chana! Her beautiful baby girl arrived on Wednesday at 12.32pm weighing 7 pounds exactly. Mr and Mrs Chana have yet to decide a name for their new bundle of joy but we can confirm that they are all enjoying life as a family of three.

Our annual World Book Day celebrations took place yesterday and the children enjoyed a variety of fun and engaging book related activities. As usual there were some spectacular and creative costumes on display from children and staff – please see the photos further on in this Newsletter. Thank you to all the parents who supported this year's Book Fair. As you know the school receives a proportion of the takings and this year that totalled £824. This money will be used to purchase new books for our library.

I would like to remind parents that the school is your first port of call if you have any concern or question. Please come and speak to us directly. We do not advise parents to approach children or their parents directly as this can lead to confrontation. It is really important that we all communicate in a calm and respectful way.

Next Thursday – 13<sup>th</sup> March – we will be holding a Chai and Chat morning and all parents are invited. The topics for discussion include Maths and how you can support your child's Maths learning and also the Dental Health nurses will be in attendance to talk about the fluoride varnish programme for children in Reception, Year 1 and Year 2 together with dental health in general. I hope to see you all there.

On Monday we will be launching *Eat Them to Defeat Them*. This is an initiative to encourage children to eat more vegetables. On 10<sup>th</sup> March your child will bring home an *Eat Them to Defeat Them* Mission Pack. It is all about making healthy eating a fun habit for the whole family. After last year's challenge 77% of parents said their child was eating more vegetables. We hope you will encourage your children to join in this challenge.

Finally, please remember that today is the deadline for Nursery applications. If your child was born between 1<sup>st</sup> September 2021 and 31<sup>st</sup> August 2022 they can start in the nursery class of a school in September 2025 so please ensure we receive your application by the end of the day.

**Joanna Mansfield**, Interim Headteacher

*"I do believe something magical can happen when you open a book."*

**EARLY YEARS  
ATTENDANCE  
WINNERS  
RED CLASS**

**KS1  
ATTENDANCE  
WINNERS  
VIOLET CLASS**

**KS2  
ATTENDANCE  
WINNERS  
SAFFRON  
CLASS**



**Congratulations to the following children who were awarded a merit this week:**

Jayden (5Crimson), Micah (5Crimson), Bushra (6Ebony), Aiza (6Ebony), Aanshi (2Yellow), Masrurjinan (2Yellow), Sohith (5Sienna), Ibrahim (5Sienna), Calida (1Green), Isa (1Violet), Aden (1Violet), Mohammed Haris (1Green), Sehajpreet (2Gold), Larrisa (5Sienna), Gianna (5Emerald), Jennifa (5Emerald), Adriel (2Gold), Faith (3Aqua), Abubakr (3Aqua), Harkirt (1Lime), Hammad (1Lime), Sumerdeep (6Amber), Darius (6Amber), Muhammad (5Emerald), Faith (Aqua), Abubakr (Aqua)

**Bug Club - here are this week's top readers**

Chelcia - Violet      Slawin - Green      Wiktorina - Lime  
Alarick - Purple      Pavleen - Yellow      Tanish - Gold



**Bug Club**

Cranford Primary School, Berkeley Avenue, Cranford, Middlesex TW4 6LB



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*Congratulations to the Year 5 and 6 girls who represented the school brilliantly at last week's inter-school tournament.*



On 10<sup>th</sup> March your child will bring home an "Eat them to Defeat Them" Mission Pack. It is all about making healthy eating a fun habit for the whole family. After last year's challenge 77% of parents said their child was eating more vegetables.

We hope you will encourage your children to join in this challenge.

**80%**

**OF OUR CHILDREN ARE NOT EATING ENOUGH VEGETABLES**

80% of our children are not eating enough vegetables with a third eating less than one portion of vegetables a day. Perhaps most alarming is that 50% of parents say they have given up even trying.

With the support of schools across the UK we are turning this around using creativity and fun to inspire kids to veggie loving habits they will keep for life, and in turn share with their children.

Find out more:  
[EatThemToDefeatThem.com](http://EatThemToDefeatThem.com)

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On Monday, Year 3 had a great time learning even more about the Stone Age. Children spent the day learning archery, investigating ancient bones, examining artefacts and creating their own cave art.



I enjoyed Stone Age Day! My favourite part was using the bow and arrow to hunt animals."

Scott

The artefacts were really interesting because they were from many years ago. I thought they taught us more about history and were really mysterious.

Asra



I loved learning about the past and the cave art was my favourite.

We pretended we were from the Stone Age!

Ariah



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### Why is sleep important?

Sleep is a critical pillar of health, like nutrition and physical activity

- Sleep helps support memory and learning
- Sleep helps clear waste from the brain and promote brain health
- Sleep supports brain health, and brain health supports sleep
- Sleep supports immune health, and immune health supports sleep
- Sleep helps the immune system to clear bacteria and viruses
- Sleep helps to recycle old cells and maintain our bodies and energy levels

Everyone needs different amounts of sleep. On average:

- adults need 7 to 9 hours
- children need 9 to 13 hours
- toddlers and babies need 12 to 17 hours

How can you control your environment for sleep?

Your sleep environment is one of the most important factors for good sleep, but it can also be the hardest to control. Control what you can. Minimize light (particularly phone screens); keep the temperature cool; use "white noise" or some other method to control sounds. The most important part is that you are comfortable and able to relax in your sleep space.

When is your bedtime? Plan to make it consistent each day. Regularity is essential!

How much sleep do you get per night? Make at least 7 hours per night your goal, or 9 hours for a child.

Do you feel satisfied with your sleep? Note if you feel you have slept well, and for how long, as you work on your sleep health. Track your progress.

[www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/](http://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/)

[www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)

[www.teensleephub.org.uk](http://www.teensleephub.org.uk)



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: [bit.ly/ChatHealthPrivacy](https://bit.ly/ChatHealthPrivacy)

Support is Available

Parents and carers if you would like further help or support for your child or teenager. Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



# CHAI AND CHAT

Thursday 13th March  
9am- 9.30am



**We will be covering:**

- **Welcome from the Headteacher**
- **Maths at Cranford Primary School**
- **Dental advice on the fluoride varnish visit**



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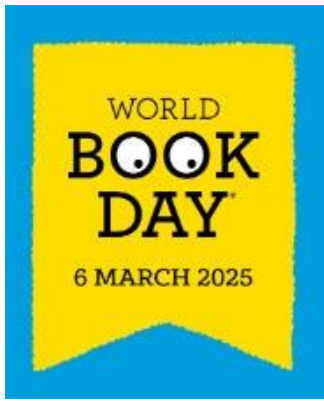


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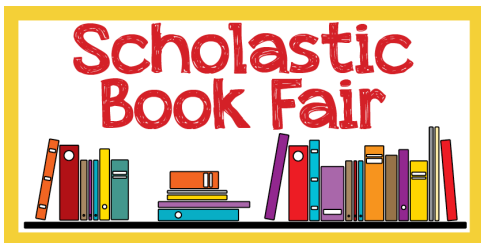
Our annual World Book Day celebrations took place yesterday and the children enjoyed a variety of fun and engaging book related activities. As usual there were some spectacular and creative costumes on display from children and staff.



On Thursday we hosted a visit from Ally Sherrick a children's author. Children from four other local schools joined us in this wonderful opportunity.

Ally is a hugely talented, award-winning of exciting historical adventures. She told the children about her inspiration for writing and we hope that this will support the literacy work that the children do in school.

Thank you to all the parents who supported this year's Book Fair. As you know the school receives a proportion of the takings and this year that totalled £824. This money will be used to purchase new books for our library.



## Dates for your Diary

11<sup>th</sup> March and 13<sup>th</sup> March -  
Parents Evenings

13<sup>th</sup> March - Coffee morning -  
9am

18<sup>th</sup> March - Year 6 'Be Bright,  
Travel Right' theatre workshop

19<sup>th</sup> March - Year 5 Viking  
Workshop

19<sup>th</sup> March - Rec, Y1 and Y2  
Fluoride Varnish programme

3<sup>rd</sup> April - Year 1 Vaisakhi  
Assembly

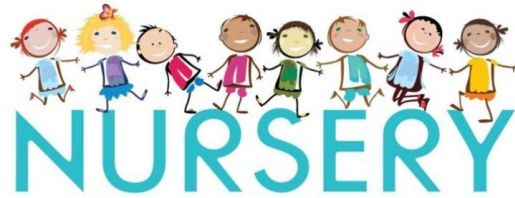
7<sup>th</sup> - 21<sup>st</sup> April - Easter  
Holidays

22<sup>nd</sup> April - Back to school -  
start of the Summer term

25<sup>th</sup> April - Year 4 Easter  
Assembly



Year 6 children have now received their secondary school. If you have any queries please [contact school admissions directly](#).



Cranford Primary School has three Nursery Classes (Morning, Afternoon or Full time).

Children can take up a funded (free), 15-hour place in a school nursery in the September after their third birthday. They cannot be admitted before the school year in which they reach the age of four.

**If your child was born between 1 September 2021 and 31 August 2022 they can start in the nursery class of a school in September 2025** (and a reception class in a school in September 2026).

For a nursery place for 1st September 2025, you will need to apply directly to the school. Nursery Applications in Hounslow can be made by completing the attached form. You can find the [editable form here](#). Or you can collect a form from the school office.

Your completed application must be returned directly to the school, either by hand, or emailed to [admissions@cranfordprimary.com](mailto:admissions@cranfordprimary.com) or by post to 'Nursery Admissions, Cranford Primary School, Berkeley Avenue, Cranford, Hounslow, TW4 6LB. **DO NOT RETURN YOUR COMPLETED FORM FOR NURSERY PLACES TO HOUNSLOW COUNCIL.**

Please ensure you attach the most recent Council Tax Bill and a copy of your child's birth certificate. If you do not have the most recent council tax bill then we will need to see three other documentations with your address (dated in the last 3 months).

If you would like to come and have a tour of our facilities please email [admissions@cranfordprimary.com](mailto:admissions@cranfordprimary.com) to arrange an appointment.

**The closing date for Nursery Applications is today - 7th March 2025.**

Music is an important part of school life as it enhances children's moral and spiritual capabilities. Each week we will be sharing songs from the model music curriculum, which is used in our music teaching at Cranford. We would encourage and welcome your support by playing the music at home and discuss with your child what instruments they could hear, did they enjoy the music and how it made them feel.

**This week's song: Build Up**

<https://www.bbc.co.uk/teach/school-radio/articles/zv6kg7h>

