



CRANFORD
PRIMARY SCHOOL

Newsletter

Cranford Primary School

Issue 24: 14th March 2025

Message from the Head Teacher

This week's parents evenings and the Chai and Chat morning were both very well attended. It was lovely to get to know more of you and I hope you all found the meetings useful.

I ask that parents do not let your children run around in between the cars parked in the carparks at both morning and afternoon drop off and pick up times. Firstly, it is not safe and secondly a teacher's wing mirror was damaged this week. Parents are reminded to set a good example to their children and not sit on, or lean against cars. We have also noticed that parents let their children climb on the green gates – again this is not safe and may cause damage to our gates. As you will have noticed the main gates were not working over the last few weeks. Our gate engineers have been on site and have resolved the issue. However, I still need to ask that parents watch their children carefully and do not let them run around the carpark and out of the gates.

On Monday we launched *Eat Them to Defeat Them*. This is an initiative to encourage children to eat more vegetables. All the children should have brought 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 the children are enjoying this challenge and are trying to eat more vegetables.

I hope you have a lovely weekend.

Joanna Mansfield, Interim Headteacher

“Bravery and courage never go out of fashion”.





EARLY YEARS
ATTENDANCE
WINNERS
PINK CLASS

KS1
ATTENDANCE
WINNERS
PURPLE CLASS

KS2
ATTENDANCE
WINNERS
MAGENTA
CLASS



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

Aayat (3Ruby), Emily (3Lilac), Jenecia (3Lilac), Cladson (3Ruby), Nicole (3Aqua), Amina (4Topaz), Ezion (4Topaz), Muhammad (6Ebony), Jazneet (2Purple), Ranisha (2Yellow), Katelyn (2Yellow), Jorian (5Emerald), Ayan (4Indigo), Zainul Kabir (4Indigo), Anaaiya (4Indigo), Alayna (3Aqua), Caleb (2Gold), Muhammad (2Gold), Ayaan (2Purple), Alishba (6Magenta), Cristiano (6Magenta), Mariam (5Emerald)

Bug Club - here are this week's top readers

Chelcia - Violet Ehman and Slawin - Green
Wiktorina - Lime Alarick - Purple Ranisha - Yellow



Bug Club

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Nutrition & Hydration Week

17th – 23rd March 2025

Nutrition & Hydration week aims to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care.

Impact of a Balanced Diet

Fruit & Vegetables

A good source of vitamins and minerals, including folate, vitamin C and potassium. An excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. They taste delicious and there's so much variety to choose from!

Protein

Protein is needed for the body to grow and repair. Foods high in protein often provide vitamins and minerals including iron, zinc and B vitamins.

Dairy

Good sources of protein, some vitamins and calcium (which helps keep bones healthy). Lactose free dairy products usually have the same vitamins & minerals as other dairy products. Non-dairy, vegan friendly products may have added calcium to ensure a vegan diet does not result in a lack of calcium.

Carbohydrates

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

As well as starch, they contain fibre, calcium, iron and B vitamins. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat. Potato skins, wholegrain bread and breakfast cereals, brown rice, and wholewheat pasta are particularly good and have a high amount of fibre.



Fats

Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats (olive oil, avocado, nuts, salmon, mackerel).



Aim to drink 6-8 glasses (approx. 1.5-2litres) a day.

On average expect to pass urine 4-7 times a day.

Ideally, children should pass some soft poo every day or at least 4 times a week.

www.nhs.uk/healthier-families/food-facts/

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/

www.nhs.uk/live-well/eat-well/

www.eric.org.uk/



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

07507 333176

Learn more at t.me/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.



Dates for your Diary

18th March - Year 6 'Be Bright, Travel Right' theatre workshop

19th March - Year 5 Viking Workshop

19th March - Rec, Y1 and Y2 Fluoride Varnish programme

3rd April - Year 1 Vaisakhi Assembly

7th - 21st April - Easter Holidays

22nd April - Back to school - start of the Summer term

25th April - Year 4 Easter Assembly



On 10th 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

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: You've got to move

<https://www.bbc.co.uk/teach/school-radio/articles/zkng382>



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