

Newsletter

Cranford Primary School

Issue 16: 9th January 2026

Message from the Head Teacher

Happy New Year! I hope that everyone had a peaceful and joyous Christmas break. The children all appear ready for the start of the new term and have settled back into the school routine nicely. The Spring term is quite a short one but busy, nevertheless. Please make a note of the diary dates on the last page of this Newsletter to ensure you don't miss anything.

We have counted all of the money raised at the Christmas Fair and I am delighted to announce that we raised over £3,300. We are hoping to use this money towards replacing the grass in Opal Class's playground with artificial turf and towards repairing the amphitheatre steps of the Adobe building.

Today was Culture Day. Each year group spent time in the 'international cultural market', learning about different cultures from around the world. Mrs Sukhnain is preparing a mini newsletter of pictures from the event which will be sent out to you all later on today. Thank you to Mrs Wathudura and all of the staff who helped organise this special day.

Next week some of the children who still have 100% attendance for this academic year will be receiving a 'Golden Ticket' inviting them to have lunch with me! We want to children to understand that excellent attendance is important to doing well - lessons are like a story—if you miss a chapter, the next part might not make sense. Being there every day helps children stay ahead and feel confident in class.

The weather is warming up a little, but it looks like it will be wet next week. Please ensure your child has a coat in school.

Jasmeen Chana, Headteacher

"The beginning is the most important part of the work."

**EARLY YEARS
ATTENDANCE
WINNERS
BLUE CLASS**

**KS1
ATTENDANCE
WINNERS
PURPLE CLASS**

**KS2
ATTENDANCE
WINNERS
SIENNA CLASS**

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

Hareem (5Sienna), Jasnur (5Sienna), Amal (1Green), Naylor (1Green), Hanan (2Yellow), Beatrice (2Yellow), Kim (6Amber), Jayden (6Amber), Gursharn (5Emerald), Kenny (5Emerald), Raffael (5Emerald), Chris (5Emerald), Naia (1Lime), Yusuf (1Lime), Nyla (6Magenta), Chrisele (6Magenta), Alarick (3Lilac), Jazneet (3Lilac), Alisha (4Scarlet), Mike (4Scarlet), Prestina (1Violet), Keerat (1Violet), Hiyan (RPink), Isaac (RPink), Nimrat (RBlue)



Bug Club

Bug Club - this week's top readers are:

Lime Class

Aqua Class

Sienna Class

Congratulations!



❄️ Winter Mini Challenge 2025–26

Running until **20 February 2026**, the Winter Mini Challenge encourages children to keep reading throughout the colder months and kick start the New Year with books and stories they enjoy.

What is the Winter Mini Challenge?

A great confidence booster – the Winter Mini Challenge is a fun online challenge that helps children maintain their reading habits across December to February.

It is completely free to take part at wintermini.org.uk, where children can log and review their reading to unlock special digital rewards. Whatever children choose to read, it all counts.

Participants can earn badges along the way and receive a certificate of achievement once they reach their reading goal.

<https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/winter-mini-challenge/>



Buy your CPS keyring here!

£4.00 each

Limited stock available - buy yours now!

Available to buy through **Parent Pay**

The advertisement features two keyrings: one with a yellow 'CPS' logo on a blue shield and another with 'CRANFORD PRIMARY SCHOOL' text on a blue shield. A price tag shows '£4.00 each'. The Cranford Primary School logo is in the top corners. A purple callout box on the right says 'Available to buy through Parent Pay'.

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



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We are offering an extensive range of after school clubs for the Spring Term. Fitness, health and creativity are all integral parts of the school curriculum and our After School Clubs programme encourages children to develop skills in a variety of sports and to broaden their range of experiences and interests as well as helping parents balance work and family life.

Day	Clubs	Spaces Available	Sessions	Cost
Monday	Reception, Year 1 & Year 2 Gymnastics	22	11	£44
	Year 3 & Year 4 Football	18	11	£44
	Year 1 to Year 6 Geography	10	11	£44
Tuesday	Year 3 to Year 6 Gymnastics	22	10	£40
	Reception, Year 1 & Year 2 Football	18	10	£40
	Year 3 to Year 6 Art	10	10	£40
Wednesday	Year 1 to Year 6 Dance	18	11	£44
Thursday	Reception to Year 6 Dodgeball	22	10	£40
	Year 1 & Year 2 Art	10	10	£40
	Reception to Year 6 Cooking	10	10	£40
Friday	Year 5 & Year 6 Football	22	10	£40
	Year 1 to Year 6 Basketball	18	10	£40

Clubs start on **Monday 5th January 2026** and run until **Friday 27th March 2026**. Please refer to the **Spring Term 2025-2026 After School Club Dates** list for all Club dates and any dates where Clubs will not be running due to alternative school events. Clubs run from the end of the school day until 4:15pm for Key Stage 1 Clubs, until 4:25pm for KS2 Clubs and until 4:20 for mixed (Yr1-6) Key Stage Clubs. Please collect your child from the Berkeley Avenue entrance. Please note, if the Club falls on a day when your child does not have PE, then they will need to bring their PE Kit to change into at their Club. Children should also bring a drink and a healthy snack for refreshment.

If your child would like to attend a club, please log on to Parent Pay to pay the fees – spaces are allocated on a first come first served basis and clubs must be paid for in advance. Refunds will not be granted and we reserve the right to withdraw a club if there is not enough interest.

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Hounslow's "Healthy Teeth, Happy Smiles" Dental Outreach Programme

Dear Parent/Guardian,

In the next few months an NHS Dental Team will be visiting your child's school, to deliver demonstrations on how to brush your teeth, advice on keeping your teeth healthy, and fluoride varnish application. Your child will also be given a toothbrush pack to take home with them – remember, it is important to brush twice a day with a fluoride toothpaste.

Fluoride varnish is a sticky protective coating gel with a fruity taste, that is dabbed/painted on teeth by a qualified dental professional using a small, sterile brush. It is a very safe and simple procedure, and only takes a few minutes.

This programme helps protect children's teeth against tooth decay, promotes good oral health and is endorsed by the Department of Health as good practice.

Is Fluoride Varnish Halal?

Some fluoride varnishes contain ethanol, but it has been agreed by the West Midlands Shari'ah Council that it *is suitable for use by Muslims* as it isn't an intoxicant and is used as a medicament.

Is Fluoride Varnish Safe?

Yes, it is safe. There are no proven side effects when the correct amount is used. Similar fluoride varnish programs are also running in various areas in the UK.

Excessive fluoride can cause very small white or brown spots on teeth, but the risk of developing these due to the varnish is very small.

Are there any reasons why children should not have fluoride varnish applied?

The dental team will not apply fluoride varnish if your child:

- Has tested positive or has been exposed to Covid-19 in the past 14 days
- Has severe asthma
- Has allergies (especially to sticking plasters)
- Has sore areas in and around the mouth
- Is unwell on the day

If any of these apply to your child, ask your local dentist for more information about accessing fluoride varnish.

If you wish your child to benefit from the free "Healthy Teeth, Happy Smiles" program, please complete the medical history and consent form attached overleaf.

For more information on fluoride varnish visit: <https://www.nhs.uk/conditions/fluoride/>

More information can be found on the British Dental Association website: www.bda.org or by contacting the oral health promoter on:

kendra.blinco@nhs.net

Yours faithfully,

Kendra Blinco

Oral Health Promotion Team

Whittington Health Dental Services

Heart of Hounslow Centre for Health, 92 Bath Road, TW3 3EL

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National Obesity Awareness Week

10th - 16th January 2026



Hounslow has the 4th highest obesity rate in London. Nearly 20% of reception-age kids in Hounslow were overweight in 2023, rising to 40% in Year 6 – and this is a trend we see up and down the country.

Obesity is a significant health risk and is associated with increased risk of diseases including diabetes, heart disease and some cancers.

Childhood obesity rates have seen the largest rise since records began in 2006.

Being overweight or obese significantly increases the risk of [type 2 diabetes](#). With obesity figures now so high, we're worried that more children will develop type 2 diabetes.

Some NHS tips to help your child reach a healthy weight:

- get active every day – find an activity they enjoy, such as sports, playground activities or walking to school
- aim to give them a healthy, balanced diet that includes fruit and vegetables, starchy foods, protein and dairy or dairy alternatives
- set realistic targets and involve your child in deciding what changes you're going to make
- use rewards such as stickers or high fives when they reach their food and activity goals
- encourage a healthy attitude to eating – you can be a good role model by staying active and eating healthily
- help them get enough sleep – follow a regular bedtime routine and remove digital screens, such as mobile phones or tablets, from their bedroom at night

Resources:

[Free To Be Me | Hounslow Connect](#)

<https://www.nhs.uk/better-health/>

<https://healthyhounslow.co.uk/weight-management-beezee-families>

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.



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

07507 333176

Learn more at bit.ly/ChatHealthPrivacy

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PE arrangements at Cranford Primary School – Spring 1 2026

On the days your child does PE they must come to school wearing their P.E kit. They will stay in their P.E kit for the whole day. Please find below the days that your child will be required to wear their PE kit.

Year Group	Monday	Tuesday	Wednesday	Thursday	Friday
Opal and Early Years		Opal – PE Nursery and Rainbow – PE Blue - Fundamentals	Nursery - PE Pink and Red – Fundamentals		
Year 1	Lime and Green – Sending and Receiving	Violet – Sending and Receiving Green – Yoga			Violet and Lime - Yoga
Year 2	Yellow – Gymnastics	Gold – Team Building	Purple and Yellow – Team Building	Purple and Gold – Gymnastics	
Year 3	Lilac and Ruby - Hockey	Lilac and Aqua – Yoga	Ruby - Yoga		Aqua - Hockey
Year 4	Indigo and Scarlet - Gymnastics	Topaz - Gymnastics	Indigo - Hockey	Topaz and Scarlet – Hockey	
Year 5	Emerald and Crimson – Yoga	Emerald - Rugby	Sienna - Yoga		Sienna and Crimson – Rugby
Year 6				Magenta, Ebony, Amber and Saffron – Dodgeball	Magenta, Ebony, Saffron and Amber – Rugby



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ENGAGE, EDUCATE & EMPOWER
communities to end
VIOLENCE AGAINST WOMEN AND GIRLS

Fully Funded

Empowerment through Self-Defence Community Workshop for Women and Girls



Action Breaks Silence Collaborates with **Hounslow Safer Neighbourhood Board (MOPAC)** to bring you a **fully funded** Self-Defence Workshop!

The workshop aims to:

Prevent abusive and violent behaviour against women and girls.

Break down the myths around violence against women and girls and "stranger danger".

Dispel the "monster myth" and understand who the real perpetrators are.

Reframe ideas of femininity; and girls and women's bodies, empowering participants to own their bodies and explore their dynamic strength both mentally and physically.

Build confidence in their own individual capacities and unleash their "inner warrior".

Reframe victimisation and fear.

Educate around fear, the adrenal dump and verbal diffusion skills.

Identify target points on the perpetrators body and resistance strategies.



Sunday
8 February 2026
10am - 2pm

Scan or click QR code
to reserve a spot



Venue

Cranford Community College
High St, Hounslow
TW5 9PD

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Dates for your Diary

9th January - Culture Day

20th January - Chai and Chat coffee morning

6th February - Science Day

12th February - Year 5 Art Exhibition

13th February - Inset Day - school closed for teacher training

16th - 20th February - Half Term - school closed

23rd February - back to school

5th March - World Book Day



Apply for a new reception place at primary school

You can apply for a new reception primary school place for September 2026 if your child was born between 1 September 2021 and 31 August 2022.

[Applications are now open](#) and the application deadline is midnight on Thursday 15 January 2026.

If we receive your application after the deadline, it will be classed as late and only considered after all on-time applications have been processed.



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: We will grow

<https://www.bbc.co.uk/teach/school-radio/articles/z8x3n9q>



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