

Newsletter

Cranford Primary School

Issue 24: 13th March 2026

Message from the Head Teacher

Thank you to all the parents and carers who attended our Parents' Evenings this week. We truly appreciate you taking the time to meet with teachers and engage in conversations about your child's progress. Your support and partnership play a vital role in helping us ensure every child feels encouraged, motivated, and ready to thrive.

Recently, some students, primarily in upper Key Stage 2, have been using Snapchat in ways that are causing problems at school. We want to make sure all children stay safe and happy. Please remember that children must be at least 13 years old to use Snapchat – therefore children in this school are too young for this app. Please remind your children that pictures stay forever - even if a photo "disappears" on the app, other people can save it or take a photo of it. It is important that children understand that once a picture is sent, it cannot be taken back. All parents should check their child's phone to help them stay out of trouble. You should also check their 'settings' to ensure their 'location' is off so strangers cannot see where they are. If you require any support please let us know and we can ask our technician to help you. Thank you for helping us keep our school a kind and safe place.

As we move into the next stage of the school year, we would like to remind families of the importance of children attending school in the correct uniform. Wearing the proper uniform helps create a sense of pride, belonging, and readiness for learning, and it ensures that all pupils feel part of our school community.

From next week onward, we will be expecting all children to arrive in full, correct uniform each day. If you are experiencing any difficulties with uniform items or need support, please contact the school office—we are always here to help. Thank you for your continued cooperation and for helping us maintain high standards across the school.

Jasmeen Chana, Headteacher

“Bravery and courage never go out of fashion.”



**EARLY YEARS
ATTENDANCE
WINNERS
BLUE CLASS**

**KS1
ATTENDANCE
WINNERS
LIME CLASS**

**KS2
ATTENDANCE
WINNERS
AMBER CLASS**

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

Eliana (4Indigo), Scott (4Indigo), Romeesa (6Ebony), Manraj (6Ebony), Kabir (6Amber), Jazzlyn (6Amber), Omar (3Aqua), Alarick (3Lilac), Samarveer (3Aqua), Zavier (5Sienna), Nadia (5Sienna), Neshvia (6Saffron), Bartosz (6Saffron), Jasgun (5Crimson), Reece (5Crimson), Rihanna (4Topaz), Matvii (4Topaz), Aroush (3Ruby), Emily (4Scarlet), Aarleen (3Ruby), Sana (4Scarlet), Averly (1Green), Mohammad (1Green), Amelia (6Magenta), Laila (6Magenta), Harman (1Lime), Cately (1Lime), Alora (2Yellow), Isabella (2Yellow), Aleksander (2Purple), Wiktorina (2Purple)



Medicine in School

Written consent from parents must be received before administering any medicine to a child at school. Medicines will only be accepted for administration if they are:

- Prescribed to that child
- In-date
- Labelled
- Provided in the original container as dispensed by a pharmacist and include instructions for administration, dosage and storage.

The exception to this is insulin which must be in date but will generally be available inside an insulin pen or pump, rather than in its original container.

Please bring all medicines to the main office – do not hand to the class teacher.



Packed lunches

We have noticed that some of the items included in children's packed lunches contain high levels of sugar, fat and salt.



As an accredited Healthy School, we aim to support parents in making healthy choices for their children's meals. Research shows that high sugar intake can be linked to poor concentration and behaviour, and we are committed to helping children develop healthy habits. There are also increasing concerns nationally around childhood obesity and tooth decay, which we want to help prevent where possible.



We understand that guidance around healthy food can sometimes be confusing, so we would like to clarify our approach.

School kitchens are required to follow very strict nutritional guidelines regarding what can and cannot be included in school meals. These guidelines regulate the levels of salt, sugar and saturated fats. All school menus must meet these standards, and every recipe is checked for its nutritional content before it is approved for use in the kitchen.

This means that although children may occasionally have items such as puddings, cakes or chips as part of a school meal, these are prepared in a healthier way and are included as part of a carefully balanced weekly menu. We appreciate that this can sometimes be difficult to explain to children, particularly if they notice that certain foods appear in school meals but are not allowed in packed lunches. However, with school meals we are able to carefully control the sugar, salt and fat content in a way that we cannot with packed lunches brought from home.

We aim for packed lunches to follow a similar healthy standard to school meals, while recognising that it can sometimes be challenging to navigate the wide variety of foods available and to provide variety.

To clarify our packed lunch guidelines, lunches may include a wide range of foods, but they must not contain:



- Nuts (to protect children with allergies)
- Fizzy drinks or sugary juices
- Sweets, chocolate bars or biscuits

Each packed lunch should include the following five elements:

- A crunchy, colourful vegetable
- A piece of fruit
- A carbohydrate food (such as bread, a wrap, rice or pasta)
- A dairy item (such as milk, cheese or yoghurt)
- A protein food to support growth (for example meat, fish, eggs, beans or another protein source)



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



020 8759 0305



office@cranfordprimary.com



www.cranfordprimary.com



'In my opinion, the workshop was really fun. the actors had been interacting with us, they also had a puppet. The actors made jokes and had many educational rhymes. For example, they taught us how to safely travel: Be Bright, Travel right.'

Iris 6 Magenta



'I liked it because they had lots of energy. They were teaching us on how we can use transport to secondary school, such as buses, walking and taking the bike to school.'

Yusaf 6 Amber



'The workshop was very energetic and funny. It taught me all about road safety. Personally, I rate this experience 10/10 for the amount I learnt.'

Manraj 6 Ebony

'I enjoyed the workshop yesterday, it was very fun but also educational at the same time. The actors were really good at acting. I definitely learnt something new about transport.'

Brylee 6 Saffron

Year 6 participated in a workshop, "Be Bright, Travel Right" on March 12th 2026, where they learned all the essential information on how to travel safely to secondary school this September!



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



020 8759 0305



office@cranfordprimary.com

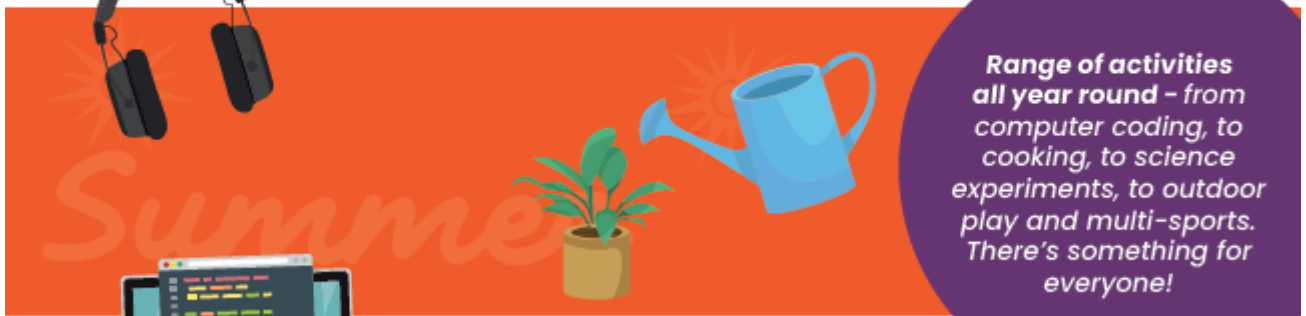


www.cranfordprimary.com



Did you know?

Holiday Activities and Food Programme (HAF) runs over the Easter, Summer and Winter holidays!



Range of activities all year round - from computer coding, to cooking, to science experiments, to outdoor play and multi-sports. There's something for everyone!



Children who are eligible for benefits related free school meals can access **free activities and a meal over the holidays.**

Each child is eligible for **4 days** over Easter and Winter and **16 days** over the summer.

 London Borough of Hounslow

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



020 8759 0305



office@cranfordprimary.com



www.cranfordprimary.com

Year 6 Writing Homework. Homework plays a vital role in reinforcing the lessons we learn at school, allowing us to continue our education at home!



Yassin 6 Saffron

On a cool Saturday night, the zoo feels completely different. The daytime crowds have gone, and a calm, mysterious hush settles over the paths. Soft golden lamps glow along the winding walkways, while the moon hangs like a silver coin in the dark sky.

From behind the tall trees, a lion releases a deep, rumbling roar that echoes through the quiet air. Nearby, a family of owls perch silently, their wide eyes shining like tiny lanterns. In the reptile house, a sleek snake glides slowly across a rock – smooth, silent, and slightly spooky!

Suddenly, the monkeys begin to chatter excitedly, as if they are sharing secrets about the night. Leaves rustle, branches sway, and somewhere in the distance water splashes as the hippos wallow lazily in their pool.

The night zoo feels magical and mysterious; every corner hides a new sound, shadow, or surprise. Although it is darker and quieter than during the day, the animals are awake, lively, and full of energy.

Walking through the zoo at night is like stepping into a secret world – wonderful, and just a little bit thrilling.

Amelia 6 Magenta

Behind Cranford Primary School was a quiet park, which many children visited in the morning. By the evening, however, the park felt calm and peaceful. The sky glowed orange and pink as the sun slowly slipped behind the tall trees.

Leaves rustled in the gentle breeze, and a blackbird sang from a branch above my head. Near the bushes, a small rabbit appeared. It looked innocuous, like a fluffy cloud resting on the grass. I walked along the winding path and listened to the quiet sounds around me.

The clouds moved across the sky like slow ships sailing on a silver sea. A fountain trickled nearby, and the water sparkled in the fading light. When I placed my hand on the wooden bench, which was old and cracked, I felt its rough surface under my fingers. As the evening grew darker, the park seemed to relax after the busy day. The trees swayed gently, and the garden waited quietly for the night to begin.

Elias 6 Ebony

As I trekked through the heart of the jungle, the chirps and hums from the birds, bees and beetles emitted around me. The innocuous toads, who had red spots, leapt at speed whizzing from leaf to leaf. I had to get to school, with only 10 more minutes to get there I whipped out my machete and fiercely cut through bushes; vines.

The elegant birds pierced through the moist, morning sky and the squelching of the wet mud splattered over my clothes and shoes. Howls of the monkeys echoed throughout the vast but dense area of wildlife and greenery and sunlight seeped through the leaves creating golden paint everywhere. The rough bark reached out like a hand trying to engulf me into its gooey trap of sap. I reached out for the succulent berries in the bushes, I put one in my mouth, it exploded like a firework of flavours. I heard the chattering of the children. I finally made it but what waits for me in the jungle at home time?

Sanford 6 Amber

In this bedroom i have a double size bed and a mini fridge with drinks to drink when i get thirsty. i have a fridge with snacks to eat when i am hungry also i have amazing view of the sun coming. I even have friends at my bedroom who are john and troy. when i am board i play with my friends on the PS5. My room attached kitchen and bathroom where i can cook the mouthwatering food and use the washroom. In my room there are led lights on the wall which makes the room colourful. I also have a football lamp because i am a big fan of football. I can turn the light of when i am sleeping and i also have a ac to make my room warm and cosy.

The class with the most coins and completion of SATs companion tasks this week is:

ALL CLASSES!



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



020 8759 0305



office@cranfordprimary.com



www.cranfordprimary.com



Join us at our Chai & Chat

Thursday 19th March 2026
9:00am - 10:00am
ks2 Hall
We will be joined by:

NHS School Nursing Hounslow

**Our School Nursing team will be sharing
tips and guidance on sleep routines,
healthy eating and appetite.**



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



020 8759 0305



office@cranfordprimary.com



www.cranfordprimary.com

This week Toby, Danial and Shaylon enjoyed a trip to the local Heathrow SEND Centre. This centre is a registered charity offering animal-assisted activities and horticultural therapy for children. It provides a safe, rural farm environment designed to improve mental and physical health. The boys were able to meet some animals; clean their pens, feed them and brush them.

Toby from Sienna said, "I enjoyed feeding the guinea pigs and cleaning them out. I saw the pigs and I gave them a rub with a brush."



Shaylon in Saffron Class said, "I liked feeding the guinea pigs."

Danial in Saffron Class said, "I brushed the pigs."



FREE!

CRANFORD BAPTIST CHURCH
KLUB4KIDZ BIBLE STORIES, CRAFTS,
 GAMES, INDOOR &
 OUTDOOR FOOTBALL &
 EASTER HOLIDAY BIBLE CLUB FOR CHILDREN AGED 4 TO 14

Are we there yet?

MONDAY 30TH MARCH – THURSDAY 2ND APRIL, 1:00PM – 3:00PM

CRANFORD BAPTIST CHURCH, 1 FIRS DRIVE, CRANFORD, TW5 9TA
TO BOOK: WHATSAPP MESSAGE ROBIN, 07743 897 646,
 SENDING CHILD'S NAME AND AGE, AND GUARDIAN'S NAME AND MOBILE NUMBER.

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



020 8759 0305



office@cranfordprimary.com



www.cranfordprimary.com

"A happy mouth is a happy body"

World Oral Health Day - 20 March 2026

Toothbrushing tips

- Anyone over 3 years old should use a pea-sized amount of toothpaste
- Use a toothpaste containing 1450ppm fluoride for maximum prevention. The amount of fluoride will be stated on the box or tube of the toothpaste
- Brush all the surfaces of the teeth and gum line in small circles for 2 minutes, twice a day - just before bed and at another time of the day
- Spit out the toothpaste and do not rinse

Visiting the dentist tips

- Children should have regular check-ups at least once a year
- NHS dental treatment is free for children under 18 or under 19 and in qualifying full-time education
- Going to the dentist regularly helps your child become familiar with the dental practice, and enables the dentist to notice on any problems as early as possible

Diet tips

- Reduce the amount and frequency of having foods and drinks that contain sugar, only give sweet foods at mealtimes
- Squash, fizzy drinks and sugary soft drinks have no place in a child's daily diet
- Limit the amount of fruit juice and/or smoothies your child drinks to a maximum of 150 mls (one portion) in total per day and drink it with meals to reduce the risk of tooth decay

Useful links:

[British Society of Paediatric Dentistry \(BSPD\) -> Kidsvids](#)

[Take care of your teeth and gums - NHS](#)

[Find a dentist - NHS](#)

11-19 years old? Young people in Hounslow can text a School Nurse on **07507 333 176** for confidential advice and support.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)

Parents and carers in Hounslow can text a School Nurse on **07312 263 080** for confidential advice and support for their child or teenager.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)

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



020 8759 0305



office@cranfordprimary.com



www.cranfordprimary.com

Dates for your Diary

18th March - Year 3 Eid
Assembly

19th March - Chai and Chat
parents meeting

26th March - Year 4 Easter
Assembly

30th March - 10th April -
Easter Holidays

13th April - Back to School

21st April - Reception Art
Exhibition

24th April - Year 1 Vaisakhi
Assembly



Outstanding attendance and punctuality are key to your child's learning and ensure that the best possible progress and attainment levels are achieved.

The school is under strict obligation to follow central government and local government guidance in relation to an absence from school. Therefore we do not allow children to take **any** time off during term-time. There are 13 weeks of non-school time throughout the year and this is the time during which holidays must be taken. If you have older children who attend secondary school you should remember to check their term dates before you book a holiday as term dates do not always coincide. Please note any absences occurring either side of school holidays will require medical proof of illness, otherwise the absence will be marked as **unauthorised**.

When booking routine medical and dental appointments every effort must be made to book appointments out of school time.

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>



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



020 8759 0305



office@cranfordprimary.com



www.cranfordprimary.com