THE CRANLEIGH CHRONICLE

Nurturing Belief and Ensuring the Highest Standards of Learning for All

Friday 2nd February 2024

HEADTEACHER'S MESSAGES

Good afternoon all. I do hope this newsletter finds you and your families well.

This week, we have welcomed **Surrey Police** on site to teach our Year 4 children all about the work of Youth Engagement officers. Year 4 loved every minute, as did the staff! (We have a fabulous photo of Miss Clark in handcuffs!!)

Next week, all children will be taking part in **Children's Mental Health Week**. At Cranleigh Primary, we are passionate about creating a nurturing environment where all children - and adults - thrive. Part of this includes supporting each other to talk about how we are feeling and providing strategies to manage well-being. Next week's focus will go a long way to help with this process.

On Saturday 10th February, some members of the community will be celebrating **Chinese New Year**. Our Reception children have some exciting events planned as part of this. We are very much looking forward to sharing these with you next week.

Please do continue to check the school calendar, which can be found on the website and at the bottom of this newsletter, to stay up to date with all events.

Wishing you a very happy and safe weekend.

Mrs Kate Pelazza; Headteacher

GET
INVOLVED!
Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK
5-11 FEB 2024
#CHILDRENSMENTALHEALTHWEEK

MY VOICE
MATTERS!

Children's Mental Health Week

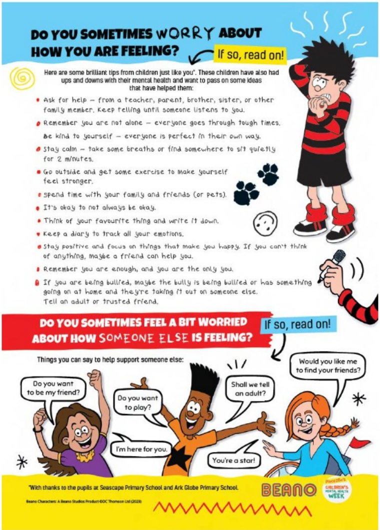
This is taking place nationwide next week. The theme: '*My Voice Matters*.'

Our Ambassadors and Year 6 School Councillors will be teaming up to lead next Wednesday's worship and support/inform their peers.

Classes will also be learning more about how they can look after their own mental health.

Please see Place2Be's guides below for more information.

Mental health support for primary-aged children:



DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!

Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times.
- Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.

DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:

Do you want to be my friend?

Do you want to play?

Shall we tell an adult?

Would you like me to find your friends?

I'm here for you.

You're a star!

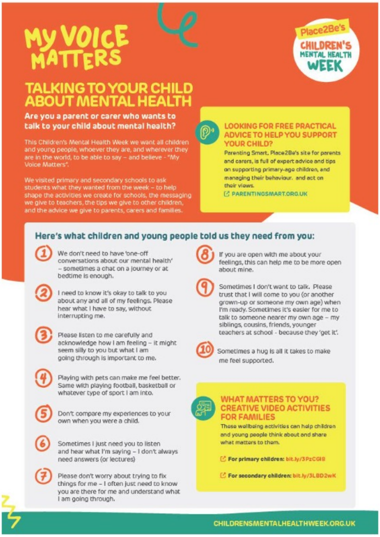
*With thanks to the pupils at Seascape Primary School and Ark Globe Primary School.

BEANO

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

Beano Characters: A Beano Studios Product ©DC Thomson Ltd (2023)

Mental health support for families:



MY VOICE MATTERS

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

PARENTINGSMART.ORG.UK

Here's what children and young people told us they need from you:

1. We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
2. I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
3. Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
4. Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
5. Don't compare my experiences to your own when you were a child.
6. Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
7. Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
8. If you are open with me about your feelings, this can help me to be more open about mine.
9. Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
10. Sometimes a hug is all it takes to make me feel supported.

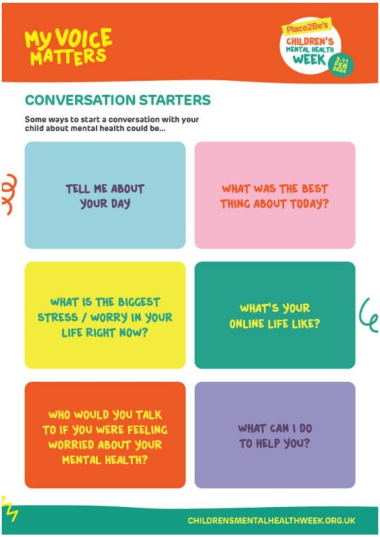
WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCGI8

For secondary children: bit.ly/3LBD2wK

CHILDRENSMENTALHEALTHWEEK.ORG.UK



MY VOICE MATTERS

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 5-11 FEB 2024

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

- TELL ME ABOUT YOUR DAY
- WHAT WAS THE BEST THING ABOUT TODAY?
- WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?
- WHAT'S YOUR ONLINE LIFE LIKE?
- WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?
- WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

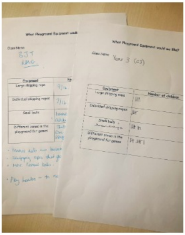
UKRAINIAN

SHOE BOX APPEAL

In autumn term, many of you donated shoe boxes to Ukrainian families in need. This week, we were sent photos of some of the mothers of one-year-old babies receiving them.

Thank you again to those of you who were able to donate.

DEMOCRACY IN ACTION!



Our children are currently voting on which playground equipment they would like.

Their school; their voice.

Watch this space for future updates!

Youth and School Engagement Police Visit

On Wednesday, we welcomed the police into school to teach our Year 4 children all about the vital work they do in the community.

Their work in schools is trauma-informed and supported by guidance from Surrey County Council and the PSHE Association.

Our children learnt what a YEO (Youth Engagement Officer) does; how the police can help them; and how to ask for help if needed.

They had a wonderful time, and we thank PC Dave Barnes, and Police Community Support Officer Felicity Lock for their time and effort.

We are building strong links with our local police team and look forward to working with them again soon.

Working together....

Last Friday, I met with MP Angela Richardson, councillor Liz Townsend, Rector Roy Woodhams from St. Nicolas Church, PC Laura Snedden and colleagues from Surrey's ethnic minority team, to discuss community cohesion in Cranleigh.

The meeting was incredibly productive. As a result, the following actions are being taken:

- **Angela Richardson MP** is going to be discussing national funding with ministers.

- **St. Nicolas** will be discussing community cohesion with the children as part of their Worships.

- **The police** are going to be looking to support the school above and beyond the current Surrey County offer of Year 4 PSHE teaching.

- **Liz Townsend** will be looking into members of our school joining the Youth Council as well as arranging aspirational visits to places of work.

- With **Surrey County Council**, I will be looking to develop mobile educational services for our community.

This is not an exhaustive list. I will keep you up to date with all developments as they happen.

Cranleigh C of E Primary School
Faith
THE CHURCH OF ENGLAND

The Church of England's Daily Prayer.

What are you thankful for?

Thankfulness

Our half-termly value and our updated reflection area in the entrance lobby.

What are you and your children thankful for?

Gratitude is now understood to support mental well-being. Perhaps you could all give one thing for which you give thanks.

If you'd like to share with us, we'd love to hear.

Spirited Arts Competition 2024

Cranleigh C of E Primary School is joining hundreds of schools worldwide to participate in this year's Spirited Arts competition.

The competition started in 2004 and has been held every year since. It has attracted over 450,000 entrants (averaging 25,000 annually!) since 2004, with 3,000 entries submitted each year for judging. Hundreds of UK schools get involved, and they get entries from as far afield as Hong Kong, Australia, Thailand and Bahrain.

Our children will be creating entries in any art form under the following themes:

Year 6 and Year 2 - *Wise Words? Holy Words?*

Year 5 and Year 3 - *Green faith, green future? ['God's good earth']*

EYFS, Year 1 and Year 4 - *Why do Animals Matter?*

Improvements!

Reception & KS1 Outdoor Area

We have been working incredibly hard this week to make our outdoor area one in which our children will thrive. After all, the learning environment is a child's third teacher (*Loris Malaguzzi, Founder of Reggio Emilia*).

A **HUGE** thank you to **Philip** from The Cranleigh and District Lions Club who spent all day with us yesterday creating the entire surface. This was incredibly hard work and he did an amazing job. Thank you, Philip!

We are looking forward to sharing the finished product with you in next week's newsletter.

Let's Celebrate!

HOUSE POINTS

Check out our total to date on the website's Home Page, too!

HOUSE	Weekly TOTAL	TOTAL To Date
Otters	1,032	10,583
Porpoises	**1,098**	**12,150**
Dolphins	705	9,343
Whales	732	9,279

House Points Winners	Class
Thomas-Joe, Shay, Charlie, Sebastian	Reception
Emily, Phoebe, Levi	Year 1
Lukian, Tawana, Rose	Year 2
Hannah, Cassie, Jasper, Mary, Flora, Layla, Evelyn	Year 3
Lilou, Alex, Chethiya	Year 4
Paddy, Naz, Faith	Year 5
Bailey, Hannah, Jimmy, James, Tina-Marie, Sonny	Year 6

OUR WEEKLY WINNERS!

READY, RESPECTFUL, SAFE	SPOTLIGHT AWARD	Class
Isaac	Shay	Reception
Emily	Nicole	Year 1
Leanne	Luke	Year 2
Amelia	Jessica	Year 3 OJ
Tracy	Red	Year 3 JT
Chethiya	Saneem	Year 4
Amelia	Amelia	Year 5
Windy	Riley	Year 6 AM
Maggie	Mark	Year 6 MM

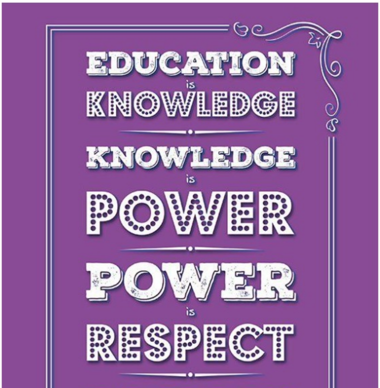
ATTENDANCE CHAMPIONS

CLASS	WEEKLY ATTENDANCE %	ATTENDANCE TO DATE
Reception	90%	88%
Year 1	90%	89%
Year 2	89%	87%
Year 3	93%	92%
Year 4	91%	90%
Year 5	93%	89%
Year 6	90%	90%

Well done to Year 3 for having the highest attendance this week! We're so proud of you!

Well done to Year 3 for also having the highest attendance to date this academic year. Keep up the great effort!

And please always remember.......



RESPECT
is
HAPPINESS

...so let's keep attending school regularly.

CHECK OUT OUR SOCIAL MEDIA ACCOUNTS!
FACEBOOK
X (FORMERLY TWITTER)

Do check out our social media accounts to stay up-to-date with all the latest information:

[Facebook]

[X (Formerly Twitter)]

SAFEGUARDING

If you have any concerns regarding a child, please ask to speak to one of our safeguarding team below straight away by telephoning the school on 01483 273286:

Mrs S Salter: Deputy Headteacher / Designated Safeguarding Lead

Mrs K Pelazza: Headteacher / Deputy Designated Safeguarding Lead

Mrs T Church: ELSA / Deputy Designated Safeguarding Lead

Mr C Williamson: Chair of Governing Body / Safeguarding Governor

You can also contact one of the following:

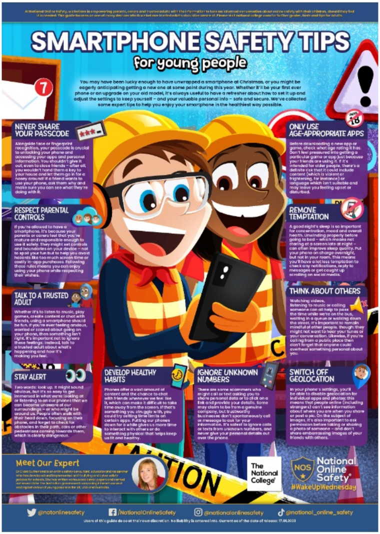
C-Spa (Surrey Children's Services):

- **Phone:** 0300 470 9100
- **Email:** cspa@surreycc.gov.uk

NSPCC: 0808 800 5000

Police: 999 (where you believe a child is at immediate risk of harm)

ONLINE SAFETY



SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings: instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

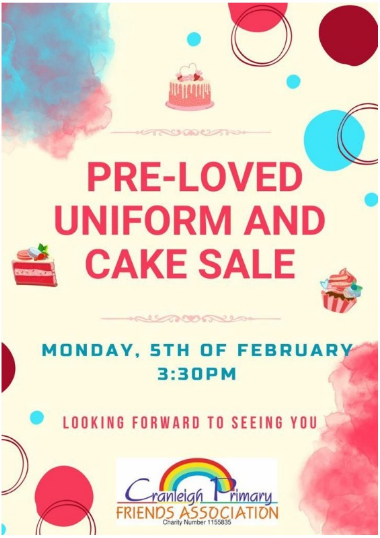
Click HERE for online well-being tips for families of children with SEND.

COMMUNITY
NOTICES
CRANLEIGH • EWHURST • SURREY

On Monday, we are holding a pre-loved uniform and cake sale in the hall organised by our wonderful PTA. It sounds yummy!

The PTA are asking for cake donations to be brought into the school office on Monday. Thank you in advance for your support; we look forward to seeing you then!

All details can be found below:

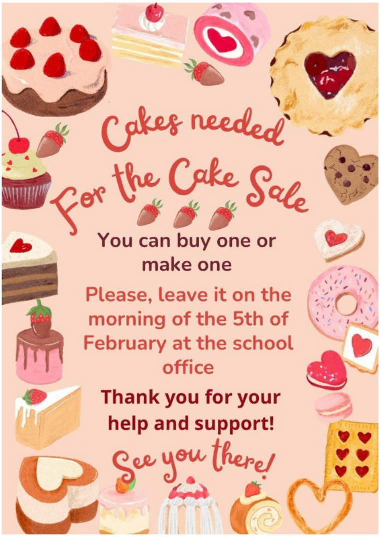


PRE-LOVED UNIFORM AND CAKE SALE

MONDAY, 5TH OF FEBRUARY
3:30PM

LOOKING FORWARD TO SEEING YOU

Cranleigh Primary
FRIENDS ASSOCIATION
Charity Number 1155835



Cakes needed For the Cake Sale

You can buy one or make one

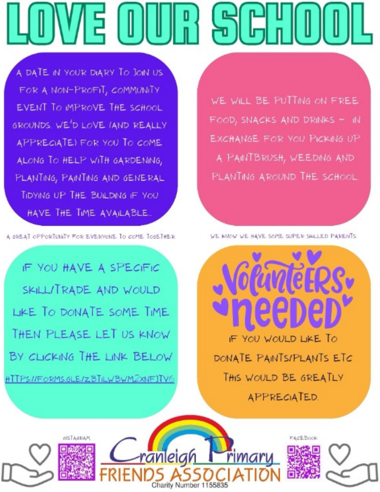
Please, leave it on the morning of the 5th of February at the school office

Thank you for your help and support!

See you there!

SAT 11TH MAY 10:00 - 15:00

THE CRANLEIGH PRIMARY FRIENDS INVITE YOU



LOVE OUR SCHOOL

A DATE IN YOUR DIARY TO JOIN US FOR A NON-PROFIT, COMMUNITY EVENT TO IMPROVE THE SCHOOL GROUNDS. WE'D LOVE (AND REALLY APPRECIATE) FOR YOU TO COME ALONG TO HELP WITH GARDENING, PLANTING, PAINTING AND GENERAL TIDYING UP THE BUILDING IF YOU HAVE THE TIME AVAILABLE..

A GREAT OPPORTUNITY FOR EVERYONE TO COME TOGETHER

WE WILL BE PUTTING ON FREE FOOD, SNACKS AND DRINKS - IN EXCHANGE FOR YOU PICKING UP A PAINTBRUSH, WEEDING AND PLANTING AROUND THE SCHOOL

WE KNOW WE HAVE SOME SUPER SKILLED PARENTS

IF YOU HAVE A SPECIFIC SKILL/TRADE AND WOULD LIKE TO DONATE SOME TIME THEN PLEASE LET US KNOW BY CLICKING THE LINK BELOW

HTTPS://FORMS.GLE/ZBTILWBWM2XNFJTV6

Volunteers needed

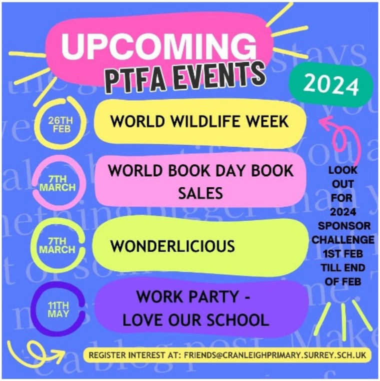
IF YOU WOULD LIKE TO DONATE PAINTS/PLANTS ETC THIS WOULD BE GREATLY APPRECIATED.

INSTAGRAM

Cranleigh Primary FRIENDS ASSOCIATION

Charity Number 1155835

FACEBOOK



UPCOMING PTFA EVENTS 2024

26TH FEB	WORLD WILDLIFE WEEK
7TH MARCH	WORLD BOOK DAY BOOK SALES
7TH MARCH	WONDERLICIOUS
11TH MAY	WORK PARTY - LOVE OUR SCHOOL

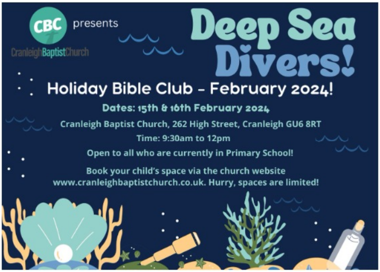
LOOK OUT FOR 2024 SPONSOR CHALLENGE 1ST FEB TILL END OF FEB

REGISTER INTEREST AT: FRIENDS@CRANLEIGHPRIMARY.SURREY.SCH.UK

Thank You, Notcutts!

A huge thank you to Notcutts, Cranleigh, for the bulbs they've donated. We cannot wait to see the flowers bloom!

Notcutts continue to support our school so wonderfully. We are very grateful.



CBC presents

Cranleigh Baptist Church

Deep Sea Divers!

Holiday Bible Club – February 2024!

Dates: 15th & 16th February 2024

Cranleigh Baptist Church, 262 High Street, Cranleigh GU6 8RT

Time: 9:30am to 12pm

Open to all who are currently in Primary School!

Book your child's space via the church website
www.cranleighbaptistchurch.co.uk. Hurry, spaces are limited!

PLANET SOCCER

EST. 1999

February Half-Term Football Camps

Monday 12th - Friday 16th February

PARK MEAD PRIMARY SCHOOL
Park Drive, Cranleigh, Surrey GU6 7HB

TILLINGBOURNE JUNIOR SCHOOL
New Rd, Chilworth, Guildford, Surrey GU4 8NB

BOXGROVE PRIMARY SCHOOL
Boxgrove Lane, Guildford, Surrey GU1 2TD

£30 per day or £125 for all 5 days

Drop off 8:30am-9:30am, Pick up 3:30pm-4:30pm

To book and for more information please visit the web address below or scan the QR Code.

http://planet-soccer.info/book-a-holiday-course/

01483 363190
07912 553896

Email: admin@planet-soccer.info
www.planet-soccer.info
Planet Soccer PlanetSoccerSP7 planetsoccerSP7

OUR SCHOOL CALENDAR

Full calendar dates can be found on our website.

Children's Mental Health Week	ALL DAY From 05 Feb until 11 Feb	05 February
Netball Competition, Rodborough School	1:00PM – 4:00PM	05 February
Pre-Loved Uniform Sale with Coffee/Cake	3:30PM – 4:30PM	05 February
Viola and Piano Concert at Cranleigh Arts Centre - Years 4 & 5	1:00PM – 2:00PM	06 February
Chinese New Year	ALL DAY	10 February
Half-Term Holiday	ALL DAY From 12 Feb until 16 Feb	12 February
Staff Development Day - No School for Pupils	ALL DAY	19 February
Children's First Day Back	ALL DAY	20 February
World Wildlife Week	ALL DAY From 26 Feb until 01 Mar	26 February
Invertebrate Day	ALL DAY	26 February
Guildford Bee Keepers Association Workshops	1:00PM – 3:00PM	26 February
The David Shepherd Wildlife Foundation Workshops	ALL DAY	27 February
Endangered Mammals Day	ALL DAY	27 February
Non-School Uniform Day: Wear an animal-themed accessory!	ALL DAY	27 February
Rainforest/Reptile Day	ALL DAY	28 February

Have a lovely weekend.
Take care of you.