ΠΑΝΤΑ ΙΣΧΥΩ ΕΝ ΤΩ ΕΝΔΥΝΑΜΟΥΝΤΙ ΜΕ
ΧΡΙΣΤΩ ΙΝΑ ΑΡΙΣΤΕΥΩ
I AM STRONG THROUGH JESUS CHRIST
TO THE BEST THAT I CAN BE
Headteacher: Mr Andrew McDonald
Deputy Headteacher: Mrs Angelina Adrien

ST CYPRIAN'S

GREEK ORTHODOX PRIMARY ACADEMY
CO-EDUCATIONAL SCHOOL FOR CHILDREN AGED -11
Ακαδημία Άγιος Κυπριανός

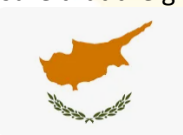
SPRINGFIELD ROAD, THORNTON HEATH, SURREY, CR7 8DZ Tel: 020 8771 5425
e-mail: office@st-cyprians.croydon.sch.uk website: www.stcypriansprimaryacademy.co.uk

Newsletter 33

Friday 29th May 2026

Dear Parents and Carers;

This week some of our Year 6 children have travelled to Cyprus for their cultural and religious visit. As Mr McDonald is leading the visit I have been guiding the school. Ms Tsiama and Mrs Banitsiotis have been making sure that the group have had an amazing time. You can follow their adventures on our Instagram page.



Safeguarding & Healthy Sleep During the Half Term Holiday

As we approach the half term holiday, we would like to remind families about the importance of healthy sleep routines for children's wellbeing, safety and learning. Changes in routine during holidays can sometimes affect children's sleep patterns, so maintaining regular bedtimes where possible can really help.

How you can you help and support your child?

- Have clear bedtime routines – while some might be too old for a 7pm bedtime an expectation that all devices are off and lights out by a certain time is really important. A child that is up until 2am will most definitely struggle to get up at 7am for school.
- Ensure phones are plugged in to charge outside of bedrooms – a stretch of time that is just for sleeping with no interruptions, scrolling or drama on social media is a huge help.
- Try to resist the urge for too much sleep outside of night time hours. As tempting as it can be for an afternoon nap, a child who sleeps for several hours in the evening will struggle to sleep again at bedtime and then struggle to get up after a disturbed night.
- No late-night gaming – the temptation for this if the Xbox or PlayStation are readily available in the bedroom is huge. Consider how you can help your child by making sure consoles are switched off at a reasonable time and not used in the night.

As parents and carers, we often need to support our children to make the right choices in ways that make us less than popular. It's because we care and are doing a good job!

To summarise:

- Keep bedtime and wake-up times as consistent as possible.
- Reduce screen time before bed.
- Encourage calm bedtime activities such as reading or quiet music.
- Keep devices out of bedrooms overnight where possible.

Good sleep supports children's mood, concentration, emotional wellbeing, and online safety, helping them return to school rested and ready to learn.

Assemblies
29th May – Cyprus Class
19th June – Skiathos Class
26th June – Santorini Class

Poem of the Week
The poem of the week is A Boat, Beneath A Sunny Sky by Lewis Carroll, chosen because of the beautiful weather we have had this week. https://poets.org/poem/boat-beneath-sunny-sky

Religious Life of the school
Last Sunday we were delighted to welcome His Eminence Archbishop Nikitas Loulias to St Constantine and St Helen and Mr McDonald and two of the schools Members were honoured to share some time with him.

This week on 26th May it was the feast of St Augustine of Canterbury, the evangeliser of England. He is renowned as the "Apostle to the English". Sent by Pope Gregory the Great in 597, he led a mission to Christianize Anglo-Saxon England and became the first Archbishop of Canterbury, establishing the foundation for the English Church.

Stars of the week
Our winners this week are: Kalani in Skiathos Class; Lyncoln and Jude in Cyprus Class; Melissa and Leandre in Crete Class; Nicollas in Santorini Class; Lailah in Zakynthos Class; Ithaca Class for their hard work and dedication during the heatwave; Alessia and Hamzah in Samos Class; Logan in Kalymnos Class.

We are on half term next week and I hope you all manage to get some well-deserved rest and relaxation. Monday 8th June 2026 is an inset day so children return to school on Tuesday 9th June 2026.

Have a lovely half term.

Yours faithfully,

A. Adrien
Deputy Headteacher