

Copplestone Primary School Newsletter

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Edition 81

10th November 2023

Message from Head of School:

We have had a busy month since the last newsletter, with some classes already out on their trips. Red Class had a very interesting day at Torquay Museum to learn more about the Egyptians and the children even got to see a real Mummy! Red Class have also been taking part in Bikeability training this week and have been able to learn all about controlling their bikes and being safe out and about.



Yellow Class have furthered their learning on Africa by attending a drumming and music workshop in school. They really enjoyed this opportunity to create music together as a whole class.



We are very excited to be able to embark on the refurbishment of the outdoor learning area for Reception class, which has been a long time in the planning! You have already received some information about the project and the arrangements for next week. I will be delighted to post some photos of this when it is underway.



Please can I issue a polite reminder about snacks for breaktime – these should be healthy and preferably fruit/vegetables. Cheese, plain crackers or rice cakes are also fine. We are aiming to encourage healthy snacks which are not processed 'fruit strings' or sugary cereal bars as these do not sustain the children until lunchtime. Our KS1 children continue to have the option of fruit provided by school. In Pre-School we are about to start a tooth brushing programme as we are committed to children having a healthy lifestyle. The sounds of Christmas songs are starting to be heard as our younger children start rehearsing for their nativity plays. It won't be long now, and we hope you can join us to see your children perform these traditional stories. Please do support the CPTA by donating to the Christmas hampers on the non-uniform day on Friday 24th November.

This weekend marks Remembrance and Purple Class have today placed a poppy wreath at the Copplestone War Memorial. The children were respectful during our assembly today when we talked about Remembrance and held a short moment of quiet reflection. Reception Class also visited the village war memorial this week to help them understand more about life in the past.

Thank you for your continued support.
Mrs Mackey



Spotlight:

Red Class Bikeability. Well done to the children in Year 5 who have participated in cycle training this week.

This is a valuable skill and helps keep our children safe on the roads.



Certificate Winners and Hot Chocolate Awards

Certificate Winners – 20th October 2023

Challenge - George - Rainbow Class
Creativity - Olly - Green Class
Challenge - Nelson - Yellow Class
Confidence - Cora - Blue Class
Challenge - Theo - Orange Class
Challenge - Alesha - Red Class
Community - Tag Rugby Team - Purple Class

Hot Chocolate Awards – 20th October 2023

Rainbow Class – Henry
Green Class – Bunnie-Mae
Yellow Class – Ocean
Blue Class – Chloe
Orange Class – Xia
Red Class – Fearne
Purple Class – Elsie

Certificate Winners – 3rd November 2023

Challenge - Oakley - Rainbow Class
Confidence - Rosie - Green Class
Caring - Eli - Yellow Class
Confidence - Esme - Blue Class
Curiosity - Leo - Orange Class
Community - Whole of Red Class
Challenge - Eleanor - Purple Class

Hot Chocolate Awards – 3rd November 2023

Rainbow Class – Stanlee
Green Class – Willoughby
Yellow Class – Edie
Blue Class – Avie
Orange Class – Bryony
Red Class – Sophia
Purple Class – Ellyson

Certificate Winners – 10th November 2023

Challenge - Jaxon - Rainbow Class
Challenge - Felicity - Green Class
Creativity - Joey - Yellow Class
Curiosity - Evie-Mae - Blue Class
Challenge - Sam - Orange Class
Confidence - Fearne - Red Class
Community - Katie - Purple Class

Hot Chocolate Awards – 10th November 2023

Rainbow Class – Penelope
Green Class – Jenson
Yellow Class – Jacob
Blue Class – William
Orange Class – Ollie
Red Class – James
Purple Class – Tristan



Pre-School:

This week at Pre School the children have been on listening walks in the school grounds. They have heard children talking, cars, birds, a train and the leaves blowing in the trees. We also listened to our animal sounds CD and the children had to recognise which animal makes the sound.

We have been learning about Remembrance Day and the children made some beautiful poppies with their hand prints, a poppy collage and a field of poppies using their fingers.

At carpet time we have been practising recognising shapes and numbers 1-5 randomly.

We had a great 'music time' with Mr Hagan and Rainbow Class where we learnt a new rhyme and used the claves.

CLC Tag Rugby Event:

Match Report by Harrison

On Tuesday the 17th of October 2023 the tag rugby tournament took place at QE. And we won! When we got there we did a warm-up and then we started. We started off by playing Morchard Bishop B and we beat them 5 tries to 1. Then we had lunch.

After lunch we did a passing exercise and then we played

Landscore C and we beat them. Then straight after that we played Haywards F and we beat them 8 tries to 0. Then that was the end of the group stage and we had a break while they worked out who would play who. And we made a plan.

After that we played Landscore B and we beat them 3 tries to 0 so we went through. So we had to think hard about our next game. We played Morchard Bishop B again and Bella did an amazing tag to help us win the game.

Then we were in the final... we played Winkleigh B. We beat them 2 tries to 1 to win the tournament. We got to lift the trophy and then we went back to school. Everybody was extremely brilliant!



Red Class Trip to Torquay Museum:

Trip Report by Archie

On Wednesday 1st November 2023, we went on our school trip to Torquay Museum. I loved exploring this museum and the gallery had some cool stuff. It was exciting looking and learning about the Egyptians.

Firstly, we went into a workshop room and there were games that the Egyptians played. They also had a cold, clay scarab beetle that we were told was related to the Sun God because the Sun God was said to roll his burning ball of fire across the sky like a scarab beetle rolls his brown, stinky ball of manure across the ground!

Secondly, we saw one of the 4 mummified children in the country. He was called Psamtek and was a 4-year-old child before he died.

Finally, we did a 'creepy crawly' trail where we looked for Halloween animals hidden all across the museum. We found a squashed mummified cat, a tall inky-black raven, a tiny green toad, a warty slimy frog and the bony skull of a wolf.



October whole school attendance was 96.3%

CPTA Fundraising Newsflash:



We are delighted to report that we have raised a whopping £225 from your donations to the BAG2SCHOOL collection today. This is AMAZING! The Christmas Cards have raised £200 and the Tea Towels are selling fast – thank you so much for all of your support 😊

November 2023

- 13th Refurbishment of Rainbow outside area begins
- 13th 3.30-4.15pm KS2 ICT After School Club
- 14th 11am-2pm CLC Blue Class Orienteering at QE Barnfield
- 14th 3.30-4.15pm KS2 French After School Club
- 14th 3.30-4.15pm Art After School Club
- 16th 3.30-4.15pm Clay After School Club
- 17th Children In Need Day – Non-Uniform – Wear something Spotty/Dotty or Pudsey
- 20th 3.30-4.15pm KS2 ICT After School Club
- 21st 2-2.45pm Green Class Village Walk
- 21st 3.30-4.15pm KS2 French After School Club
- 21st 3.30-4.15pm Art After School Club
- 23rd 3.30-4.15pm Clay After School Club
- 24th Non-Uniform – CPTA Christmas Hamper Donations
- 24th 9.10am Celebration Assembly
- 27th 3.30-4.15pm KS2 ICT After School Club
- 28th 3.30-4.15pm KS2 French After School Club
- 28th 3.30-4.15pm Art After School Club
- 29th Flu Vaccination Programme – Reception to Year 6
- 30th 3.30-4.15pm Clay After School Club



December 2023

- 1st 9.10am Celebration Assembly
- 7th 2.15pm Pre-School and Rainbow Class Nativity
- 8th Blue Class Trip to Eden Project (details to follow)
- 8th 9.10am Celebration Assembly
- 11th CHRISTMAS JUMPER WEEK
- 12th 2pm KS1 Nativity
- 12th 5pm KS1 Nativity
- 13th Christmas Lunch
- 13th 5pm KS2 Carol Concert
- 15th LAST DAY OF AUTUMN TERM

January 2024

- 2nd NON-PUPIL DAY
- 3rd ALL PUPILS RETURN
- 9th 12-2pm CLC Y5/6 Swimming Gala (details to follow)
- 23rd 11am-2pm CLC Y5/6 Netball Tournament (details to follow)

February 2024

12th-16th HALF-TERM

w/c 26th Parent Consultation Week

March 2024

- w/c 4th Book Week
- 5th 12.30-2.30pm CLC Y2 Multi-skills Event (details to follow)
- 7th World Book Day
- 11th – 13th Purple Class Residential to Skern Lodge
- 28th LAST DAY OF SPRING TERM

April 2024

- 15th NON-PUPIL DAY
- 16th All Pupils Return
- 18th – 19th Orange Class Residential to Bristol

July 2024

- 23rd LAST DAY OF SUMMER TERM

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



**National
Online
Safety®**

#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>