

Copplestone Primary School Newsletter

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Edition 83

2nd February 2024

Message from Head of School:

The children have been working hard since returning after Christmas and we have enjoyed some interesting learning.

Many of the older children have been learning to play the gamelan instruments in their music lessons and are improving their understanding of music from other cultures.

Children in years 2 and 5 had a visit from the education officer of the Fire and Rescue Service which was very informative. We have started planning some trips and experiences for the children and teachers will let you know about these in due course.

The annual year 6 residential trip to Skern Lodge is next month and I know the class have been thinking about choosing the activities they will try there. Bristol beckons for year 4, and we have planned a very busy couple of days for them.

Rainbow class have been enjoying their outside play area now that all of it has been delivered and installed. I spent some time with them building things recently and it was good fun seeing them working together and being really imaginative!

We have welcomed Mrs Rachel Scott to year 5 as a Teaching Assistant. Mrs Scott comes with a wealth of experience working with children and has already made a very positive impact with the children. We hope she enjoys her time working with us at Copplestone.

Wishing you all a lovely half term break when it arrives.

Thank you for your continued support.

Mrs Mackey



Spotlight: Year 5 had an 'out of this world' experience in their own classroom as they had an interactive Zoom call with people who work on a space station. Thank you to Miss Anna for organising this experience to help bring their learning to life.



Certificate Winners and Hot Chocolate Awards

Certificate Winners – 19th January 2024

Challenge - Ralphie - Rainbow Class
Challenge - Bunnie-Mae - Green Class
Creativity - Elsie - Yellow Class
Challenge - Ella - Blue Class
Challenge - Harley - Orange Class
Confidence - Archie - Red Class
Challenge - Ellyson - Purple Class

Hot Chocolate Awards – 19th January 2024

Rainbow Class – Harper
Green Class – Ember
Yellow Class – Mark
Blue Class – Charlie L
Orange Class – Harry
Red Class – Freya
Purple Class – Ollie C

Certificate Winners – 26th January 2024

Challenge - William - Rainbow Class
Challenge - Noah - Green Class
Challenge - Arthur - Yellow Class
Confidence - Enzo - Blue Class
Community - James R - Orange Class
Curiosity - Millie - Red Class
Confidence - Toby - Purple Class

Hot Chocolate Awards – 26th January 2024

Rainbow Class – Ella
Green Class – Rosie
Yellow Class – Reggie & Mark
Blue Class – Joel
Orange Class – James S
Red Class – Rosie
Purple Class – Harrison

Certificate Winners – 2nd February 2024

Challenge - Stanlee - Rainbow Class
Confidence - Matilda - Green Class
Challenge - Josh - Yellow Class
Challenge - Sam - Blue Class
Confidence - Evelyn - Orange Class
Confidence - Myles - Red Class
Caring - Edward - Purple Class

Hot Chocolate Awards – 2nd February 2024

Rainbow Class – Jack
Green Class – Freya
Yellow Class – Nate
Blue Class – Mya-Louise
Orange Class – William
Red Class – Adora
Purple Class – Ollie D



Pre-School:

This week at Pre-School we have been reading the story 'Jack Frost' and the children have been learning about the Winter season. They have made some beautiful glittery snowflakes and have had lots of fun breaking up ice using small hammers to get the animals and numbers of the ice.

At Carpet Time the children have been learning a couple of songs - 'The Frost Song' and 'On a Cold and Frosty Morning'. They have also enjoyed joining in with a rhyme called 'Five Little Snowmen'.

The children have also been learning about words with initial sounds that start with 'a' and 's'.

The children have enjoyed playing in the Pre-School garden on the balance bikes and trikes and have been making 'cakes' in the mud kitchen.



Healthy schools:

At school we encourage the children to drink water.

The school nursing team inform us that tooth decay is the number one reason for children needing hospital treatment under general anaesthetic.

Juices and squashes are cited as one of the main causes of tooth decay in children, especially when they are sipped frequently. Even sugar free squash contains fruit acids which weaken the enamel on the teeth and fruit juice should ALWAYS be diluted for children.

Every time your child has a mouthful of juice/squash, their teeth are exposed to these acids which is why water is recommended for sipping frequently.

We do understand that children like squash, but hopefully encouraging them to drink water will benefit their long-term health and well-being.



Crediton Library Half-Term Events:

We have several activities going on over half term at Crediton Library:

Friday 9th February, 7pm-9pm: Family Friendly Games Evening

Plymouth based charity, Character Creation Roleplay, will be running an evening of board and roleplay games. Suitable for all ages and abilities. Come and celebrate the beginning of half term, and enjoy our warm space with complimentary refreshments. Drop in to this free event, no booking necessary.

Monday 12th February, 10am-12pm: Author Reading and Craft

Author Tracey Norman will be reading her children's book 'Sammy's Saturday job'. This is aimed at 3-7 year olds, and the story is about Sammy the dragon who wants to be a fire fighter. The fire crew let her help, but it doesn't go quite as planned. Following the story we will be putting on a dragon craft activity to celebrate Chinese New Year.

This is a free event, but you will need to pre-book.

Wednesday 14th February, 10am-12pm: Make your own perfect pizza from scratch!

This is being put on by Recycle Devon (some of you may have come to the pumpkin event during the October half term) and is a free family event aimed at those 8 years or older. It is requested that children are accompanied by an adult. You will need to pay £5 per child when you book the place, but this will be returned to you when you attend the event. You can book your place on: eventbrite.co.uk/o/food-rescue-8085945159 or scan the QR code on the poster we are sending to your school.

Friday 16th February, 10am-12pm: Tiny Travels

Tiny Travels will be visiting Crediton Library again - this time bringing all things 'Asia'. There will be lots of objects children can touch and explore while they explore 'Asia'. This is a free event children 0 - 7 years. Spaces are limited so we recommend you booking early to avoid disappointment.



For any further information or to book a space please contact Crediton Library on 01363 772578 or email us at crediton.library@librariesunlimited.org.uk



December whole school attendance was 94.1 %

January whole school attendance was 92.3%

February 2024

9th 9.10am Celebration Assembly

12th-16th HALF-TERM

21st Red Class Swimming Lessons @ The Waie Inn 9-11am

w/c 26th Parent Consultation Week

28th Red Class Swimming Lessons @ The Waie Inn 9-11am

28th Red Class & Purple Class – Little Life Savers visitors

March 2024

1st 9.10am Celebration Assembly

1st 1pm CLC Swimming Gala at Crediton Pool (Yr5/6) – more details to follow

w/c 4th Book Week

5th Break The Rules Day

6th Red Class Swimming Lessons @ The Waie Inn 9-11am

7th World Book Day

8th World Book Day Celebration - Dress-Up as any book character

11th – 13th Purple Class Residential to Skern Lodge

13th Red Class Swimming Lessons @ The Waie Inn 9-11am

15th 9.10am Celebration Assembly

18th Red Class & Orange Class Field Trip to Okehampton – details to follow

19th Yellow Class Trip to The Golden Hind, Brixham – details to follow

20th Red Class Swimming Lessons @ The Waie Inn 9-11am

22nd 9.10am Celebration Assembly

27th Red Class Swimming Lessons @ The Waie Inn 9-11am

28th CPTA Bunny Bounce – details to follow

28th LAST DAY OF SPRING TERM

April 2024

15th NON-PUPIL DAY

16th All Pupils Return

18th - 19th Orange Class Residential to Bristol

22nd Reception and Year 6 Height and Measurement Programme

24th Tempest Class Group Photos

30th CLC Y3/4 Handball Event (TBC)

May 2024

6th BANK HOLIDAY

w/c 13th Year 6 SATS

21st CLC Y3/4 Rounders Event (TBC)

27th -31st HALF-TERM

June 2024

3rd All Pupils Return

12th Sports Day

25th CLC Y5/6 Athletics Event (TBC)

26th Reserve Sports Day

27th Red Class Quogwarts Day @ QE – details to follow

July 2024

16th 5.30pm Year 6 Performance

17th 5.30pm Year 6 Performance

22nd 2.45pm Rainbow Class Graduation

23rd 9.15am Year 6 Leavers Assembly

23rd 3.15pm Year 6 Leavers Arch

23rd LAST DAY OF SUMMER TERM



SMARTPHONE SAFETY TIPS

for young people

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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 nosy 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

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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