



The Coppice Whole School Newsletter

Friday 2nd February 2024

Dear Parents and Carers,

As always, I hope that you've all had a good week and are looking forward to the weekend with your children and a chance to spend some quality time together.

Children's Mental Health Week (5th - 11th February):

Next week is Children's Mental Health Week and, as with last year, we will again be marking this in school across the week through various mindfulness activities that Class Teachers will be carrying out with their children. This will include us explaining, in a child-friendly way, what mental health is and how children can learn to manage their own mental health in positive ways. We will be using some really enjoyable and child friendly resources (both videos and activities) and are confident that the children will have a really positive learning experience, which is exactly what we want it to be.

The Children's Mental Health Week theme this year is: '**My Voice Matters**'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. The theory is obviously that when we feel empowered, there's a positive impact on our wellbeing. You can see the introduction to this campaign at <https://www.youtube.com/watch?v=1Hqrla0Ki7g>

During the week, the children will have an additional 'feel-good' afternoon, similar to our 'Feel-good' Friday afternoons, which are held every three weeks in school and are for both staff and children. This is an important component of our mental-health and wellbeing programme in school, which runs across the school year. It is also part of our 'Jigsaw' Personal and Social Education programme that some of your children may talk to you about at home. This additional afternoon will enable more activities to be completed over the course of the week.

If you would like to view some of the free BBC or 'Place2be' resources that we are using with the children, please visit the link below. Please be reassured though that we will only carry out age-appropriate activities and learning with the children.

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week/zk37bdm>

<https://www.childrensmentalhealthweek.org.uk/>

Alternatively, if you would like to access the free Parent and Carer help resource pages, please go to:

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

<https://www.thelilyjoproject.com/parents/>

On these pages, you will find: free webinars, articles and practical advice for families on the topics of childhood anxiety, anger, sadness, stress, family life, opening up, and confidence/self-esteem. There are also helpful music and podcast playlists. We also have more links on our school website at

<https://www.coppice.worcs.sch.uk/parent-resources/mental-health-well-being-and-support-for-families/>

Online safety and links to mental health:

Linked to the previous item, I just want to mention that next week is also Online Safety Day (Tuesday 6th February). Due to our focus on mental health, we won't specifically be marking this very important day on Tuesday itself but will instead be doing so on another day after the half-term break when we can give it its very own focus. However, I do still want to mention the link between both mental health and online safety in this newsletter. We are becoming more and more aware of just how much time some of our children are spending online at home, particularly playing games. We are fully aware that gaming and the online world is very much a part of many children's lives and we are certainly not telling them not to play them. We also understand that games can be fun and a way to relax.

We are concerned though at the amount of time some children are spending gaming and we are also finding that we are having to deal with more and more issues in school that are coming from fallouts between children that are linked to gaming, as well as the use of other social media platforms such as WhatsApp, which are not actually age-appropriate (the required age for an account is actually 13). These issues can have an adverse effect on children's friendships and on their ability to concentrate and therefore to learn. Our stance therefore is to promote education as much as possible so that both Parents and Carers are informed and so that children make the best possible choices with regards to their use of the online world that doesn't adversely affect their mental health and wellbeing. With this in mind, I have included two helpful images below that I think you and your child will find useful.

All National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to help an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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 touch on 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 any signs before it begins.

National Online Safety
#WakeUpWednesday

- 1 LISTEN**
This sounds obvious, but it's not something we are always great at. Active listening is when we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'realist 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 it's great. <https://www.time-to-change.org.uk> is a great resource for more information on the campaign. It's important to be patient about your child's wellbeing. Children build resilience over time when your questions and support comes from a place of wanting to help and care.
- 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 interrupting or making judgements, then they will have more confidence to ask the biggest of questions.
- 4 BE OPEN AND HONEST**
Children appreciate honesty, particularly if you are showing to show information on a topic about difficult subject. For example, you may be talking about death or loss. It's very sad that there has died or "I'll tell you that there has died". However, you should be honest about your feelings and your own development. Talking about death to a younger child for example will be different to that of an older child 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 mild or is your child affected in a way that is affecting their daily life? How frequently is your child affected, how long does it last and how persistent is it if they have 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. It's usual 'are you ok?' and to bring up something that has happened to a friend. It's like 'how are you are feeling or are you feeling something bad?'
- 7 EMPATHISE**
It makes sense that you would feel the way. It's 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's a big concern and they need to feel heard and seen when they show their vulnerability and share their worries.
- 8 HELP YOUR CHILD FEEL SAFE**
Some particularly find 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 that you may not need to happen. It's okay if your child is shy you will need to lead the conversation and explain next steps.
- 9 MIND YOUR LANGUAGE**
Be mindful of the language you use as it can be distressing and talk about mental health. Signs often arise from misconceptions and a choice of language which is harmful. Using the word 'manic', 'bipolar' or other such words in derogatory way may encourage your child to talk about their mental health in a fear of being labelled.
- 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's okay to acknowledge that what your child is experiencing is not something you have come across before and that you will have something about you and support you will work together and seek help together.

Meet our expert
This guide has been written by Anna Bennett. Anna is passionate about being proactive in the health of every school. Integrating mental wellbeing within the curriculum, school culture and systems. She is a member of the advisory group for the Department of Education, advising them on their mental health green paper.

Sources of Information and Support
NHS UK
Young Minds <https://www.youngminds.org.uk/>
<http://www.nhs.uk/conditions/mental-health-problems/>
<https://www.actionline.org.uk/>
Simple Guide to Action Line <https://www.actionline.org.uk/>
<https://www.actionline.org.uk/>

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety
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ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

- 1 MONITOR VIEWING HABITS**
Whilst most apps have moderation tools, inappropriate content can still slip through the net.
- 2 CHECK ONLINE CONTENT**
Understand what's being shared or what seems to be trending at the moment.
- 3 CHECK AGE-RATINGS**
Make sure they are old enough to use the app and meet the recommended age limit.
- 4 CHANGE PRIVACY SETTINGS**
Make accounts private and set content filters and parental controls where possible.
- 5 SPEND TIME ON THE APP**
Get used to how apps work, what content is available and what your child likes to watch.
- 6 LET CHILDREN KNOW YOU'RE THERE**
Ensure they know that there is support and advice available to them if they need it.
- 7 ENCOURAGE CRITICAL THINKING**
Talk about what people might post online and why some posts could cause distress.
- 8 LEARN HOW TO REPORT & BLOCK**
Always make sure that children know how to use the reporting tools on social media apps.
- 9 KEEP AN OPEN DIALOGUE**
If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.
- 10 SEEK FURTHER SUPPORT**
If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

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#WakeUpWednesday

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @NationalOnlineSafety
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webwise 16 **Tips for Striking the Balance**

1. Follow the rules – check with parents about when it is okay to go online and when it is not.
2. Take regular breaks from your device.
3. Switch off – Don't forget about all the other fun activities offline.
4. Set a timer or use a screen time tracker/app to keep track of how much time you are spending online.
5. Make the most of your time online. It can be easy to lose track of time online, choose activities that you are interested in.
6. If you see something that bothers you online TELL a parent, guardian or trusted adult.

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If you would like to download the above two posters to view them more closely or print off, you can find them on our 'Reach More Parents' app. Go to menu icon ☰ in the bottom right of your screen, select HUB, select Mental Health Support and you will find both posters and also a link to the school website which gives lots of other web links that you may find helpful.

Well done to our dancing stars!

It was an absolute pleasure to be on the gate on Monday morning and see so many of our girls coming through with dancing and cheerleading medals around their necks and beaming smiles on their faces. Clearly something special had happened over the weekend and I wasn't wrong! The girls had performed in their dance show with Stardust Dance Academy on Sunday and had done themselves proud. From talking to some of the mums of the girls, it was clear that they all performed really well and with great confidence which, as Headteacher made me extremely proud! A huge well done to all of our children who took part and who represented themselves, their families, their school and Stardust Academy so well!

The girls pictured below on the left hand side picture are Sienna W (4CR), Isla W, Frankie J, Florie F and Esme D (all 1B).



Well done Ruby!

Linked to the above, and the two pictures on the right handside, I'd like to also celebrate Ruby M, from 1A, who won a cheerleading medal, also at the Stardust Show on Sunday. A huge well done goes to you too for your fantastic achievement Ruby - you can be very proud of yourself. I think we can tell from the photos of her that she certainly is that!

Incredible swimming success from Arlo!

The fantastic achievements of our Coppice pupils just kept rolling in this week with the news that Arlo J, from 4W, had had some amazing swimming success at the recent Redditch Swimming Club Championships.

Arlo won gold in all of the six events that he took part in and also managed to break four club records at the same time! He is rightly particularly proud of breaking these records, especially as the club is currently celebrating its 125th year in existence. Incredibly, he is currently 3rd in the whole of Worcestershire County for 50 metres breaststroke and 4th in the County for 50 metres backstroke and freestyle.

A huge well done Arlo - we are all super proud of you at The Coppice!

After sharing so much fantastic news, that just leaves me to say that I hope you all have a lovely weekend and we look forward to seeing you all bright and early on Monday morning for our last week before the half-term break.

Kind regards,

Mr.Hutt (Headteacher)



Star of the Week - Hot Chocolate



Every week Mr Hutt asks the children to vote for who washes up the Star of The Week mugs. Will it be Mrs Ashwell or will it be Mr Hutt?

You can see that Mr Hutt lost the vote today- we promised to provide proof to the children that Mr Hutt really did do the washing up and he truly does wear pink rubber gloves with fur around the wrists!



Attendance Figures

TOP ATTENDANCE

22nd-26th January (Last week)

	1D	96.48%
	3L	97.28

TOP ATTENDANCE

29th Jan to 2nd Feb (This week)

	1A	98.62%
	3L	99.33%

Last Call for Nursery Applications for September 2024

NURSERY APPLICATIONS - SEPTEMBER 2024

Will your child be 3 years old before 1st September 2024?

The closing date for applying for a place in our Nursery for this coming September, is Friday 9th February.

Places are going fast so please do not delay in completing an application form. Application forms can be collected from the school office or found on our school website or following the link below.

<https://www.coppice.worcs.sch.uk/.../NURSERY-application...>

If you would like to take a virtual tour of our wonderful Nursery, please visit our school website or view below.

<https://www.coppice.worcs.sch.uk/.../the-coppice-primary.../>

This is our last newsletter! (in this format)

As I write this, 89% of our children have at least one Parent or Carer signed up for our new app (ReachMore Parents), which will replace our previous methods of school communication next week.

From next week the newsletter distribution will change from email format to delivery through the app. It will comprise of just Mr Hutt's section and all other items which are usually on the newsletter will be shared, via the app, during the course of the week. Items will be tailored to the appropriate year group so that you only receive information that is relevant to your child or children.

Whereas before communications could only go to a single Primary Contact, now multiple Primary Contacts will be able to receive all communications, providing we have emails for each individual and they each enrol- if you have not received information please let the office know as soon as possible.

The app will be used by Parents and Carers to ;

Send and receive messages instead of texts and emails using the MESSAGE icon,  In the 'to' box type '**office mailbox**' then just type and send- you can also add attachments if needed. This is a great way to tell us if you are sending someone different to collect your child or if you are running late etc as well as asking questions that the office could help you with (including the app and Parent Pay)

Report absences, this is now the best way to tell us that your child will not be in school. Please ensure that you leave a reason, including symptoms, so that we can keep an eye on all the illnesses in school and which year group they are in.

Complete and submit forms (change of details, request for leave of absence, give consents etc) via FORMS

View the school calendar (you can also sync it to your own personal calendar)

Use the *direct access to Parent Pay* to book meals and pay for trips etc (to find this go to the HUB via the menu icon in the bottom right of your screen, then scroll down to Parent Pay - this will take you straight to the Parent Pay login page)

Have *direct access to learning platforms* such as Purple Mash and Times Tables Rock Stars via the HUB

The app will be used by school to:

Send you class and year appropriate newsfeed content

Send and receive messages, (head bump and minor injury messages similar to the ones you used to receive by text.

Give you all the information you need for your child/children in the palm of your hand

New features will be added as Parents, Carers and staff become more familiar with the app.

In the future you will be able to enrol for after school clubs, pay for trips and events via a new payment platform, give trip consents, receive messages on the newsfeed from your child's class teacher and much more.



Dream Teepees



We would like to introduce 'Dream Teepees'.

Sue and Sam, who are moms of children at the Coppice, are providing themed sleepover teepees for your little ones!

Any enquiries contact Sue 07988353197 or Sam 07808153489

Please give us a follow on Instagram or Facebook dream.teepees.

Email DreamTeepees@hotmail.com

We look forward to hearing from you soon.



Thank you for reading our Whole School Newsletter. Now click on the link below to access your Year Group Newsletters.

[Click here](#)

