



# NEWSLETTER



Dear Parents and Carers,

Welcome to our 17<sup>th</sup> Newsletter of the year! As always, this academic year is flying by, and it is such a pleasure to see the children flourishing in their learning and in all the other experiences that we are striving to create for them in school. This week has been no exception, the minibuses have been incredibly busy ferrying children to different locations – swimming and Pompey Pirates in Year 5 and to Portsmouth Hill with Year 2. The children in Year 2 spent time looking at a birds eye view of Portsmouth to help them in their learning in school. I would like to take a brief moment to say a big thank you to all our staff members that help to make these experiences happen for our children. Next week, the minibuses will be busy taking Year 5 on their Mary Rose trips so they cannot rest for long!



## Next Week

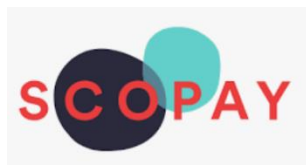
Date	Event
20 <sup>th</sup> – 24 <sup>th</sup>	Year 5 Bikeability
20 <sup>th</sup>	Franklin Class - Mary Rose Trip
21 <sup>st</sup>	Peake Class - Mary Rose Trip
23 <sup>rd</sup>	Year 5 Pompey Pirates
	Service children to UTC
24 <sup>th</sup>	Hawking Class - Mary Rose Trip
*Advanced Notice	
31 <sup>st</sup>	INSET DAY 3 – School closed for pupils

## Reading in class continues...

Don't forget that 'Reading in Class' continues every **Wednesday** between **8.35 am and 8.55 am**. It is lovely to see so many parents and children reading together. We look forward to welcoming you back in again next week.



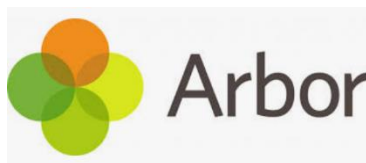
## Lunchtime meal choices



Please can you ensure that your child is really clear about their lunchtime choice each day. We are currently finding that some children are recorded on our system as having a packed lunch, but they are not bringing one in with them. This can lead to late orders to the kitchen that make it increasingly difficult for the lunch team to cater for all the children that they need to. Please

can you ensure that your pre-ordering via Scopay accurately reflects your child's choices. Meals can be ordered up to midnight the day before. Thank you.

## Parents' Evening Appointments



Parents' evening appointments will take place on **Tuesday 11th February** and **Wednesday 12th February**, both on site. Appointments can be booked through the **Arbor Parent App** and will be available for booking from **7:00pm on Monday 20th January 2025**, closing at 8:00am on Monday 10th February 2025.

SENCo meetings will be held following the parents' evening appointments, date to be confirmed.

## Year 6 Activity Week - June 2025

We are delighted to be able to offer our Year 6 children the opportunity to attend an activity week and sleepover in June, or if preferred, the chance to join in with the activities only during the day. To secure your child's place, please go into your child's **ScoPay account** and complete the form on the **Trips and Events tab** to let us know your child's choice and pay a non-refundable deposit of £30.00 **by midday Friday 7th February 2025**. We will let you know the remaining balance due once numbers attending have been confirmed. If you require any further information, please speak to your child's class teacher before the deadline date.



## Attendance Cup

This week's winning house is:

	Mary Rose	Victory	Alliance	Warrior
KS1	93.28%	90.00%	96.95%	96.19%
KS2	94.7%	92.42%	92.65%	93.78%

Congratulations to **Alliance** in KS1 and **Mary Rose** in KS2 who have won this week's house cup.

## House Points

This week's winning house is:

	Mary Rose	Victory	Alliance	Warrior
This week	308	300	385	326
Total	529	444	509	667

Congratulations to **Alliance** who collected the most house points this week.

## Autumn Term winning House Party



Congratulations to our **Autumn term** winning House, which was **Mary-Rose**. The children enjoyed their **House Party** during the afternoon today with music, dancing and a squash.



## The Girls' Football Team

Last Thursday, the Girls Football Team took part in the 'Pokémon Primary Cup' at Stoneham Lane Football Complex. The cup was for the most successful teams across Hampshire and the Isle of Wight (we were the only Portsmouth school that qualified). The girls played really well and came third overall. Well done girls! A credit to the school once more.



## Congratulations to...

### Trinity

Last weekend, Trinity attended her Dance Show Award Party and won the Junior Cup Award.

Well done Trinity – what a fantastic achievement!

Keep on dancing and we look forward to hearing about your continuing success.



## Golden Child



I am delighted to share the names of this week's Golden Children they are:

Year Group	Class	Golden Child
EYFS	Rosen	Jeof
	Hart	Afonso
	Donaldson	Ava
1	Adeola	Stanley
	Field	Mason
	Gravett	Ilmare
2	Steadman	Logan
	Simmonds	Daniel
	Jenkins	Skyla
3	Adele	Harvey
	Sheeran	Sebastian
	Murs	Nathan
4	Thompson	Arlo
	Rickman	Isabelle
	Elba	David
5	Peake	Reggie
	Hawking	Max
	Franklin	Baye
6	Hussain	Theodore
	Roots	Florence
	Berry	Zeeshan

**EYFS** have all been recognised as someone who is always safe in school.

**KS1** and **KS2** have all been recognised as someone who engages well with online safety learning.

## MHST Parent Workshop – Monday 27<sup>th</sup> January

Mental Health Support Team Portsmouth

NHS Hampshire and Isle of Wight Healthcare NHS Foundation Trust

# MHST Parent Workshop: General Anxiety

Come along to the MHST Parent Workshop on:  
Monday 27th January 2025  
9am  
Copnor Primary School

Top tips to help your child with anxiety. We will look at what anxiety is, when it becomes a problem and what keeps it going.

Hopefully, parents/carers will come away with some ideas and skills to help manage their child's anxiety.

Please remember that our next **Pastoral Workshop** is running on the above date at **9.15 – 10.15 am**.

The session will last about an hour and there will be an opportunity after the session to speak to someone regarding any concerns that you may have.

There will be two Mental Health Practitioners attending from the Mental Health Support Team at CAMHS. A letter has been sent out with further information

## Safeguarding Posters Competition Winners

We would like to share with you our child friendly safeguarding posters, which will be shared with all of our pupils across school during their class assembly time. These have been created through a safeguarding poster competition. We believe that every child deserves a safe and nurturing environment, and our fantastic child-friendly posters aim to empower children by providing them with the knowledge and resources to access help whenever they may need it. As they have been created by children, this makes them easier to understand and enable them to feel confident in sharing any of their worries or concerns with our staff. Well done to our winners for creating such clear and informative posters.



Gabriella



Jesse

# STAY SAFE!



Talk to adults when someone or something is bothering you. Stay Safe remember NSPCC pants. Speak louder so someone can hear what you are saying. Do your best behaviour.



Privates are private  
Always remember your body belongs to you.  
No means no

Enjoy your day

Stay safe at school

Talk about secrets that upset you

# BE SAFE ON YOUR SCHOOL SITE

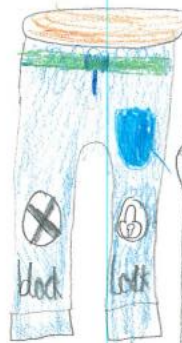
Primrose

# Stay Safe because

Stay Safe and remember NSPCC pants



P - Privates are Private  
A - always remember your body belongs to you  
N - No means No  
T - talk about secrets that upset you  
S - Speak up someone can help NSPCC pants



# TALK

to trusted adults



We can stay safe

If we try.



Wash your hands

Ravenna

## Please support 22<sup>nd</sup> Portsmouth (Copnor) Scout Group

Your local Scouting group is holding a jumble sale on **Saturday 25<sup>th</sup> January** that they would love as many of you as possible to come along and support.

In addition, they are also looking for **jumble donations** too! Post-Christmas is always a good time/ necessary time for a sort out of your old pre-loved items that may have been replaced with new ones. If you can help with donations, please collect an empty bag from **Jazz Rawlins Hair and Beauty** (see further details in the poster).

22nd Portsmouth (Copnor) Scout Group

**JUMBLE SALE**

Saturday 25th January 2-4pm

St Alban's Church, 104 Copnor Road, PO3 5AL

Entrance 20p Children free

Sponsored by

**JAZZ RAWLINS**  
Hair & Beauty

**JUMBLE DONATIONS NEEDED!**

Pick up an empty bag from Jazz Rawlins Hair & Beauty  
149 Copnor Road, PO3 5BS (07510412509) and fill it with your pre-loved items.  
Alternatively, please drop off your donations at St Alban's Church on  
Friday 24th January 5pm-8pm or Saturday 25th 11am-1pm.

St Alban's Jumble Sales

Squirrels Beavers Cubs Scouts

## Portsmouth Force Basketball Club for Years 3 & 4



Exciting news!

There are still **spaces** in Monday night's after school basketball club for years 3 & 4 (3.15 – 4.15pm). A fantastic way to make new friends whilst getting exercise...

If you are interested in signing up your child for this great opportunity, please complete the google form below:

<https://docs.google.com/forms/d/e/1FAIpQLSe6-T-U-LWGW2UCkGdduJ8A86r0KSEuQGTSECqCJKHGzpfuXA/viewform>

## Scholastic Book Fair



Don't forget the Scholastic Book Fair will be at Copnor Primary School from **Wednesday 5<sup>th</sup> February to Monday 10<sup>th</sup> February – 3.30pm – 4.05 pm.**

Please note that the location of the book fair will be the **KS2 Hall** on **Wednesday and Thursday** and in the **KS1 Hall** on the **Friday and Monday.**

## Keeping our children safe online



Continuing our sharing of the informative posters from #WakeUpWednesday, National Online Safety. Please take the time to read through all the tips that will help to ensure that your children are safe online.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

### THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

### ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

### SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually starts out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

### TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

### REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

### A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

### PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

### THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

### TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

### ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

### Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.

Source: <https://www.ofcom.gov.uk/consult/condocs/2022/22024/22024234838/childrens-media-use-and-attitudes-report-2022.pdf>

**NOS** National Online Safety®  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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Wishing you all relaxing weekends and we look forward to welcoming your child back into school on Monday.

Matt Johnson  
Headteacher