

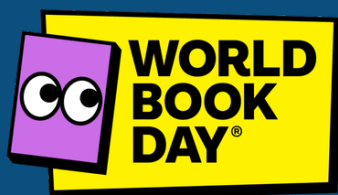
NEWSLETTER

A WELCOME MESSAGE

Welcome back, everyone! We hope you had a lovely half term and enjoyed spending time with your family and friends. It's been wonderful to see lots of smiling faces back in school, ready for a brand new half term of learning and fun!

We are looking forward to a busy and exciting half term ahead, starting next week with World Book Day! We are very excited to be taking part in the Guinness World Record attempt at Fratton Park with our Year 5 & 6 children. We are also really look forward to seeing our children's smiling faces in all their different costumes!

Matt Johnson
Headteacher



UPCOMING EVENTS

Next week

- 3rd - Year 5 - Music composition workshop - Portsmouth Music Hub
- 4th - Reading in Class - 8.35 - 8.55 - Your weekly opportunity to read in class with your child.

Year 5 - Swimming



- 5th - World Book Day
Reading in Class - World Book Day Special
8.35 - 8.55 an extra opportunity to read in class with your child
Years 5 & 6 - Fratton Park - Guinness World Record attempt.

OUR LEARNING THIS HALF TERM



QUOTE OF THE WEEK

"The important thing is not to stop questioning. Curiosity has its own reason for existing."

Albert Einstein

ATTENDANCE

	Mary Rose	Victory	Alliance	Warrior
KS1	95.62%	94.86%	93.80%	90.90%
KS2	92.05%	94.92%	95.17%	92.53%

Congratulations to **Mary Rose** in **KS1** & **Alliance** in **KS2**, the winners of the Attendance Cups this week.

HOUSE POINTS

	Mary Rose	Victory	Alliance	Warrior
This week	369	204	297	184
Total	1871	2532	1634	2400

Congratulations to **Mary Rose** house, the winners of the House Cup this week.

GOLDEN CHILD



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

KS1 and **KS2** have all been recognised as **someone who shows love and kindness with their actions.**

Year	Class	Golden Child
EYFS	Hendra	Rudi
	Gray	Sienna
	Donaldson	Lewe-Georgie
1	Adeola	Jude
	Field	Afonso
	Gravett	Elcy-May
2	Nightingale	Winnie
	Austen	Ewan
	Seacole	Quinn
3	Adele	Phoebe
	Sheeran	Jude
	Styles	Adela
4	Thompson	Betsy-Rae
	Rickman	Willow
	Elba	Georgia
5	Banksy	Eduard
	Hockney	Elliot
	Lowry	Ivy
6	Holmes	Jasper
	Hamilton	Tallulah-Rae
	Brownlee	Molly



NOTICES



REMINDER CHANGE OF MENU ON WBD - THURSDAY 5TH MARCH



Years 1,2,3,4 & EYFS, please remember that there is a change of menu from Caterlink for World Book Day. The menu was sent home earlier this week. Please order in the normal way through your child's ScoPay account.



No dogs
except guide dogs

Please may we remind you that **no dogs** are allowed on the school site, except for guide dogs.

Thank you for your understanding.

KEEPING OUR CHILDREN SAFE ONLINE

We hope that you found last week's guide useful. As always, we will be sending this week's guide as a separate pdf and the picture below is also a link to the website.

This week's guide explains all about **'Using technology to boost reading skills'**.

Please take the time to read through all the tips that will help to ensure that your children are safe online.



WORLD BOOK DAY REMINDER



To support this event, children are invited to come to school dressed as their favourite book character. This can be a character from any book they enjoy. Costumes do not need to be expensive or complicated – simple, homemade outfits are absolutely encouraged.

Please see below for our top tips on creating 'simple' costumes for this event.

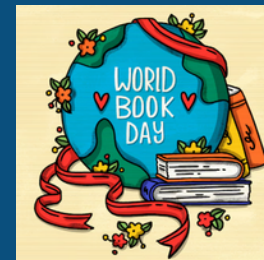
SEND PARENTS' EVENINGS



A reminder that if you have any concerns about your child's learning, Mrs Blake will be available on **Tuesday 10th March 9-5pm** and **Thursday 12th March 9-5pm**.

Please book an appointment through the school office.

WBD EXTRA READING SESSION



In continuing our support for World Book Day on **Thursday 5th March 2026**, we would like to invite you in for an **extra reading session** with your child on this day at the usual time of **8.35 - 8.55am**.

We will also be holding our usual Wednesday session too. You are welcome to come to one or both sessions to read with your child.

We felt that it would be lovely for you to be able to share a book with your child on the day that we are celebrating reading in school.

BOOKSY BEAR WINNERS



The KS1 class with the most children who have read 4 times or more at home is **Austen Class**

They will keep Booksy Bear in their book corner this week.

A huge well done, **Austen Class!** We are incredibly proud of you all!



PASTORAL TIP OF THE WEEK



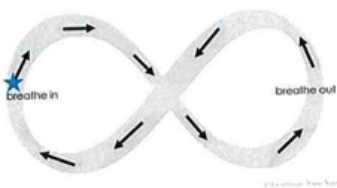
14. Coping with your child's big emotions Pt 3.

We hope you all had a fun-filled half-term break and managed to discuss the 'Zones of Regulation' with your child. Here are some helpful tips on how to use the zones and teaching your child to begin to manage their big emotions.

- It is important to take care of yourself before attempting to support your child.
- Children often match and reflect our own energy so try and stay calm.
- Ensure your own body language, facial expressions, voice and demeanor are gentle and supportive before addressing a child's distress.
- Practice calming and regulation strategies when calm or in the 'Green' zone.
- Praise and encourage your child to share their feelings.
- Look out for signs to catch escalating emotions early (don't wait for the yellow zone to tip into the red zone).
- If your child has reached the red zone, try using these grounding techniques or breathing exercises as a way to distract them.

BREATHING TECHNIQUES

Lazy 8 breathing



Star breathing



GROUNDING TECHNIQUES

Colours & Shapes

Find 5 items in the room which are a certain shape or colour (eg. 5 items which are square). Try to find things that are not too obvious, or things you haven't noticed before.

5,4,3,2,1

👁️ 5 things you can see,

👋 4 things you can touch,

👂 3 things you can hear,

👃 2 things you can smell (or like the smell of),

👅 1 thing you can taste (or like the taste of).

ABCD...

Think of a subject and name something to do with that subject for each letter of the alphabet (eg. name animals: ape, bear, cat...)

Flow activities

Flow activities take our full attention, we "lose ourselves" in them and don't notice the time passing. Some examples: drawing, colouring, reading, watching TV, playing music

CONGRATULATIONS



AMELIE

Over half term, Amelie entered the Portsmouth Festival of Performing Arts and came 3rd for her age group, in her dance category. She also sang 'Perfect Nanny' from Mary Poppins on stage.

Wow Amelie! Two fantastic achievements! We are all incredibly proud of you here at Copnor Primary School.

Thank you for sharing your achievements with us all.



CONGRATULATIONS



PENELOPE



Penelope performed at the Berry Theatre, on the 15th February, in two shows as Lavender from Matilda. She was incredible!

Well done Penelope! What a fantastic achievement performing in front of all those people in the audience confidently and professionally! Two shows in one day too!

We are all very proud of you here at Copnor Primary School!

Keep up the fantastic acting!

CONGRATULATIONS



LOGAN & TRINITY

Over the half term, both Trinity and Logan attended Portsmouth Performing Arts Festival and competed in multiple dance sections.

Both Trinity and Logan placed 1st in their Musical Theatre Trio and 1st in their Musical Theatre troupe.

Trinity also placed 2nd in Greek solo and 2nd in her Tap Troupe.

Logan also placed 2nd in Musical Theatre solo and 1st in his Musical Theatre duet.

Wowers! What a fantastic set of achievements Logan and Trinity!

We are all incredibly proud of you!



CONGRATULATIONS



TESS



In half term, Tess won the Sutherland Rule cup for her folk song at the Portsmouth Festival of Performing Arts.

In addition, she then came 1st place in her Musical Theatre performance, and 1st place in her Tap dancing at Chichester Festival of Music Dance & Speech, qualifying with both to compete at the All England Regional Finals in May.

Well done Tess - what an absolutely amazing set of achievements. We wish the best of luck in the Regional Finals in May and look forward to hearing how it went.

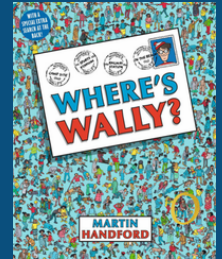
We are all really proud of you!

WORLD BOOK DAY COSTUMES TOP TIPS!

As many of us are parents ourselves, we appreciate the time and effort needed to create a World Book Day (or any other special day) costume for your child or children! Therefore, we have put together a few ideas of simple costumes that you may find useful for next Thursday! Alternatively, there are many other ideas to be found in a simple search on the internet! We hope that you find these useful:

Top Tips

When helping your child choose what to wear, start with the book.
Pick a book your child is happy to talk about.
Use items you already own, such as tracksuits, T-shirts or pyjamas.
Add one simple detail to show the character, setting or idea from the book.
Focus on comfort so your child feels confident on the day.
A small prop or label can say just as much as a full costume.



Costume Ideas

- **Where's Wally:** Red and white striped top, beanie hat, and glasses.
- **The Tiger Who Came to Tea:** A striped top/jumper, paired with tiger ears on a headband.
- **George's Marvellous Medicine:** A dressing gown, pyjamas, and a large spoon or bottle.
- **Harry and the Bucketful of Dinosaurs:** Blue top, jeans, a bucket, and some plastic dinosaurs.
- **The Witch (Room on the Broom/Meg and Mog):** Black clothing, a homemade cardboard hat, and a stick.
- **Charlie Bucket (Charlie and the Chocolate Factory):** Everyday clothes with a homemade "Golden Ticket".
- **Matilda:** A blue dress, a red ribbon in hair, and a stack of books.
- **Burglar Bill:** A striped top, a black eye mask (can be drawn on), and a swag bag.
- **Mary Poppins:** White blouse, black skirt, hat, and an umbrella.
- **Harry Potter:** School uniform/black clothes, stick for a wand, drawn-on scar, and glasses.
- **Stick Man:** Brown clothes with stick props.
- **The Very Hungry Caterpillar:** A green outfit with red paper headband and painted green circles.
- **The Diary of a Wimpy Kid:** A white T-shirt, black shorts, a backpack, and a drawn-on "diary" prop.
- **The BFG:** A white shirt, brown trousers, and a homemade waistcoat or dream jar.



We also thought that this YouTube Short had some good ideas!

Click on the Dog Man picture to follow the link!

