

NEWSLETTER

A WELCOME MESSAGE

As we reach the penultimate week of what has been a long half term, both children and staff are certainly beginning to feel tired. However, it has been wonderful to see everyone continuing to work hard, show resilience and make the most of every learning opportunity.

It has been another great week in school, filled with fantastic learning and achievements, and we have also been delighted to welcome more new children and their families who will be joining our school community in the future.

There is still plenty to look forward to next week, including Year 5's Bikeability programme and Year 2's exciting trip to Marwell Zoo.

Thank you for your continued support as we head towards the half-term break.

Matt Johnson
Headteacher



QUOTE OF THE WEEK



"In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson."

Tom Bodett

UPCOMING EVENTS

Next week

All week - Year 5 - Bikeability



19th - Year 1 - Spirit of the Wild Visit

20th - Year 1 - Marwell Trip - Field Class

21st - Reading in Class - 8.35 - 8.55 your weekly opportunity to read in class with your child.

New Entrants - Open Afternoon 1.30pm

22nd - Year 1 - Marwell Trip - Gravett Class



23rd - Year 1 - Marwell Trip - Adeola Class

WEEKLY HIGHLIGHTS



It has been another busy and successful week at school. Our girls' football team impressed us all by reaching the Portsmouth Schools Under 11 Girls' Plate final, Year 4 enjoyed a fantastic Science Morning exploring electrical circuits, and we were delighted to welcome more of our new entrants and their families to the school. Year 1 also proudly shared their wonderful work at their Messy Maps exhibition, alongside all the fantastic learning taking place across the school every day.



NOTICES



SEND PARENTS' EVENING



In addition to the parents' evening appointments with your child's class teacher, SEND parents' evening appointments will be available on **Tuesday 10th November** and **Thursday 12th November** between **8:30am and 5:30pm**.

These appointments provide an opportunity to discuss your child's individual needs, progress and support in school with the SEND team.

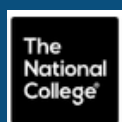
We encourage parents and carers of children with SEND to book an appointment if they would like additional time to talk about their child's provision and development. These appointments will need to be booked via the admin office.

KEEPING OUR CHILDREN SAFE ONLINE

We hope that you found the last 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. (You will need to create an account to access the guides on the website)

This week's guide explains all about 'How to manage what your child watches on TV'.

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



REMINDERS



PARENTS EVENING

Parents' Evening appointments can be booked now through the Arbor Parent App and will be available until **Sunday 18th October 2026 at 6:00pm**.

FLU IMMUNISATIONS



The School Immunisation team will be visiting the school on **Monday 16th November 2026** to deliver the National Flu Immunisation Programme to children from Reception to Year 6.

The deadline for completing the form is **Wednesday 11th November 2026**. If you have not received the email about this, please contact the school office. If you have any problems completing the consent form online, please contact the School Aged Immunisation Service on 0300 123 5074.



YELLOW - SIBLING PHOTOS

Reminder to complete the online form by **midnight Wednesday 21st October** if you would like a sibling photo taken on **Tuesday 3rd November**.

CHANGE OF MENU -CATERLINK

Caterlink have provided a new Autumn/Winter menu starting **Monday 2nd November 2026**. This is available to view on our website and is also attached to the newsletter.

Children who have special menus have already been contacted by the office.

Please continue to email **admin@copnorprimary.co.uk** before 9:00am each Monday morning with your child's meal choices for the week.

Children who have an allergy and are waiting for a special menu to be provided by Caterlink can choose either a jacket potato from the main menu or bring a home packed lunch to school. They will be unable to have any other meal choice from the menu.

ATTENDANCE

	Mary Rose	Victory	Alliance	Warrior
KS1	97.68%	95.34%	95.02%	93.12%
KS2	94.57%	96.97%	97.14%	96.19%

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	266	172	260	266
Total	2389	1803	2205	2279

Congratulations to **Mary Rose & Warrior** houses, the joint 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 keeps trying, even when learning feels difficult**.

Year	Class	Golden Child
EYFS	Donaldson	Kai
	Gray	Alaya
	Hendra	Alice
1	Adeola	Leo
	Field	Artemis
	Gravett	Kash
2	Nightingale	
	Pankhurst	Ivy
	Seacole	Florence
3	Fender	Hudson
	Hill	Ida
	Styles	Eden
4	Atkinson	Amelia
	Elba	Eva
	Watson	Imogen
5	Banksy	Reggie
	Blake	Arez
	Hockney	Eliza
6	Brownlee	Maigen
	Hamilton	Maya
	Russo	Caleb

BOOKSY BEAR WINNERS



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

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

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



KS2 READING WINNERS



The KS2 class with the most children who have read 4 times or more at home is **Styles Class**.

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

Keep up the great reading!



PASTORAL TIP OF THE WEEK



Tip no. 7 - Supporting children through worries and anxieties

For our children, anxiety often manifests as physical complaints (like stomach aches), school refusal, or repetitive questions about safety and schedules. At this developmental stage, the most effective supportive tools are highly visual, creative, and playful.



Creative Tools to Try at Home

- **Create a "Worry Box"**: Decorate a shoebox together. Have your child draw or write down their worries on slips of paper and lock them in the box to look at only during a designated, limited "worry time" each day.
- **Externalise the anxiety**: Help them view the anxiety as an outside entity rather than a part of who they are. Give it a funny name like "The Worry Monster" or "Mr. What-If" so you can team up against it.
- **The "Balloon" breathing trick**: Ask them to imagine blowing up a giant, colourful balloon in their belly, holding it for a second, and then slowly letting the air out with a long whoosh sound.

Actionable Coping Strategies

- **Draw a "Fear Ladder"**: Break down scary situations into tiny, manageable steps. If they are scared of going to a birthday party, step 1 might be looking at the invitation, step 2 driving past the venue, and step 3 staying for just 15 minutes.
- **Establish a "Bridge" routine**: If school drop-off causes separation anxiety, give them a physical transition object to hold onto, like a small token, a drawn heart on their wrist, or a special pocket charm that matches yours.
- **Keep a predictable routine**: Visual timetables on the fridge showing the weekly schedule help children feel in control, as they can clearly see who is picking them up and what comes next.



GIRLS' FOOTBALL SUCCESS

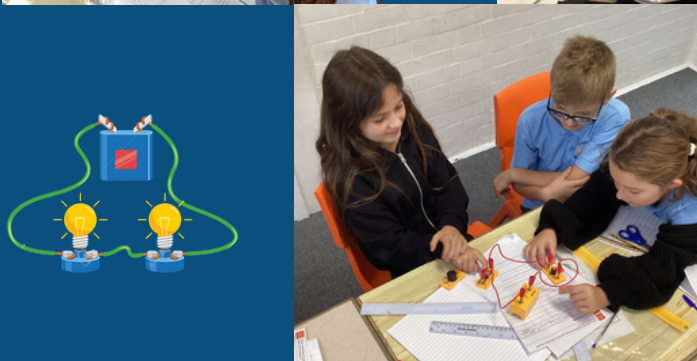


After finishing fifth in the league, our Under 11 Girls' Football Team qualified for the Portsmouth Schools Under 11 Girls' 2026 Plate competition. The team played exceptionally well throughout the tournament, showing great determination, teamwork and skill on their way to the final. After a closely contested match, they were crowned runners-up following a narrow 2-1 defeat.

We are incredibly proud of their achievement and would like to thank Mr Ball and Mr Richardson for their support, encouragement and dedication to the team.

YEAR 4 SCIENCE MORNING

Year 4 enjoyed an exciting Science Morning where they explored how to make a complete electrical circuit. The children investigated what was needed to make bulbs light up and then carried out experiments using different materials to discover which were electrical conductors and which were insulators. It was a fantastic hands-on experience that helped bring their learning to life.



YEAR 1 MESSY MAPS EXHIBITION

Year 1's Homework Exhibition was a resounding success this afternoon with the majority of children bringing in a map that they had made at home. The classes enjoyed time looking at all the maps made. A huge thank you to all the Year 1 parents who came to the exhibition and spent time talking with the children about their home learning, it was great to see so many smiling faces this afternoon. Look out for photos on our Instagram page!



FREE ONLINE

SEMINAR

Parenting During the Deployment Cycle

Strategies and tips for parents

Thursday 22nd October 2026
7.30-9.00 pm

Book a place by emailing info@sfrtrust.org.uk



Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad



Prospective Year R families are invited to join us for our

Open Morning Tours 2026

October

Wednesday 21st
1.30pm

November

Friday 13th
1.30pm
Wednesday 18th
6pm
Monday 23rd
9.30am

December

Friday 11th
9.30am

All welcome! Please book online.
www.copnorprimary.co.uk/new-enrants/



INTERNATIONAL WALK TO SCHOOL MONTH



This October, children around the world are celebrating **International Walk to School Month**. The campaign celebrates the benefits of walking, wheeling, cycling and scooting to school, helping children stay active, connect with their community and enjoy the journey to school.

Exercising first thing in the morning helps children build healthy habits and it can also support wellbeing. From spending quality time with family to meeting friends along the way, the journey to school offers valuable opportunities to connect with others and feel part of the local community. Walking and wheeling can also help children arrive at school feeling refreshed, focused and ready for the day ahead.

To help families get involved, Living Streets has created a free **Autumn Street Safari**, packed with fun activities to complete on the school run or during a family walk. Children can explore their neighbourhood, spot signs of autumn and tick off seasonal challenges along the way.



Just click on the **Autumn Street Safari** to be taken to the activity.

Click on the **Living Streets** icon to find out more about the event and the chance to win a Sprite Neochrome scooter worth £139.95



OTHER NOTICES



OCTOBER HALF TERM TENNIS CAMP
PLAY • LEARN • GROW

26TH OCTOBER – 30TH OCTOBER

SOUTHSEA TENNIS CLUB
CLARENCE ESPLANADE
PO5 3PB

AGES 5-12 | **TIME 9AM-12PM** | **PRICE £18.50 PER DAY**

A SPOOKTACULAR WEEK OF TENNIS, FUN & FRIENDS!

TO BOOK
JBTENNISCOACHING.CO.UK

There are lots of exciting half term activities on this page! Click on the flyers to be taken to the websites for more information.



HAF FUN POMPEY

HOLIDAY ACTIVITIES & FOOD!

FREE

HOLIDAY SESSIONS
AUTUMN ADVENTURES

FOR 5-18 YEAR OLDS
IN P01-P06
THROUGHOUT OCTOBER HALF-TERM
OPEN TO LOW-INCOME FAMILIES

CLICK TO BOOK



HALLOWEEN FAMILY DAY

Free Entry ALL DAY

Halloween Family Day at Tudor House & Garden



FREE MULTI-ACTIVITY HOLIDAY CAMP
This October Half-Term

COLOURBURST
Multi-Activity Holiday Camp

At The Portsmouth Academy

FREE for families receiving Benefits-Related Free School Meals or Universal Credit who qualify for Expanded Free School Meals.

10:00am - 3:30pm | **For ages 4 - 12**

Mon 26, Tues 27, Thurs 29 & Fri 30 Oct

Battlezone Archery | **Pedal Karts** | **Pop-Up Street Dance Camp**

SCAN THE QR CODE TO FIND OUT MORE

Active Holidays



What's on
September - December 2026

SEACITY MUSEUM | **SOUTHAMPTON CITY ART GALLERY** | **TUDOR HOUSE MUSEUM**

OCTOBER HALF TERM

Wizard School (6yrs+)
Mon 26 & Tues 27 Oct | 10.30am, 12pm and 1.30pm | Tudor House | £8

Art for All: Spooky Portraits! (5 yrs+)
Wed 28 Oct | 10.30am, 12.30pm or 2.30pm | Art Gallery | £8

Art for All: Bats on Bags Printing Workshop! (4 yrs+)
Mon 26 Oct | 10.30am, 12.30pm or 2.30pm | Art Gallery | £8

Hands on History: Frightening Folklore (6yrs+)
Thu 29 Oct | 10.30am, 12pm | Tudor House | £8

Art for All: Clay Pumpkins (4yrs+)
Thu 29 Oct & Fri 30 Oct | 10.30am, 12.30pm or 2.30pm | Art Gallery | £8

Art for All: Autumn Watercolour Vignettes (7 yrs+)
Tue 27 Oct | 10.30am, 12.30pm or 2.30pm | Art Gallery | £8

CULTURE CLUB for kids
Mon 26, Tue 27, Wed 28 Oct
9am - 4pm | SeaCity | £35, £90 for all three days
Get creative, explore our collections and learn new stuff while making really cool things at our themed activity days! **Our theme for October Half Term is Spooky Autumn!**

See our "What's on" brochure or venue websites for details on workshops and to book
seacitymuseum.co.uk | tudorhouseandgarden.com | southamptoncityartgallery.com