

# CPS Newsletter

## 20<sup>th</sup> December 2024



### A message from Mr Kilsby

Hopefully, you were aware of the invitation to meet with members of the school's Governing Body during the Parent Consultation Evening earlier this term. Certainly, the governors enjoyed the chance to discuss the role that they have in supporting the school; as well as hearing parents' experiences of the school and noting any concerns or questions they may have had.

The wide-ranging questions included wanting to know more about our extra-curricular provision, the organisation of lunchtimes, and the support we provide for pupils where English is an additional language. A number of parents were also keen to understand the rationale behind some of the school's policy decisions, such as the seating arrangements in classes and how we promote good attendance.

All of the questions have been considered by the school's SLT, and detailed responses have been sent to the governors, who will be feeding them back to the relevant parents.

The process has helped reinforce the importance of ensuring that parents and carers are clear about the various ways they can find out more about how (and why) we do things the way we do. This could involve talking to the school leaders face to face on the gate at both ends of the school day; emailing the Office ([office@cottenham.cambs.sch.uk](mailto:office@cottenham.cambs.sch.uk)); or through making contact with the school's governors (who are currently considering how to ensure that they are a visible presence at a range of school events).

It has also provided a timely nudge that many of our parents and carers may not understand the emphasis we place on ensuring that every aspect of our educational offer is carefully considered so that it gives us the best chance possible to equip the children to become knowledgeable, considerate, tolerant and happy young people; who are all on the way to finding their voices in this world.

### Tier 2 Vocabulary

Please be aware that the following Tier 2 vocabulary is currently being shared and taught across the school:

EYFS	Perhaps; Wonderful; Celebrate
Year 1	Snuggle; Grimy; Careful
Year 2	Caution; Temptation; Scatter
Year 3	Shattered; Lazily; Chaos
Year 4	Remote; Contained; Impression; Rightful; Suspect
Year 5/6	Thunderous; Hesitant; Horrified

*NB., For Tier 3 Vocabulary, please refer to your child's Knowledge Organisers*

### Coming up...

- 20<sup>th</sup> December, 2024:** End of Autumn Term (2pm)
- 6<sup>th</sup> & 7<sup>th</sup> January, 2025:** Professional Development Days (children not in school)
- 8<sup>th</sup> January, 2025:** Start of Spring Term (children return)
- w/b 13<sup>th</sup> January, 2025:** Healthy Schools Week
- 9<sup>th</sup> January, 2025:** EYFS Open Day (details to follow)
- 27<sup>th</sup> January, 2025:** Parent Helper Induction session (14:15—15:00)
- 27<sup>th</sup> January, 2025:** National Child Measurement Programme (EYFS and Year 6)
- 4<sup>th</sup> February, 2025:** 1/2HR and 1/2SR visiting All Saints Church
- 5<sup>th</sup> February, 2025:** 1/2GT, 1/2TO and 1/2LW visiting All Saints Church
- 6<sup>th</sup> February, 2025:** House Day (details to follow)
- 13<sup>th</sup> February, 2025:** Special Menu, 'Forever Friends'
- 11<sup>th</sup> & 13<sup>th</sup> February, 2025:** Parent Consultation Evenings (15:30—18:00)
- w/b 17<sup>th</sup> February, 2025:** Half-term
- 6<sup>th</sup> March 2025:** World Book Day (details to follow)
- 19<sup>th</sup> March, 2025:** Year 6 SATs Information Evening (18:00)
- 21<sup>st</sup> March, 2025:** Red Nose Day
- 26<sup>th</sup> March, 2025:** Music Concert (details to follow)
- 4<sup>th</sup> April, 2025:** Break up for Easter (14:00)
- 22<sup>nd</sup> April, 2025:** Start of summer term
- 5<sup>th</sup> May, 2025:** Bank Holiday

Here are the weekly themes that we are constantly striving to develop across the school:

- Respect Your Community
- Be The Best Version of You
- Be a Manners Monster
- Never Give Up
- Be a Word Warrior

### Assembly Music

Recent music in assemblies has included: "The Circle (Acoustic Version)" by Ocean Colour Scene; "Christmas (Baby Please Come Home)" by Darlene Love; "Stay Another Day" by Ella Henderson; and "Must be Santa" by Bob Dylan.



For the latest information about what is happening in school, why not follow us on X (formerly Twitter) at [@cpsprimary](https://twitter.com/cpsprimary)?

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## Information From NHS Pharmacy Services

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment, where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may mean that we can help children feel better and get back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service.

There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

- **Earache** (aged 1 to 17 years)
- **Impetigo** (aged 1 year and over)
- **Infected insect bites and stings** (aged 1 year and over)
- **Sore throats** (aged 5 years and over)
- **Sinusitis** (aged 2 years and over)
- **Uncomplicated urinary tract infections** (UTIs) in women (aged 16 to 64 years)
- **Shingles** (aged 18 and over)

## **Goodbye, Goodluck and Thank-you to Mrs Bowstead!**



After two years as our PE Lead, Mrs Bowstead is moving on to pastures new.

Under her tenure, the profile of PE at CPS has continued to grow, with more and more children experiencing a range of sporting opportunities, including the thrill of representing the school.

I am delighted to inform you that Mrs Kenward will be taking on the responsibility of leading PE at CPS and I know that she will be championing the rich tradition of sport at Cottenham Primary School.



# What Parents & Carers Need to Know about

# GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.