NEWSLETTER



February 2024



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Headmistress's Message

Dear Parents

Welcome to our February Newsletter. It has been an incredibly busy few weeks with trips, visitors and events.

Across the school, we have been learning about the importance of internet safety and children's mental health. We have also celebrated Chinese New Year and Mad March Hair Day; it was wonderful to see the children's creative styles.

The House Quiz was a fantastic event, enjoyed by all the children. The Year 6 House Captains, the staff Head of Houses and Mrs Jones all did a great job in running it and there are more exciting House competitions planned for later in the term.

The run up to Easter is looking very busy and exciting too with school trips, visitors, class assemblies and workshops.

Kind regards

A Doherty

Mrs Doherty

Special WW2 Visit from Mr Gray

Year 3 were thrilled to listen to Mr Bernard Gray, Eloise's Grandfather, telling us about his experiences of WW2. The children asked questions and learnt many different facts. They got a sense of what it must have been like to live through the war.

In 1944 he was evacuated to Devon. He remembers his father taking him and also coming to visit him . He doesn't remember the people he stayed with, so he feels that they must have been nice, because it was far more likely if they hadn't been he would have remembered!

One of his most vivid memories is going down to the beach in Devon and seeing the barbed wire emplacements lying low along the beach. Before he was evacuated he clearly recalls sleeping in Anderson shelters, and how, when it rained the floor would be flooded. He also experienced sleeping on



underground train platforms. This was no fun either, not only were they very crowded but on the platform it always felt like you were trying to sleep in a draught! There were many sounds during war time that you had to be really aware of: the sound of the piercing siren, the V1 doddle bomb and the distinctly different sound of the V2 bombs. The children carefully handled a model of a V1 that Mr Gray had carved himself and a replica of an incendiary bomb. He remembered that his home had been struck by an incendiary bomb, but fortunately it had rolled off the roof and onto the path where it exploded! The children also had a chance to look at a naval compass which had been used during WW2.

Mr Gray spoke about how food and clothes were rationed. He felt fortunate that his family were able to cultivate a vegetable patch so that they could supplement their food. They also kept chickens so they were lucky to have more eggs! You could also get seagulls eggs during the war - which were horrible and tasted very fishy! Mr Gray told the children he did not have a sweet until he was about 9 or 10! The children found this unbelievable, emphasising Mr Gray's feeling when he said, "Freedom is something that we all take for granted. We can have whatever we want, when we want it now, which is something we don't even think about."

The children found the real-life experiences of Mr Gray fascinating and they were really interested. It was wonderful to have the opportunity of listening to someone who had experienced what it was like to live during this turbulent time.

Mrs Butler Gives An Assembly on Internet Safety



www.coopersalehallschool.co.uk

On Safer Internet Day the children gathered into the hall and listened to Mrs Butler's assembly on the importance of internet safety.

Mrs Butler reminded the children how they can stay safe online, with examples such as 'Ask before downloading something new' and "where the block and report buttons are". They can ask family, teachers and club leaders for support when it comes to navigating the internet.

"How Does The Internet Work" by Jack in 6Z

The children in KS2 gathered together for an assembly which was hosted by Jack in 6Z who is the Head of Technology. His assembly was on "How does the internet work?"

He presented his information as a PowerPoint that he had put together and discussed the different types of computers that are available. His lively presentation asked the children to think about how information gets to or from our computers and what language these different types of computers use to identify each other. He clearly explained how all the computers on the internet know about each other – just like children at school – everyone knows each other either directly or through someone else.



Everyone was fascinated to learn that the information sent by computers is sent by underwater cables connected around the world. Also that information is broken up like a jigsaw and sent by the cables to its destination in small packets because it is easier and faster to manage smaller packets of information to reach its destination. The packets of information don't even have to take the same route to get finally get put together for us to access. This is really fortunate as Jack told everyone that sharks have been known to eat these cables! The children had the opportunity of asking Jack any questions on his presentations - which he was pleased to answer.

Year 4 Investigate the Waterway on Flux's Lane

Year 4 have been learning about rivers so the children went to look at Cobbins Brook at the bottom of the lane near our school. They noticed how clear the water was in some parts, how fast the stream flowed in places and how the brook meandered and became deeper. It was interesting to see the wildlife such as birds and squirrels surrounding the banks and along the length of the brook. The children were also lucky enough to witness a horse rider walking along the bottom of the lane by the brook!





Children's Mental Health Week

During this Children's Mental Health Week, Coopersale Hall School is here to remind you of the theme this year which 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. If you ever find yourself struggling or feeling overwhelmed, don't hesitate to reach out for support. We encourage you to ask for help. Whether it's from a teacher, a parent, a brother, a sister, or any other family member, know that there are people around you who care deeply about your well-being. As a Group, we know the importance of Mental health. We have created a short video that highlights the essence of empowering voices.

Valuable Tips:

- Be Kind to Yourself: Embrace your uniqueness. You are perfect in your own way. Treat yourself with the kindness you deserve.
- Stay Calm: When the world feels overwhelming, take a moment. Breathe deeply, find a quiet space for just two minutes. Inhale courage, exhale doubt.
- Get Moving: Exercise has a magical way of making you feel stronger, both physically and mentally. Head outside, take a walk, and let the fresh air invigorate your spirit.
- Connect with Loved Ones: Your family and friends are pillars of strength. Spend time with them, share your thoughts, and let their support uplift you.
- It's Okay Not to Be Okay: Life is a journey of ups and downs. Accept that not every day will be perfect, and that's perfectly okay. Embrace your emotions.
- Keep a Diary: Writing can be therapeutic. Keep a diary to track your thoughts and reflect on your journey. It's a personal space for self-discovery.

The children have been surprisingly good at thinking of ways to promote better mental health. Here is what Year 1 come up with:

- Take deep breaths
- Meditation
- Having a cuddle with mummy or daddy.
- Cuddling a pet
- Exercise
- Play-time with friends

Some children find it difficult to articulate their thoughts and feelings. Others, sometimes just want to be heard – **not fixed** – just to be listened to and their feelings acknowledged.

Please see below for some top tips from Place2Be a mental health organisation, to help start the conversation with your children:

https://www.place2be.org.uk/about-us/childrens-mental-health-week/

Join us in making a difference this Children's Mental Health Week. Together, we create a world where the voices of our young leaders shape a brighter, more inclusive future.

Pupil Spotlight - Isabelle & Abigail

We are delighted to celebrate the achievements of Isabelle and Abigail, who have proudly showed us a few medals they have been awarded for their skiing. Isabelle answered a few questions for Coopersale Hall School.

When did you start to ski?

I am really lucky as I have been skiing since I was 2 years old. My family and I enjoy spending time in France skiing and we go often so I am pretty good at it.



How did you get your "Mountain Mouse" medal?

We had to do a few different things to get this award. We had to learn to put our legs out and stop properly, we also had to go up a little mound and drop down, keeping upright on our ski. There are some more skills that you have to do to get the medal so it was lovely to get it. I do have many more medals but these are my most recent.

What kind of ski runs do you use?

When we ski now we use the dark blue and red runs. They are really fast and I enjoy racing my sister and seeing who gets down first happy and safely.

Do you enjoy doing any other related sports?

At the moment we do ice skating a lot. I go with my sister and we are pretty good at this, because we have been going for a while. We think that balancing on the blades helps us when we are skiing. I would really love to learn snowboarding because it looks such fun! I found sledging good fun and sometimes when we go skiing we will spend some time doing this. I think that this is a sport that I will always do because it's a lovely thing our families does together.

Chinese New Year 2024



The Year of the Dragon in 2024 is associated with the element of Wood. The combination of the animal sign (Dragon) and the element (Wood) designates the year as the Year of the Wood Dragon. The Lunar New Year began on 10 February in 2024.

Vikki and her team decorated the hall to commemorate the beginning of the new year in the traditional lunisolar Chinese calendar.



The children in the KS1 Art club have also enjoyed decorating their own Chinese lanterns and they have been displayed in the library for everyone to admire.

We wish you and your family abundance, prosperity, and good fortune in the Year of the Dragon.

Celebrating Achievements - Jack 6Z

We are thrilled to celebrate Jack in 6Z achieving his medal for coming 1st in his recent squash competition - becoming the Under 11s West Essex Squash Champion winning 5 out of his 6 games.

How long have you been playing squash?

I started learning to play squash when I was at the beginning of Year 5. I am now half-way through Year 6.

Where do you play?

I am a member of the Woodford Wells Squash Club and I play every Saturday for an hour but usually I play for longer.

What do you find inspiring about playing?

There are so many different strokes you can do playing this game and I really feel that there is so much that I have yet to learn. I really enjoy this challenge. It is a game that keeps you fit and quick on your feet.

Do you think you will be enjoying this sport for a long time?

The club is really friendly and the children in my group are all around my age, which is really great. It is nice to meet new people that share the same passion.

I am planning to go into more competitions in the future and I hope that I just keep improving my game. It is a great game to play, but not such fun to watch!

Coopersale Hall School wish Jack every success for his future games and feel that it is wonderful that he has found a sport that he enjoys, allows him to meet new people and also inspires him to keep learning.



Upper Kindergarten Cambridge enjoyed their most recent maths session. The children had numbered keys and had to match them with the correct number of dots on the locks. They had great fun learning to



identify the correct combinations.

Upper Kindergarten C Foam Fun



As part of our topic on Our Five Senses, the children had fun exploring the texture of shaving foam mixed with a little red paint. They all came up with super descripted words, such as slimy, wet, soft and slippery.

Well done UKC.



Year 7 Discuss & Consider Internet Safety

Year 7 were visited by Mr Matthew Southgate from 39D today to discuss the importance of Internet Safety. Mr Southgate is in the IT business and he helps a variety of customers with ensuring their data is safe, fire walls are working and his company deals with any problems that may arise.

Living in a digital world you can now complete your banking, shopping, online video conferencing, social networking, gaming, entertainment and communication through emails etc therefore there are many potential ways that you can be scammed if you are not vigilant.

Mr Southgate considered many ways that you can slowly become scammed and exampled "social engineering" where you have been sent a text stating that your friend has lost their phone, used another phone to ask you to perform a random task for them. Over time these tasks may get bigger and bigger and then eventually you are sending them a £500.00 Amazon voucher which they can redeem and get the money put into their accounts.

Signing up for an app may lead to opening a virus into your account which is used to track the time of day when you generally go into your account. Harvesting this information from you will enable your account to be bombarded by a lot of spam at this time!

Is it possible to really make friends when you are playing a game? Can you be sure when you are asked for a friend request on Facebook that it is a person who you know? Should you share pictures of your passport The Year 7s considered these questions and contributed their personal experiences and awareness. They were often puzzled as to why people would share such personal information about themselves.

Mr Southgate presented them with a situation - a lady shared a picture of herself in the office celebrating her 50th. Within an hour of posting, he had to request that she either cropped the picture or took it down - as there were 5 CVs on her desk that showed personal information. This is a serious breach of data protection. It was amazing that such a simple act without malice could be used by scammers to obtain details that are very personal. Whatever is shared online will be there for an extremely long time so think very carefully what you post, what you share and what apps you choose to use. Always consider your choices carefully and continue to ask a trusted adult for guidance and assistance.





House Quiz

On Friday we held a House Quiz in the hall. The House Captains, Sophie, Defne, Georgina and Evie have been preparing all term, sharing ideas, planning the questions and making posters.

We started with the KS1 quiz, Oak, Beech, Chestnut and Willow houses were split into four teams, each with a helper from Year 6. The House Captains asked the questions. Each set of questions had been set by the class teachers in Year 1 and 2 and there were some tricky questions like: "Who invented the telephone?" and "What is the name of Miss Crick's dog?". There were also picture rounds, a rhyming round and a map reading round.

We finished the quiz with a bonus round, where two children from each house were selected to go onto the stage and see who could write down the answer to some extremely difficult questions fastest.

It was a very competitive quiz, with Oak house declared the winner.

The KS2 & 3 quiz followed, the KS2 & 3 teachers had set some very challenging questions, such as: "Which country was Picasso born in?", "Who inspired Roald Dahl for the character The BFG?", "What is the difference between a food chain and a food web?" and "Name the line of latitude that appears at 23 degrees south". There were also picture rounds, a map reading round and a very difficult Maths and Science round.

In the bonus round one child from Year 3, 4, 5, 6 and 7 came up to the stage to see who could answer the fastest and were asked quick fire questions on a variety of topics, including French, maths, spelling, history, music and geography. Whilst we were waiting for the quiz totals to be totted up we all sang the Coopersale Hall rap and finally Willow house was declared the winner.

Finally we had the Reception Quiz. The Year 7s and House Captains helped the children write down their answers. The children were asked to find the right picture, spell some rhyming words and some questions on their current learning topic such as "Where does sushi come from?" The children did very well in their first quiz, with Oak and Willow tying for 1st place!

It was a great way to end the half term. Everyone got into the team spirit, with team chants, mascots and posters and cheering on their housemates. Well done to our House Captains for their hard work.

The results were:	Key Stage 2 & 3	Key Stage 1
	Willow 150	Oak 85

Beech 143 Chestnut 77

Oak 129 Beech 76

Chestnut 98 Willow 72

Foundation Stage <u>Overall</u>

Oak 32 Willow 254

Willow 32 Beech 247

Chestnut 30 Oak 246

Beech 28 Chestnut 205





Year 3 World War 2 Assembly

Year 3 have been studying WW2 at great length. They have enjoyed learning about all of the different political aspects which contributed to the war and have made a huge effort to understand why the war began and how it ended. They have taken a great interest into what happened to children during WWII and how they were evacuated. As a result, we based our class assembly on an evacuation scene and a scene from inside an Anderson shelter. The children all worked so hard on their props such as their flags, gas masks, evacuee labels and made sure their costume were appropriate to WW2. Bravo, Year 3!

You all performed and sang so well and brought a tear to our eyes when you sang 'The White Cliffs of Dover'.





Oak-Tree Tag-Rugby Tournament

On Tuesday 6 February Coopersale Hall took part in the annual U11 Oak-Tree Tag-Rugby Tournament at Eton Manor RFC. It was the first time we have held a separate girls and boys competition, and it allowed for more pupils to take part, resulting in some fantastic rugby being played! There were tries galore, magnificent defending skills to remove opposition tags, and excellent sportsmanship on show throughout.

The overall scores were;

Boys Competition:

1st Coopersale - 10 points

2nd Oaklands - 6 points

3rd Normanhurst - 2 points



Girls Competition:

Coopersale - 13 points (+6 try difference) 1st

2nd Oaklands -13 points (+2 try difference)

Braeside - 9 points 3rd

4th Normanhurst - 3 points

Well done to everyone who took part.



Year 1 - Discovering the United Kingdom

During this term Year 1 have been learning about the United Kingdom as part of their topic work. The children have been very creative and engaged in the lessons. The United Kingdom of Great Britain and Northern Ireland is the official title of the state. Wales, Scotland, Northern Ireland and England are often called the Home Nations.

The children have discovered what flower is the symbol of each home nation: England's symbol is the rose, Scotland's is the thistle, Wales' is the daffodil and Northern Ireland is the shamrock. In Art, the children have created these flowers using a range of mediums. We have also been learning about traditional foods that come from each of these countries. The children made scones and enjoyed them with cream and jam to represent England. They enjoyed welsh cakes from Wales and shortbread from Scotland.













Bee Ready Competition

Before half-term Vikki, our chef, and her team invited the children to enter a competition to create a poster showing what hungry bees can feast on when they come out of hibernation. The children needed to consider how bumblebees play such an important role in our food system. Everyone on the team was overwhelmed with the response that they received and thrilled to see how imaginative the children were.

The winners of the competition received a certificate and a flower garden starter kit for their classroom. Their whole class could then nurture the flowers and watch them grow - inside to start with, and then pots can be popped outside from April onward for the hungry bees to enjoy.

Congratulations to the winners – Jack in 6Z, Robyn in 3B, Scarlett in 3G and Lavinia in 1V. The team felt that Teddy in 4G definitely deserved to win the most creative award for his wonderful recreation of bees in a spring garden.









Mad Hair Day at Coopersale Hall





Mad Hair Day was a huge success this year. It was held on Friday 23rd February and the pupils came to school in some totally elaborate hairdos. From noodles to googly-eyed buns, hairspray and a lot of glitter, they all came up with wonderfully wacky ideas, that did not disappoint.

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Early Years & Year 1 FOCHS Disco

All of Early Years and Year 1 had a fantastic time at the disco on Tuesday. They enjoyed lots of fun games, the wonderful magician and using the photo booth. The hall was decorated fantastically. A huge thank you to FOCHS for organising such a great event.















Emilia & Lavinia Perform at Gym Fusion

As part of The Epping Gymnastics Team, Emilia in 5H and Lavinia in 1V have recently performed at Gym Fusion at The Lowry in Manchester. This event is part of the British Gymnastics National Festival Programme and gives gymnasts the opportunity to show off their skills and talents as part of a team in a friendly, fun and noncompetitive environment. The Lowry is an impressive venue with the capacity to seat more than 1,700 people. Both girls discussed their experiences at the event with Coopersale Hall School.

Emilia 5H

Where did you go and who took part in this event?

The venue was in Manchester it was a big place that held lots of spectators. There were lots of different gymnastics clubs taking part. This is a lovely event as everyone who takes part receives a medal. It is a nice opportunity to see other clubs performing and see what outfits they are wearing. It is lovely to be supportive of each other as we all know how much hard work goes into doing these routines.



What did you perform?

Our Festival routine was performed to the song, "Believe in You" and it was tricky to learn but fun to perform. There were a lot of different acrobatic and dance moves. I love it when I am flung into the air and do a bridge swing! You have to trust your team mates

when you are doing these types of moves, they are thrilling to perform and look amazing to watch.

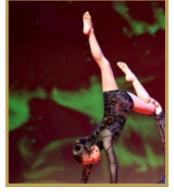
How do you feel about gymnastics and performing a routine?

Sometimes the training time can feel very long – but whenever you have completed the routine or have been a part of a competition it really makes it feel worthwhile. I really do enjoy it and sometimes I work on strength training at home to improve my skills so I think that says a lot about how I feel. It took us quite a while to get up to Manchester, I went with the team on the bus and we were tired when we arrived. We settled down and got into our sparkly costumes, put on our make-up and had our hair styled in this elaborate pony tail with lots of hairbands - then we really felt ready to go and got excited. The team of girls was really encouraging and we got along well and worked hard together. Lavinia is the youngest in our team. I think she is really brave and amazing because she is so young and has come so far. She is definitely courageous and kind-hearted and thinks about making her movements as perfect as she can. The coaches are strict but we understand it is because they want us to really know the routine well and that we perform it to the best of our ability. They are really nice and we do appreciate all the time and effort that they put in to the club.

Lavinia 1V

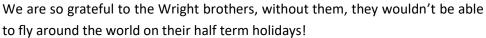
I drove to Manchester with my parents. It did take us a long time to get to this amazing place. I love it when we get into our costumes and have our hair and make-up done. The older girls are really kind and they help us with this. Isla and Lucy in the group are always around to take care of me and I really like them. I think I will do gymnastics for a very long time because there is always something to look forward to. We are always learning something new and improving on the skills we have. My favourite thing to do is the cartwheel – I am really good at these and they are great fun.

It is wonderful how enthusiastically Emilia and Lavinia speak about the girls in the squad. The skills they are learning and the amazing experiences that they are having. The girls are training for up to 11 hours per week - which is a great commitment. Very well done girls this is fantastic keep doing what you enjoy.



Year 2 History - The Wright Brothers

As part of their Famous Inventors topic, Year 2 have enjoyed learning about the Wright Brothers who made the world's first successful aeroplane flight in 1903. After we had learned some interesting facts, we carefully followed instructions to make paper aeroplanes. We flew them in the playground and Max and Olivia's planes travelled the greatest distance!





Year 1V Create Valentines Cards

Year 1V had fun creating thoughtful Valentine's day cards!

We used pink card with a paper insert and cut out coloured hearts of all sizes to make it look like hearts were being blown. Then we finished them off by writing a very sentimental message inside! Well done 1V - they look lovely.



Lower Kindergarten Outdoor Learning

The Lower Kindergarten children really enjoy exploring during outdoor learning. We went on a bear hunt and found the bear hiding in the tree, we have been searching for yellow objects on the school grounds and looking for different bugs in the mud. On our rainy days we get crafty and use different natural materials to make beautiful pictures.







Getting Social Click the images to visit our social media sites.











FoCHS Update

We hope that everyone had a relaxing, lovely break over half term so we can now look forward to Easter and the events we have yet to take place.

Events

What a wonderful turnout to our first event of the Spring term, our Cupid Cuties Mini Disco which was hosted by Moji children's entertainer, we have appreciated the feedback from parents confirming how much fun the children had and we must thank their teachers and teaching assistants for their support.

Behind the scenes we are now planning events for the rest of the school and are already selling tickets for our parent/ carer's Quiz night to be held on 22 March by a professional quiz master so join us for a night of competitive fun with prizes to be had!

Our fabulous Easter baskets are already on display as prizes for the Easter raffle, and we also see the return of the adult's luxury hamper. We hope you have received the tickets by mail which we would appreciate being submitted, if possible, by 15 March, copies of which can be obtained from the school office if required.

Plans are also in place to welcome back the Easter animals experience before the end of the term which is always enjoyed by all the children, so we hope to confirm a date soon.







Second-Hand Uniform

Purchasing second-hand uniform is one more way that we can all do our bit to help the environment and reduce waste, so we really appreciate your support.

Our order form can be downloaded from the school website: https://www.coopersalehallschool.co.uk/coopercontent/uploads/2022/02/CHS-Second-Hand-Uniform-Order-Form.pdf

If you wish to place an order, please hand in your completed form to the school office and we will let you know if the items requested are available. Please do not email any order forms to us. Once your order is confirmed, payment should be made to us electronically using the details on the form.

Our price list can also be found on the school website: https://www.coopersalehallschool.co.uk/cooper-content/ uploads/2022/02/CHS-Second-Hand-Uniform-Price-List.pdf

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We also very much appreciate any donations of good quality, school-branded uniform. Please leave it with the school office and one of our volunteers will collect it. If you have any queries, please do speak to your class rep.

Easyfundraising

Sign up to easyfundraising and you can donate to FoCHS every time you shop online, at no extra charge. Hundreds of retailers make donations and it is simple to sign up:

https://www.easyfundraising.org.uk/causes/fochs

- Yr 3- Rachel Concadoro
- Yr 4- Nicola Wiley & Victoria Moyses
- Yr 5- Rachel Concadoro
- Yr 6- Sarah Cook & Jagdeep Chahil
- Yr 7- Gemma White & Angela Szucs

You can also email us at FoCHS@coopersalehallschool.co.uk or speak to any members of the committee:

Get in touch

If you are interested in getting involved this year, have some ideas or if you simply have a question, we would very much like to hear from you.

Each year group has at least one FoCHS rep and the easiest way to get in touch is to message your year rep on WhatsApp:

LK- Billi M

UK- Eleanor Fawcett, Rachel Concadoro & Sarah Ede

Reception-Susan Tetherton

- Yr 1- Stacey Cummins
- Yr 2- Emma Plant
- Yr 3- Rachel Concadoro
- Yr 4- Nicola Wiley & Victoria Moyses
- Yr 5- Rachel Concadoro
- Yr 6- Sarah Cook & Jagdeep Chahil
- Yr 7- Gemma White & Angela Szucs

You can also email us at FoCHS@coopersalehallschool.co.uk or speak to any members of the committee:

Susan Tetherton (Chair)	Honorary members include:
Victoria Moyses (Treasurer)	
Sarah Cook (Secretary)	Howard Cohen
Louisa Richards	Chris Smith
Stacey Cummins	Adam Konstanciak
Jagdeep Chahil	
Rachel Concadoro	
Nazanin Farhadi	You can also check out our page on the
Frosini Konstanciak	school website:
Kathryn Kumar	https://www.coopersalehallschool.co.uk/
	parents-pupils/parents-association/

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