



A word from Mrs Daniels

Just six sleeps until the circus is in town— please do join us on Sunday if you can! Tickets will be available to collect or buy in the playground later this week.

As always , there has been a lot going on with PE over the past week and I am very grateful to all the staff involved in this, especially Mrs Pateman, our PE Leader. Please see pages 6 and 7 for a round up of all the latest PE news along with news of our new houses.

My thanks to all the Reception parents who joined me, Mrs Rogers and Mrs O'Mahony to talk about behaviour, safeguarding and OPAL last week. There is a cabin coffee morning on Friday 'Five to Thrive' which will be about helping all of our children to develop their resilience. Please join us for a coffee if you can— more details on page 14.

THIS WEEK

Monday 13th Oct

9.15 Governor finance meeting

Tuesday 14th Oct

Year 4 swimming

Wednesday 15th Oct

Year 5 clarinet
Netball

Thursday 16th Oct

Friday 17th Oct

9.00am Cabin coffee morning
Five to Thrive

Sunday 19th October

12—2pm

2—5pm Circus

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Over and Above Awards —Friday 10th October

Reception	Toby Levell	Becki Robertson
Year 1	Jorgi McBride	Margaux Woolfrey
Year 2	Ava Christie	Atlanta Foley
Year 3	Morgan Clifford	Freddie Danks-Burrows
Year 4	Florence Morey	Elsie-Rose Clement
Year 5	Dylan Walker-McKevitt	Mariella Poulakis
Year 6	Otis Bampini	Myles Austin



Calendar for term 1

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
13 9.30am Governor finance meeting	14	15	16	17 9.00 Cabin coffee morning—Five to Thrive	18	19 Circus
20	21 Three workshops for Years 2-6	22	23	24 Staff training day	25	26

Calendar for term 2

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
3 Nov	4	5	6 Individual photos	7	8	9
10	11	12	13	14	15	16
17	18	19 Well being Champion training	20	21 Reports to parents	22	23
24 KS2 poetry work- shop	25 Parent consultations	26 Wayne Dixon—Year 6 'Christmas unwrapped'	27 Parent consultations	28	29	30
1 Dec Year 6 National archives online	2	3 Years 5 and 6 'Matilda'	4	5 3pm Christmas Fair	6	7
8	9 Reception nativity dress rehearsal to the school 2pm Reception nativity for families	10 KS1 dress rehearsal to the school 2pm Rocksteady concert	11 2pm and 6pm KS1 show for families	12	13	14
15 Years 1 and 2 Kenton theatre	16	17 Christmas lunch	18 Reception to Norden Farm 2.45pm KS2 carol concert	19 Last day of term finish at 1.30pm	20	21



OPAL updates

If anyone has any pop up tents that are no longer needed (no pole ones) we would be grateful to receive them for our OPAL provision. Please bring any donations and leave at the door of the OPAL shed. Thank you.



The Golden Boot Award Winners last week were...



Well done to Benji who shows a great deal of kindness to others at lunchtime and won the award for the whole of Year 4 to have an additional 15mins of OPAL time.

Our new houses

Children in KS2 had the opportunity to put forward options for house team names. These were collected in by Mrs Pateman and a shortlist was made which went back out to the classes for voting. The winning house names are:

Ruby
Emerald
Sapphire



I am very grateful to Mrs Pateman for all that she is doing as PE Leader to promote sport and ensure that we are able to attend as many events as possible.

It isn't always easy to travel to and from events and to staff then and so I am very grateful to the whole staff team for being so flexible as well as to all the parents who support with lifts—thank you!

Mrs Pateman has put together the following pages to update you with our PE news.

PE News

What we've been up to this week...

Our year 6 young ambassadors joined other schools at Newlands this week, where they learnt skills and games to bring back to lead play with our KS1.



Year 5 & 6 Girls football training, enjoying the late summer weather!



Year 5 & 6 boys getting competitive in their training...



[Text Wrapping Break] Year 2 went to Altwood to take part in the Active 60 festival, with other schools in the area.

The morning was to promote and give children the opportunity to try new skills and keep active!



PE News

What we've been up to this week...



We want our houses to represent the core values in competing and sportsmanship. Not all sport is about the winning and who's the best, but personal growth, teamwork, enjoyment and how it makes us feel. We hope the new houses will help to build our active community and embrace these beliefs! From our talented footballers to our reluctant movers, we want to celebrate you all! Meet our new Houses and House Captains...



THE CIRCUS IS COMING TO COOKHAM RISE SCHOOL

WITH THANKS TO OUR
BIG TOP SPONSOR



SHANLY
FOUNDATION



OPEN TO EVERYONE!
SUNDAY 19TH OCTOBER
GATES OPEN 12PM - BIG TOP SHOW 2-5PM
BBQ, BAR & CIRCUS THEMED GAMES FROM 12PM

SCAN QR CODE TO BOOK TICKETS
EARLY BOOKING DISCOUNT

£12.50 SINGLE

£30 FAMILY OF 3

£40 FAMILY OF 4

£50 FAMILY OF 5

[HTTPS://COOKHAM-RISE-PRIMARY-
PTA.SUMUPSTORE.COM/PRODUCTS](https://cookham-rise-primary-pta.sumupstore.com/products)



CIRCUS RUNNING ORDER

JOIN US FROM 12PM FOR:

BBQ & BAR

SWEETS/CAKE STALL

CIRCUS MERCH

CIRCUS GAMES & PRIZES

BIG TOP OPEN 1.30PM

CIRCUS STARTS 2PM

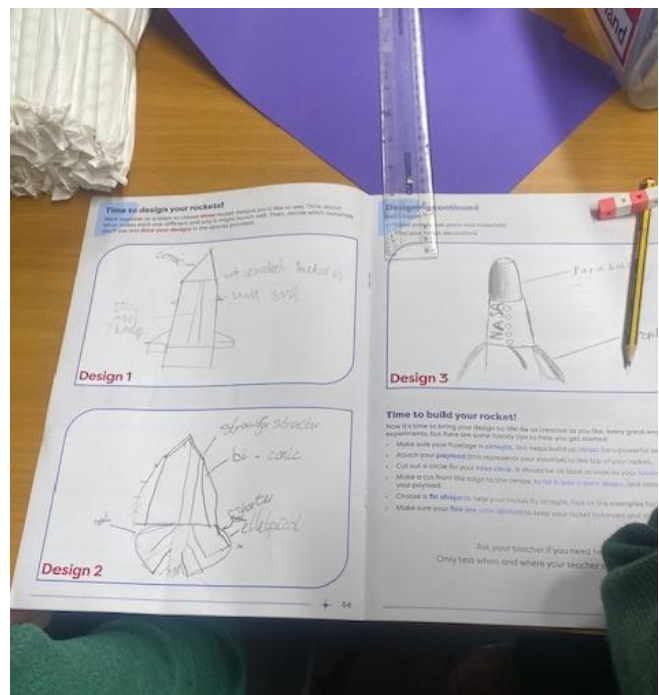
INTERVAL

BAR & SWEETS/CAKE



Year 5 STEM day last Thursday

Year 5 enjoyed a fantastic Space STEM day - exploring engineering concepts of design, planning and testing, delivered virtually by the Royal Airforce Charitable Trust.



A new morning club for term 2



Nurture kids yoga with Sallie

**EARLY MORNING YOGA CLUB - WEDNESDAY'S
AT "COOKHAM RISE" SCHOOL**

5th November until 17th December 2025

8am to 8.45am only £8.50

All Years Welcome! Free Trial available!

Help your little ones embrace calm, focus,
and fitness through Yoga and
Mindfulness Classes for Kids!



Register Now

sallie.windsor@nurturekidsyoga.com or

07846992824

Headlice

Head Lice

What are head lice?

Head lice are tiny insects that live in hair and are a common problem, particularly for primary school children. Nits are the empty egg cases that head lice hatch from and can be found attached to hair when someone has head lice.

Don't worry, head lice are pretty harmless in terms of health but they can be irritating, and can live in hair for a long time if you don't treat them.

Remember that adults can get head lice too and head lice spread through head to head contact so if one person in the family has head lice, everyone should be checked.

If you find head lice in your child's hair, please their teacher or school nurse know so that we can make sure other children at school can be checked too. This helps us to stop head lice spreading and means there is less chance of catching head lice again.

How do you get head lice?

Head lice spread through direct head to head contact. They climb from one person's hair to another person's.

They can't fly, jump or swim and it's very unlikely that they will spread through objects like hats, combs or pillows.

If someone has head lice, it has nothing to do with how clean they are. Head lice don't have a preference. They can be found in clean, dirty, long or short hair. They only affect people and can't be caught from animals.

If a head louse is detached from hair, then it will usually die within 12 to 24 hours.

How do I spot head lice?

Head lice can be really difficult to spot, even when you inspect your child's head really closely. They are small white or grey-brown insects that can range from being the size of a pinhead to the size of a sesame seed.

The only way to be sure that someone has head lice is to find a live louse. The easiest way to do this is to comb the hair using a special fine-toothed comb. You can buy these at most high street health and beauty shops, supermarkets or pharmacists.

Make sure you check for head lice if:

You notice small white eggs (nits) in the hair behind the ears or at the back of the neck

Your child or you have an itchy scalp

You notice a rash at the back of the neck

Your child or you feel as though something is moving in the hair.

How do I get rid of head lice?

Even if you only find one head louse in your child's hair, you should still treat them for head lice.

Head lice are tough. They can't be killed by washing with regular shampoo or by combing or brushing your hair normally.

Lotions and sprays are a very effective way to kill head lice. They should only be used if a moving head louse is found.

Make sure you read the instructions and all information carefully if you are using a lotion or spray because some treatments aren't suitable for pregnant women, women who are breastfeeding or children under two.

You can also remove head lice with a specially designed comb. This is suitable for everyone and is inexpensive. It needs to be repeated several times and it can take a long time to do it thoroughly.

You can speak to someone at your local pharmacy for more information about treatments.

How do I keep head lice away?

It can be difficult to stop your child from getting head lice. The best way to spot head lice and catch them early, is to comb wet and conditioned hair once a week with a special fine toothed comb.

If your child has long hair, you should keep it tied up or plaited for school. This might help prevent them from getting head lice because it makes it more difficult for head lice to attach themselves to the bottom of strands of hair which is where they like to live.

Cabin Coffee Morning
Friday 17th October @ 9.00am
'Five to Thrive'

Please join us over coffee in our cabin on Friday 17th October at 9am where we will have Natalie Evans, joining us to learn about 'Five to Thrive.' Come and learn more about how to help your child develop resilience.

The Five to thrive model is a way of understanding how connected relationships are fundamental to human wellbeing and help us to build resilient communities. More than 90% of what we know about the brain has been discovered in the last 20 years or so – research in neuroscience is transforming how we think about wellbeing and resilience. One of the key findings is that people need people. We will explore the five to thrive building blocks and describe a sequence of relational activities that build healthy brains in young children and maintain healthy brain function throughout their life.

More information can be found here

<https://fivetothrive.org.uk/>

Mrs O'Mahony



Cookham Festival— A Jazzy Christmas



PRESENTS

A JAZZY CHRISTMAS WITH PAUL EDIS & FRIENDS

HOLY TRINITY CHURCH
Cookham, SL6 9SP
Friday 5th December 2025
7.30pm

Join us for a sparkling collection of Christmas hits reimagined as swinging big band numbers, sambas and much more. Performed by some of the leading lights on the UK jazz scene including Paul Edis (piano), Jo Harrop (vocals) and Vasilis Xenopoulos (sax), don't miss this fabulous way to kick off the festive season...



BOOK NOW

Simply open the camera on your phone to scan the QR code

or call 01628 476963

cookhamfestival.co.uk

Tickets £15

Freecycle winter clothes

By popular demand we're back, so start sorting and clearing out what's been grown out of or just not worn for a while.

Bagged up clothes (preferably winter) can be dropped off at the library from 9.30am on the day. If you're not able to come along but want to donate we can arrange to pick them up for you - just contact us at cookhamsfootprint@gmail.com

Everything afterwards that hasn't been chosen and picked up will be donated to the Baby Bank (all ages) and other charities.

Our Books, Toys and Homeware Freecycle will be on the 15th November, in time for Christmas.



FREECYCLE WINTER CLOTHES

**SATURDAY 1st Nov
10.00am to 12.00pm**

**At Cookham Library
Community Room**

See us on Facebook - contact us at:
cookhamsfootprint@gmail.com

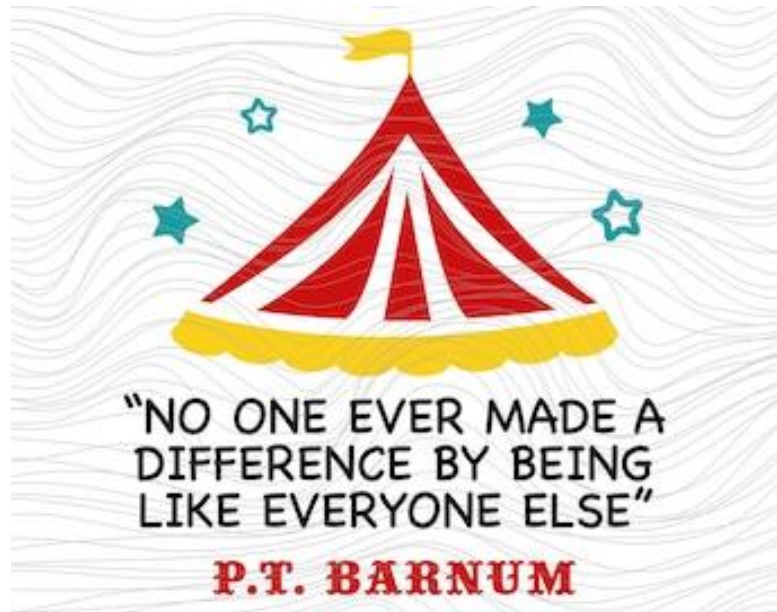
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We want ALL of our
children to shine!

