

COOKHAM RISE
PRIMARY SCHOOL



S.H.I.N.E

A word from Mrs Daniels

I am reading a book that I would recommend —'The Anxious Generation' by Jonathan Haidt. It is about how the rewiring of childhood is causing an epidemic of mental illness in our children. The book talks about how we have made two contradictory choices over the past decade or so. We have decided that the real world is so full of dangers that we should not allow children to explore it, even though the risks of crime and violence have dropped since the 1990s, but have left children free to wander through the 'Wild West' of the virtual world where threats to children abound.

I believe that there are two key things that school can do—stop children having mobile phones in school and increase the quality of play. Phones aren't allowed in school and play is top of our school development plan this year. On pages 7 and 8 you can read about why we have changed the Reception playground and, later in the term, once we have had further training, Mrs O'Mahony will share information about the OPAL (outdoor play and learning) project.

I am going to include elements of the book in future newsletters—starting with an abbreviated extract on page 4 this week.

THIS WEEK

Monday 16th

Tuesday 17th

Year 4 swimming
6.30pm Year 2 virtual meeting

Wednesday 18th

7.00pm Elm—supporting your child with reading and writing evening for parents in school

Thursday 19th

6.30pm Year 3 virtual meeting

Friday 20th

Flu vaccine for those who have booked it for their child

Inflatable fun day and mufti day

See page 5 for details

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Over and Above Awards—Friday 13th September

Reception	Henry Tran	Olive Venter- Murray	Margaux Woolfey
Year 1	Imogen Rees	Fred Wilson	
Year 2	Courtney Steward	Freddie Danks Burrow	
Year 3	Naz Ozgur	Bertie Brown	
Year 4	Josephine Beaney	Harper Thrift	
Year 5	Bella Pady	Rufus Read	
Year 6	Florence Kemp	Alexander Carroll	



Some future PTA dates

Christmas Fair—Friday 6th December from 3pm onwards

Summer Fair—Saturday 28th June 12—4pm

Calendar for term 1

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
16	17 Year 4 swimming	18 7.00pm Elm— supporting your child with reading and writing evening for parents	19	20 Inflatable fun Flu vaccine	21	22
23 7.00pm GB meeting	24 9.30 new parent tour Year 4 swimming	25 7.00pm Maths session for parents— multiplication and division	26	27	28	29
30 Parent consultation slots released	1 Year 4 swimming	2 Year 5—Cressida Cowel 7.00pm Meeting for Elm parents— behaviour and safe- guarding	3 Year 6—Hannah Gold	4	5	6
7	8 Year 4 swimming	9 RWI school develop- ment day	10	11	12	13
14 Three workshops in school	15 Year 4 swimming Year 6 Holy Trinity Church	16	17	18	19	20
21	22 Year 4 swimming Parent consultations 3.30—6.00pm	23	24 Parent consulta- tions 3.30— 6.00pm	25 Training day	26	27

Half term—Monday 28th October—Fri 1st November

Training day—Monday 4th November

Extract from 'The Anxious Generation'

Alexis was born in 2002 in New York and got her first iPad for Christmas when she was ten. Her parents were careful about technology use and prohibited the use of screens in the bedroom, checking on her Apps regularly. They said no to Instagram.

Like many young users, Alexis found ways to circumvent these rules and opened an account herself saying she was 13 and not 11. She learned how to hide the app behind a calculator icon. When her parents learned she had the app they started to monitor it and she simply opened other accounts they didn't know about.

At first she was elated by Instagram. She wrote in her diary in November 2013 when she reached 127 followers, 'Ya! Let's put it this way, if I was happy and excited for 10 followers then this is just AMAZING!!!'

But over the next few months her mental health plunged, and she began to show signs of depression. Five months after opening the account she drew the picture shown below.

Within six months of opening her account, the content Instagram's algorithms chose for Alexis had morphed from her initial interest in fitness to a stream of photos of models to dieting advice and then to pro-anorexia content. In eighth grade she was hospitalised for anorexia and depression which she battled throughout her teen years.



Figure 6.1. Drawing made by Alexis Spence in April 2015, age 12. The words on her laptop are "worthless, die, ugly, stupid, kill yourself." The words on her phone are "stupid, ugly, fat." Copied from the court filing in *Spence v. Meta*.¹

Class meetings—Years 1—6

These will be virtual and teachers will send the link via Seesaw nearer the time

Rec	Meeting in school on Wed 18th Sep @ 7.00pm
Year 1	Wednesday 11th September @ 7.30pm
Year 2	Tuesday 17th September @ 6.30pm
Year 3	Thursday 19th September @ 6.30pm
Year 4	Wednesday 11th September @ 6.30pm
Year 5	Tuesday 10th September @ 6.30pm
Year 6	Thursday 12th September @ 6.30pm

Mufti and inflatable day! Friday 20th September

The PTA paid for inflatables to be at the summer fair but unfortunately, due to the weather, they couldn't be put up. There was no refund but we could book them within six months and so they will be in school on Friday. There will be no charge for this—it is a present for all the children from the PTA so a big thank you to them for this.

It is a mufti day and we are asking for a small donation on the day for this. Please could children wear clothes suitable for bouncing!

We will assume that all parents are happy with their children taking part in this unless you email the school office to say otherwise. Thank you.



Financial planner

When our children leave Cookham Rise and share their best memories of the school they tend to be about trips or some kind of accident happening to a member of staff or each other!

We believe that trips have many benefits beyond just enhancing the curriculum but are aware that doing them has financial implications for parents and the school.

I have listed below the events that take place in each term for each year group to support you with planning ahead. They are rough estimates but hopefully actual costs won't be too different when the time comes for each trip or event.

If paying for something is an issue for any reason or you would like to porganise paying over a longer period of time please do contact the school office so we can have a chat about it.

Thank you for your support with this.

Mrs Daniels

Class	Autumn Term	Spring Term	Summer Term
Rec	Norden Farm - £23 T-shirt - £2	Pizza Express - £11	Wellington Country Park - £23
Year 1	Pantomime - £20	Reading Museum - £14	Braywick Nature Reserve - £20
Year 2	Pantomime - £20	Reading Museum - £14	Hayling Island - £15
Year 3	Eton College - £10 CGP Books - £5	Dance Festival - £8 Ufton Court - £25	Neasden Temple or Synagogue - £10 Copas Farm – Free Eton College – Free
Year 4	Swimming at Eton - £108 Synagogue - £5 CGP Books - £5	Bikeability - £5 Music Festival - £10 Science Trip - £25	Neasden Temple or Synagogue - £10
Year 5	Clarinet - £50 *Houses of Parliament - £12 CGP Books - £5	Science Trip - £25	Gurdwara - £10 Hayling Island - £15
Year 6	*Houses of Parliament - £12 CGP Books - £10		PGL - £600 (paid over 12 months) Swimming - £60 (invite only) Eton College – Free Mosque - Free

*this take place every other year with both classes going together

Changes to the Reception Playground



We have redeveloped our Reception playground for a number of reasons:

- to give more opportunities for child-initiated creative play
- to create a more open, collaborative and flexible space
- to create a more inclusive environment that can be accessed by all pupils
- to create clear sight lines and thus reduce the need to patrol to monitor the space
- the wood surrounding the bark pit and some of the timbers were starting to rot and the climbing frame itself was reaching the end of its natural life (16 years)
- pencil posts from a different era needed removing and we wanted to hide the bins!

Outdoor learning is about much more than climbing. As our curriculum has changed so has our view on how we can best use the fantastic space we have at Cookham Rise. The whole curriculum can be enriched and extended through a space that is flexible and which can be adapted to meet the needs of the children. Counting seeds, making patterns from leaves, den building, mud mixing, building obstacle courses are some of the many activities that have already taken place in the first week of term.

That is not to say that some of these things hadn't happened before but now there is more space for the children to investigate and experiment on a larger scale and to move about more freely and energetically without a large bark pit blocking their way. It also enables whole class teaching outside.

There is still more that we want to do and that will happen as and when we have the resources and taking direction from what the children would like to have to continue to enhance their environment. If you would like to help with this please see page 11.

Inspiration for our environment has come from companies such as Early Excellence. Please follow the link below to see a one minute clip which will help demonstrate what we are aiming to do
<https://earlyexcellence.com/transform-your-outdoor-environment-2/>



Reception enjoying their new playground and Year 1 also exploring when Reception weren't in school in the afternoons last week!

Year 4 swimming at Eton College



The National Curriculum states:

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

swim competently, confidently and proficiently over a distance of at least 25 metres

use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

perform safe self-rescue in different water-based situations

Swimming takes place in the Autumn term for Year 4 and we have been fortunate to be able to get a spot on the timetable at Eton College where we have exclusive use of the facilities and the children have a 40min lesson split between four instructors and with two lifeguards present. School pay for the cost of the swimming and we ask parents to pay the cost of the coach for the term. Year 4 started their sessions last week they settled well into the routine and loved the setting!



LIVE
MUSIC ↘

Dynamic Rock and Pop Covers Band



Fundraiser Gig
Saturday Oct 5th 8pm
PINDER HALL, COOKHAM

Calling any available carpenters!



In our early years catalogues the above piece of equipment is £365 (+VAT) and the equipment below £350 (+VAT).

If there is anyone you know who could construct something like the open ended 'small world' play centre shown above with school paying for the materials we would be very grateful.

Similarly, if you are able to provide us with any equipment like the pieces in the picture below please get in touch.

Thank you!



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Assembly today will be about the Paralympics.

Para canoeist Brianna Hennessy (CAN) discussed what it means to be a Paralympian:

"The Paralympics means so much more because everyone here has a million reasons to give up, and we've all chosen to just go on... It's a bigger picture than the medals, it's a bigger picture than our country's flag. It's all of us coming together on that world stage and representing something greater than ourselves."

Hannah Cockroft (GBR), following her win in the women's 100m T34, shared a heartwarming moment that reminded her of the impact of her legacy:

"In the call room this morning, someone told me, 'I watched you in 2012 and that's why I am here.' I really hope there are some girls at home who are doing the same because that's what it's all about. Hopefully, today, some new dreams have been born."

We want ALL of our children to shine!

