



— The Cooper School —

# Parent Bulletin

No 12 - Friday 28<sup>th</sup> November 2025


## Key Dates and Upcoming Events


Wednesday 3rd December	Year 10 Christmas Fete
Thursday 4th December	Year 13 Parent Consultation Year 12 Aspirers Trinity College Trip

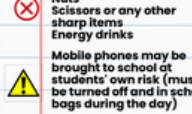
Next week (w/c 1<sup>st</sup> December) is Week A

### Uniform:

As we experience more cold and wet weather, please do ensure that you child has an appropriate outdoor coat, this should offer warmth and protection from the elements and as a reminder no hoodies or tracksuit tops are allowed. The below uniform and equipment checklist offers a handy reminder of what our students should have each day to support their learning.

Uniform Checklist	
<b>All students must wear the following school uniform:</b>	
• Plain white collared school shirt	<input type="checkbox"/>
• School tie	<input type="checkbox"/>
• Plain black V-necked jumper (no cardigans)	<input type="checkbox"/>
• Plain black skirt or tailored full length black trousers	<input type="checkbox"/>
• Plain ankle socks or plain black tights	<input type="checkbox"/>
• Plain black shoes with heel maximum of 5cm, please note no sling backs, backless or open-toed shoes are allowed and no boots of any kind, unless in inclement weather	<input type="checkbox"/>
Optional: Black blazer with school badge on the top pocket	<input type="checkbox"/>
<b>Additional Information:</b>	
• Outdoor coats must offer protection from the elements no denim material	<input type="checkbox"/>
• No hoodies of any kind, zip up sweatshirts or tracksuit tops	<input type="checkbox"/>
• Trousers must be worn around the waist	<input type="checkbox"/>
	
Please ensure you are dressed in the correct school uniform every day	
Dream Big. Work Hard. Be Kind.	

PE Uniform Checklist	
<b>All students must wear the following PE uniform:</b>	
Students must wear their PE kit to school on days when they have scheduled PE lessons.	
This allows students to maximise learning time as well as remove the need for changing rooms to be used.	
Students must wear full PE kit which complies with the following requirements:	
• Plain navy blue T shirt, or TCS branded blue T shirt	<input type="checkbox"/>
• Plain navy blue Rugby Jersey, or TCS branded blue Rugby Jersey	<input type="checkbox"/>
• Plain navy blue jumper without hood, or TCS branded blue jumper	<input type="checkbox"/>
• Plain navy blue, long shorts, or TCS branded blue, long shorts	<input type="checkbox"/>
• Plain navy blue or black tracksuit bottoms/sports leggings or TCS branded blue tracksuit bottoms/leggings	<input type="checkbox"/>
• Sport socks and trainers	<input type="checkbox"/>
<small>*The non-branded alternative top must be plain navy and not be Nike, Adidas, Reebok, New Balance, Reebok, Under Armour etc...</small>	
	
Please ensure you are dressed in the correct PE uniform when you have PE	
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Equipment Checklist	
All students must be prepared and ready to learn, each and every day, each and every lesson	
Every student is expected to have a school bag and the following equipment:	
Chromebook	<input type="checkbox"/>
• Fully charged ready for the day ahead	<input type="checkbox"/>
• Charging cable	<input type="checkbox"/>
Pencil Case 'must have' equipment	
• Black Ball point pens	<input type="checkbox"/>
• Pencil	<input type="checkbox"/>
• Ruler	<input type="checkbox"/>
• Rubber	<input type="checkbox"/>
• Highlighter	<input type="checkbox"/>
• Dry wipe/whiteboard pens	<input type="checkbox"/>
Optional pencil case items	
• Coloured pencils	<input type="checkbox"/>
• Glue stick	<input type="checkbox"/>
A refillable water bottle and a reading book are to also be brought to school each day	
When directed by staff, students must also bring in any specialist equipment for lessons such as ingredients for Food practical lessons etc...	
Students must not bring the following items to school:	
Aerosol sprays or perfume	<input checked="" type="checkbox"/>
Nuts	<input checked="" type="checkbox"/>
Scissors or any other sharp items	<input checked="" type="checkbox"/>
Energy drinks	<input checked="" type="checkbox"/>
Mobile phones may be brought to school at students' own risk (must be turned off and in school bags during the day)	
	
SEE IT HEAR IT LOSE IT	
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## Attendance

Please check your child's attendance headline in My Child At School (MCAS). Our target for all students is to exceed 97% and to be in the GOLD group on our attendance diamond. Attendance below this level has an impact on academic achievement and we must ensure that working together we have our students in school accessing learning, each and every lesson, each and every day.



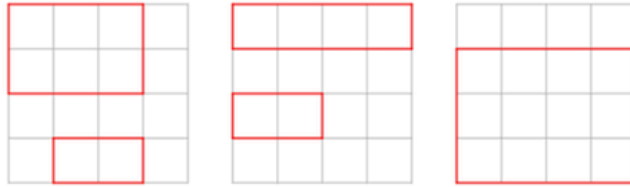
Students whose attendance is less than 90% are classed as being Persistently Absent from school. These students have been issued with a 90 Days to 90 Attendance challenge card. If your child has one of these, please work with them to complete the four week attendance challenge to build their attendance and achievement in school.

If you have any questions or need further support, please contact your child's PDM or their respective Year Team.

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**Our first Maths puzzle club of the year took place on Monday lunchtime in M4. Students started with the Towers of Hanoi puzzle and looking for patterns.**

**Several of our Year 13 students are competing in the national Ritangle competition organised by MEI. Each week there have been three puzzles to solve and they are getting ready to solve the big problems from the 5th December. Here is a recent puzzle if you're interested.**



A 4 by 4 square grid contains 16 unit squares and, with gridlines for edges, a total of 35 landscape rectangles (i.e. a rectangle whose width is greater than its height).

Five of these 35 rectangles are shown above.

A 45 by 45 square grid contains 2025 unit squares.

With gridlines for edges, how many landscape rectangles does it contain?

### **Year 12 Enrichment.**

**It has been a busy week for year 12!!**

**As part of their ongoing commitment to developing their transferable skills they are encouraged to engage in a variety of enrichment opportunities in school and beyond.**

**One of our young enterprise teams raised £80 at Glory Farm Christmas Fete yesterday as part of their upcycled teddy enterprise- great community support!**

**In addition, some of our artistic students are redesigning the corridor space outside the Phoenix Centre with an "underwater" theme- looks great already.**



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# CHILDREN'S FLU VACCINATIONS ARE STILL AVAILABLE

Visit our website to:

- Register a new consent form
- Book a community clinic appointment
- Find your school code
- Find out more information



<https://www.oxfordhealth.nhs.uk/imms/parents/>

For further information about the Flu vaccine follow the  
link below

<https://www.nhs.uk/vaccinations/child-flu-vaccine/>



# What Parents & Educators Need to Know about TIKTOK

**AGE RESTRICTION 13+**  
(Certain features are restricted to over-18s only)

**WHAT ARE THE RISKS?**

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

**AGE-INAPPROPRIATE CONTENT**

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

**CONTACT WITH STRANGERS**

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-16s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

**BODY IMAGE AND DANGEROUS CHALLENGES**

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

**MISINFORMATION AND RADICALISATION**

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

**IN-APP SPENDING**

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

**ADDICTIVE DESIGN**

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

## Advice for Parents & Educators

**ENABLE FAMILY PAIRING**

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

**DISCUSS THE DANGERS**

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

**Meet Our Expert**

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

**BLOCK IN-APP SPENDING**

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

**READ THE SIGNS**

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

#WakeUpWednesday® The National College

See full reference list on our website

@wake\_up\_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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