



— The Cooper School —

Parent Bulletin

No 18 - Friday 30th January 2026

Key Dates and Upcoming Events

Monday 2 nd February 2026	<ul style="list-style-type: none">• Yr 11 Food practicals• Yr9 STEM morning
Tuesday 3 rd February 2026	<ul style="list-style-type: none">• Yr 11 Food practicals
Wednesday 4 th February 2026	<ul style="list-style-type: none">• Yr 11 Food practicals
Thursday 5 th February 2026	<ul style="list-style-type: none">• Yr 11 Food practicals• African Adventures 2026 presentation in P16 6-7pm

Next w/c Monday 2nd February 2026 - Week B

To celebrate National Mental Health day, the PE department have allowed students to play, have fun and enjoy sport!! In our lessons today pupils have had the options to play Pickleball, Badminton, Football and Trampoline in a fun and social setting.

The links between exercise and mental health are enormous and well founded in research. MIND has some great resources, initiatives and ideas of how exercise can aid your mental health and how you could start your movement journey.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-exercise-and-mental-health/>



Have a great weekend, from the PE department

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ASSESSMENTS

Many thanks to parents and carers of year 8 and 10 students for supporting their assessment preparation; they have done themselves proud this week. A reminder that year 8 still have their English assessment to go on Monday.

Please look out for a survey next week to get feedback from your perspective about the assessment process this year.

Careers Fair 2026: Exploring Future Horizons

Yesterday, our halls were buzzing with ambition as we hosted our annual Careers Fair. It was a fantastic opportunity for students to engage with industry professionals and explore the many pathways available to them beyond Post-16 and Post-18 education.

To encourage deep dive exploration, students participated in a specialized Careers Quiz, designed to help them look beyond traditional routes and discover the evolving world of work.

Prize Draw Winners

Our guest exhibitors were tasked with selecting the winners from those who showed exceptional engagement. We are proud to announce that the following students have been awarded Amazon vouchers for their participation:

- Grace P (9GOH)
- Natalie L (10EBr)
- Ella W (10DCo)
- Evreet S (10LSI)
- Chei F-R (9CMa)



"It was inspiring to see so many students asking insightful questions about their future. The vouchers are a small token of appreciation for their curiosity and focus." — Event Coordinator

Prizes are being delivered to students in their classrooms today. We would like to extend a huge thank you to all the exhibitors who gave up their time to inspire the next generation, and to the parents for supporting these vital conversations at home

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🐝 Huge News: Help the Eco-Bees Secure £1,500! 🐝

We are thrilled to announce that the TCS Eco-Bees have secured a spot in the Tesco "Stronger Starts" blue coin scheme! From now until the end of March, the Eco-Bees will be featured in ALL Bicester Tesco stores (both the large Superstore and all local Express branches).

🌱 The Goal

This is an amazing opportunity to support biodiversity and environmental improvements at The Cooper School. While we have already secured a minimum of £500, we are aiming for the top prize! If we have the most blue coins by the end of March, we will receive £1,500 toward our green projects, including:

- New planters and vibrant plants to brighten our campus.
- Bird houses and bug hotels to support local wildlife.
- Sustainability projects led by our dedicated students.

📍 Where You Can Vote

Every time you shop, please collect your blue tokens and drop them in the Eco-Bees box at the exit of:

- Tesco Superstore (Lakeview Drive)
- Tesco Express: Langford Village (Nightingale Place)
- Tesco Express: Southwold (Holm Square)
- Tesco Express: Bicester Hart Place (Glory Farm)
- Tesco Express: Bowmont Square (Shakespeare Drive)

💡 How You Can Help

1. Don't forget to ask: If you use the self-checkout and don't see tokens, please ask a member of staff—they are usually happy to help!
2. Spread the word: Tell friends, family, and neighbors to choose the Eco-Bees box when they do their weekly shop.

Thank you all massively for your support.



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Support Our Young Entrepreneurs this Valentine's Day! ❤️

Our Post 16 Young Enterprise team is thrilled to unveil their exclusive Valentine's product!

They have worked hard to design and source a gift that's perfect for friends, family, or that special someone. Skip the high-street queues and support student innovation instead.

Scan the QR code below to view the range and place your order.
Thank you for supporting this business journey!



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What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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