



— The Cooper School —

Parent Bulletin

No 19 - Friday 6th February 2026

Key Dates and Upcoming Events

Monday 9th February 2026	<ul style="list-style-type: none">• CHILDRENS MENTAL HEALTH WEEK• Yr 11 Food practicals
Tuesday 10th February 2026	<ul style="list-style-type: none">• Yr 11 Food practicals
Wednesday 11th February 2026	<ul style="list-style-type: none">• Yr 11 Food practicals

Next Week w/c Monday 9th February 2026 - Week A

Year 9 families: Please remember that if you would like the opportunity to book appointments for Art, Drama, DT, Geography or Computer Science for the upcoming year 9 Progress Consultation Evening (Thurs 26th Feb 4-7pm), you will need to complete this form

[Appointment Allocation Requests](#)

Year 7-10 families: Assessment Week feedback - we would love to hear your thoughts about our approach to assessment this year. If you are happy to contribute, please fill in this

[Short Survey](#)

Thanks
Mrs McMillan

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Next week The PE department will be delivering its annual CPR week in its regular timetabled PE lessons. During the week all pupils will be taught and refreshed on the "Hands Only" CPR technique and the Recovery Position.

The PE department believes that CPR is a vital life skill that should be learned by everyone, aligning with the thoughts of the British Heart Foundation, that even if one person in a million has to use these skills to save a life then it is worth it.

It would be great if you could talk about what the students are doing next week at home, so that they can share their new skills with you, and really spread the training they have received into the community.

**For guidance on "Hands Only CPR" please see the follow link from the British Heart Foundation;
<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr>**

Have a great weekend, from Mr Cook

Work Experience Placements Year 10 and Year 12 **Deadline: Friday 23rd February**

A quick reminder for all Year 10 and Year 12 parents regarding the upcoming work experience week.

Finding a placement is a vital step in developing "real world" skills, and the deadline for submitting confirmed details is fast approaching.

All placement forms must be returned by February 23rd 2027 which should include employer contact details, insurance information, and a brief job description.

Students should submit their forms via Unifrog.

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Congratulations!

Huge congratulations to Gytis in Year 13 for his outstanding performance in the British Physics Olympiad 25/26. After sailing through the initial round against a massive field of 7,000 participants from all around the world, he has successfully secured a prestigious Silver Award in Round 1 which places him in the top 400 students. This is a remarkable achievement, especially given that these papers are set by the University of Oxford and are world-renowned for their extreme difficulty. Standing out in such a rigorous, global competition is a brilliant testament to his hard work and physics capability. Well done!

Mrs Marsden (Head of Physics)



Final Call: Consider Yourself One of Us!

The costumes are stitched, the songs are rehearsed, and the Artful Dodger is ready to cause some trouble. This is your last chance to grab tickets for our production of Oliver!

Monday 9th February - Thursday 12th February 2026
Show starts at 6PM In the Performance Hall

Don't be left asking for "more"—once these tickets are gone, they're gone! Support our incredibly hardworking students and enjoy a night of Victorian drama and show-stopping tunes.

[OLIVER TICKETS](#)

CASH ONLY FOR TUCK SHOP

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Children's Mental Health Week



Next week, we are joining schools across the country to celebrate Children's Mental Health Week. Our goal is to ensure that every child feels heard, valued, and equipped with the tools to navigate their emotions.

Research shows that 1 in 6 children now experience a mental health challenge. By teaching them early how to identify feelings and ask for help, we aren't just helping them get through the week—we are building a foundation for their entire adult lives.

If you are concerned about your child's mental health, there are several local services available to help you navigate the next steps.

1. Oxford Health CAMHS (Child & Adolescent Mental Health Services)

The primary NHS service for children's mental health in our area.

- Single Point of Access (Referrals): 01865 902515
- Website: oxfordhealth.nhs.uk/camhs
- Self-Help Resources: Their website has a dedicated "Parents and Carers" section with toolkits for anxiety, ADHD, and sleep.

2. Oxfordshire Mind Provides a range of support for both children (ages 7-17) and their parents.

- Information Line: 01865 247788 (Mon-Fri)
- Youth Support: They offer "Supported Self-Help" programmes via local GP surgeries.
- Website: oxfordshiremind.org.uk

3. School Health Nurse. Our school has access to a health nurse who can provide confidential advice on a range of physical and mental health issues. Please contact the school office if you would like to be put in touch.



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order by Feb 11th

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ECOCUBS - COOPER SCHOOL

Join 2507 (Bicester) Squadron Air Cadets

Open Evening: 12 February 2026 1930 - 2100
Intake Weekend: 21 & 22 February 2026 0930 - 1630



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the next generation

Aged between 12-17 and in Year 8 or above at school?
Join our upcoming cadet intake



Scan the QR code to register your interest, visit the Air Cadets website or email: 2507@rafac.mod.gov.uk

raf.mod.uk/aircadets



ORA SINGERS Young Composers

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APPLY FOR THE 2026 YOUNG COMPOSERS' PROGRAMME
to get FREE mentoring in composition with the award-winning ORA Singers!

YOUNG COMPOSERS	APPRENTICES
<ul style="list-style-type: none"> Receive 10 hours of one-to-one mentoring with professional composers Write a new piece for ORA Singers Attend a workshop with ORA Singers who sing through your sketches and give tailored feedback Have your new piece performed and recorded in concert by ORA Singers in front of industry professionals 	<ul style="list-style-type: none"> Receive first-class mentoring through a course of online Composition Workshops Fast-track composition skills with coaching on techniques and regular feedback Meet with industry professionals & undergraduates and gain an insight into the professional world of composition Write a new short choral piece

FIND OUT MORE AND APPLY NOW AT
www.orasingers.com/young-composers
 Applications close Thursday 12th February 2026



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10 Top Tips for Parents and Educators

SUPPORTING SAFE USE OF AI

Artificial Intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance; however, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discernment.

1 DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in most online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make decisions, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent false beliefs about AI being all-knowing or alive.

2 TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing false information, including deepfake videos, photos, and fake 'facts'. Encourage children to think critically about what they see and read. Teach them to double-check information using reliable sources, to look at images and videos carefully, and to ask an adult if something doesn't seem right.

3 DISCUSS DATA AND PRIVACY

Explain that AI systems learn by analysing lots of data, sometimes including personal information. Help young people to be mindful of what they share online and why protecting personal data matters. Model good habits like reading app permissions together or reviewing what's collected by voice assistants like Alexa or Siri.

4 ENCOURAGE CREATIVE USE OF AI

Support children, when using AI tools, to explore ideas, make art, or build projects. This fosters confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively consuming it, they are more likely to stay engaged and make thoughtful choices.

5 USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or creativity, with clear safety policies. Review terms of use and privacy settings, and help children use them in age-appropriate ways. For example, some chatbot tools mimic conversation but should only be used with guidance and boundaries in place.

6 USE AI TOGETHER

Exploring AI tools together can help adults understand how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and allows you to reinforce safe and respectful use while modelling critical thinking.

7 SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used, just as you would with any digital technology. For example, you might agree not to use AI tools to complete school assignments without permission, or to avoid unsupervised use of voice assistants. Consistent boundaries help manage overuse and misuse.

8 WATCH FOR OVERRELIANCE

Some AI tools, like homework help apps, may be tempting shortcuts. Encourage children to use AI to support their thinking, not replace it. Celebrate effort and process over perfect answers. Reinforce that mistakes are part of learning and that relying too heavily on AI can limit real understanding.

9 TEACH DIGITAL ETHICS AND LITERACY

Help children explore how AI works, where it might be biased, and why ethical thinking matters. Building digital literacy alongside ethical awareness ensures children engage with AI critically, not just conveniently. Help young people to understand that not all people use AI for legitimate purposes; some use it for malicious reasons. Encourage questions about fairness, representation, and who benefits from certain tools; talk about algorithms, echo chambers, and the impact of automation on daily life.

10 STAY CURIOUS AND INVOLVED

AI is developing rapidly, and staying informed helps you support the young people in your care. Follow trusted sources for updates and keep the conversation going. If a child brings up a new AI trend or tool, take the opportunity to learn about it together. Showing interest builds trust and strengthens digital resilience.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

#WakeUpWednesday

The National College

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IF YOU HAVE ANY SAFEGUARDING CONCERNS OUT OF SCHOOL HOURS PLEASE CONTACT MASH TEAM ON 0345 050 7666

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