



— The Cooper School —

Parent Bulletin

NO 23 - FRIDAY 13TH MARCH 2026

Key Dates and Upcoming Events

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|---------------------------------------|---|
| Tuesday 17 th March 2026 | <ul style="list-style-type: none">• School Photos Year 9,10,11 &13. |
| Wednesday 18 th March 2026 | <ul style="list-style-type: none">• Year 10 Careers Fest |
| Thursday 19 th March 2026 | <ul style="list-style-type: none">• Year 8 Progress Consultation Evening. |
| Friday 20 th March 2026 | <ul style="list-style-type: none">• NON-UNIFORM DAY - COMIC RELIEF |

Next week w/c Monday 16th March 2026 - Week A

World Book Day

Lots of fun was had over two days celebrating World Book Day 2026. Coles bookshop in Bicester came to the library to swap vouchers for free World Book Day books. They were very busy as on Thursday, hundreds of students came to collect their books, make book marks and character spoons. The excitement continued into Friday when teachers and students dressed up as book characters. The costumes were excellent - there was a competition for the most creative costumes. It was so hard to judge but eventually three winners were chosen and won book tokens.

Well done to all those that took part and many thanks to staff and students who helped with the events.

You are all stars.

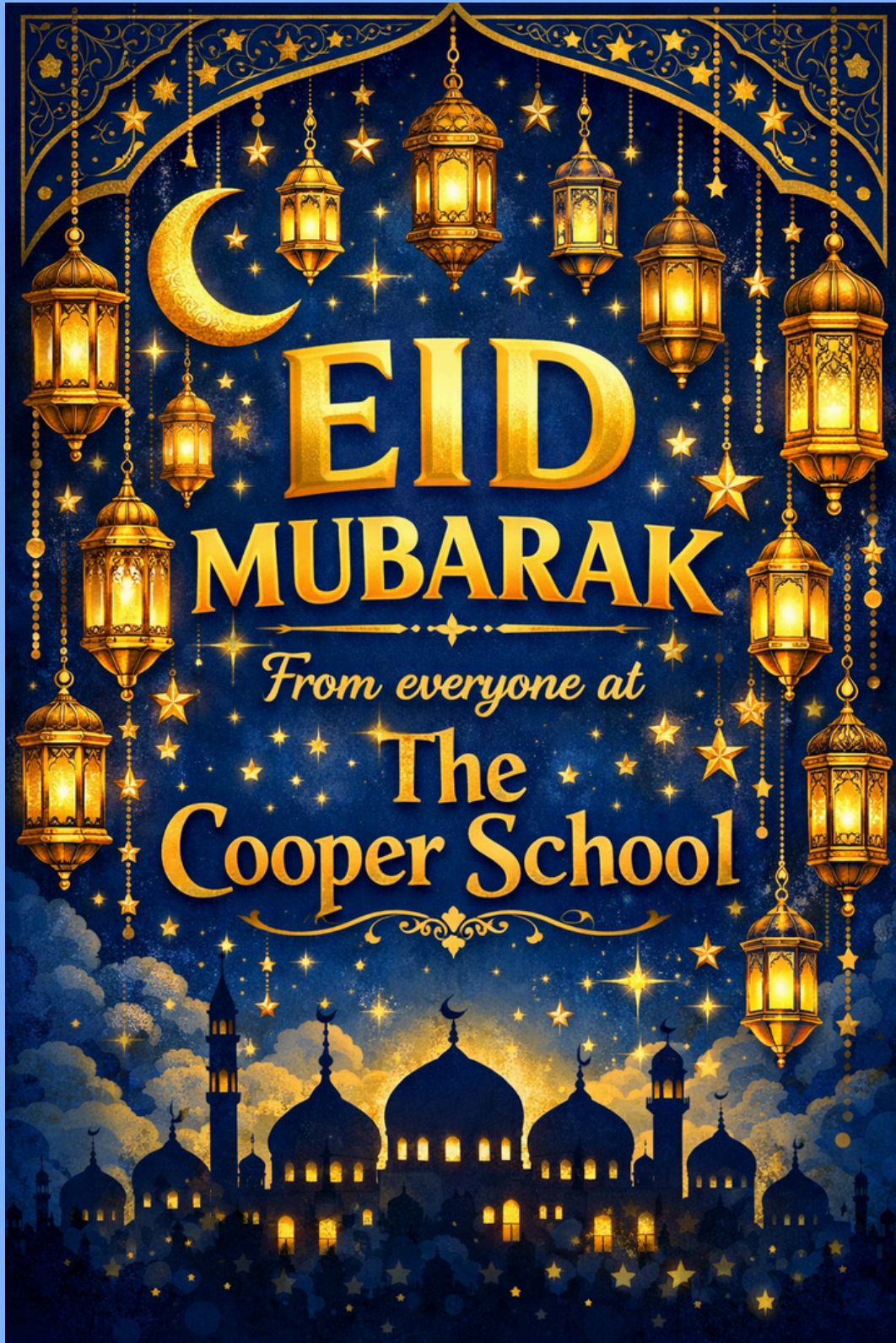


DREAM BIG.WORK HARD.BE KIND.

Wishing our Muslim students, families, and friends a joyful and blessed Eid for this weekend!

May this special time bring peace, happiness, and warmth to your homes. As you celebrate with loved ones, we hope your days are filled with love, gratitude, and togetherness.

Eid Mubarak!



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🎮 This Saturday: The Cooper Gaming Event! 🎮

Dust off your high scores and join us this Saturday, 14th March, for an epic day of gaming! Whether your child is a VR enthusiast or you want to show them how it's done on our retro consoles, there is something for everyone.

What's on the menu?

- **Modern & Retro Gaming:** From the latest releases to the pixelated classics.
- **Virtual Reality:** Step into new worlds with our VR setups.
- **Competitions:** Face off against friends to claim ultimate bragging rights.
- **Raffle & Refreshments:** Great prizes to be won and plenty of fuel to keep you gaming.

Tickets are available right now via ParentPay for easy entry, or available to purchase on the door.

We are proud to announce that all proceeds from the event will go directly toward the Year 13 Prom Fund.

Come along, support our seniors, and enjoy a fantastic community day out!



THE COOPER GAMING EVENT

SATURDAY 14TH MARCH 2026
11AM-4PM
P16 BUILDING

TICKETS £5 EACH / FAMILY OF 4 £15

- 🎮 Tickets available on ParentPay and on the door
- 🎮 Modern/retro videogames and VR
- 🎮 Mario Kart and Smash Bros tournaments
- 🎮 Refreshments will be available to buy
- 🎮 All proceeds going to Y13 Prom

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Neurodiversity Celebration Week: Supporting Our Autistic Young People

As we recognise Neurodiversity Celebration Week (16-20 March), we want to share a valuable resource from YoungMinds focused on supporting the mental health of autistic young people.

While autism is a developmental condition and not a mental health problem, research shows that many autistic individuals experience higher levels of anxiety or burnout due to the challenges of navigating a world that isn't always designed for their needs.

Key insights for parents and carers from the resource include:

- **Understanding the "Why":** Learn how sensory sensitivities, a need for routine, and the energy required for "masking" can impact a young person's emotional wellbeing.
- **Building Trust:** Tips on using clear, literal language and being a non-judgmental listener to help your child feel safe when sharing their feelings.
- **Practical Support:** Guidance on creating a "crisis plan" together to know exactly what helps (and what doesn't) when things feel overwhelming.
- **Celebrating Individual Strengths:** Recognizing that every neurodivergent young person is unique, with their own specific interests and ways of seeing the world.
- For more detailed advice and practical tools to support your child at home, you can access the full guide here:

[Supporting Young Autistic People with Their Mental Health YoungMinds](#)

Take ✨
Care of
✿ Your Mind

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NOTICE

Dear Parents and Carers,

We want to ensure all our students stay nourished, even when they aren't feeling well enough to be in the classroom.

If your child is currently eligible for Free School Meals and is at home unwell, you are welcome to arrange a packed lunch for collection from the school office.

Please call or email the school office by 10:00 am

Lunches will be ready for pickup at a designated time (usually during the standard lunch break).



We have been conducting a review of Classcharts and consequences etc. and therefore there may be some changes to what has been seen previously. As ever, subject queries should be directed to the relevant teacher and department. All email addresses for classes are accessible via Google Classroom and teacher email address all follow the same format - firstinitialsurname@... e.g. jbloggs@...



We are proud to announce that, as of last Wednesday, the Year 11 revision hub is open for business!

We welcome donations of fruit, biscuits and pastries to help fuel our students and chocolate/ other prizes to reward multiple attendance. Please drop off any donations at reception.

Year 11 parents

- > Please encourage your child to come along. We are there every day after school.
- > Please remember that summer exam statements of entry need to be checked, signed and returned. These were due last week so please get this completed as soon as possible.
- > We hope you have been finding the Personalised Revision Plans (PRPs) useful, these will continue to be emailed out to you every Monday and students are welcome to work through this at our Revision Hub after school.

Assessment dates for your diaries:-

Year 7 and Year 8: 5th-14th May

Year 9: 18th-29th May

Year 10 mock exams: 17th-26th June

More details, including revision advice, coming soon!

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What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.

See full reference list on our website

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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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