

22nd MAY 2025

NEWSLETTER: 31

COTEFORD JUNIOR SCHOOL

WEEKLY NEWSLETTER

Welcome to our weekly newsletter, here we will keep you
Up to date with important information and upcoming events.
Please also keep an eye on your year group newsletters
And our school website: <https://www.cotefordjunior.org.uk/>

Sporting news:

On Tuesday, the school took part in their very first cricket match, we had a boys team and a girls team. The school took part in 3 matches, against Glebe and Newnam A, and B team. We lost all 3 games. Both schools are very experienced in the sport.

In the boys' games. It took them a while to adjust to certain skills of the game for example the speed that the ball travels at and fielding positions. In the second game against Newnam A team, their overall play improved, and the team was able to score some runs and communicated better with each other.

I was impressed with the team as they continued to give it their best despite the level of the opposition. I was particularly impressed with Noah and Dhrish, not only because of level of skill but also his leadership skills, he acted as a reference point for the team. Despite Dhrish being year 3 he possessed great skill and amazing tactical awareness.

The girls were really good at understanding they are new to cricket and utilized the match as an opportunity to learn the game. I was particularly impressed with Mia, Tillie and Ellissa. Mia really took to the skill, her bowling skill improved after just a couple of demonstrations, Ellissa for her experience in cricket she helped bring the team together, and Tillie for giving up her day at the Lido for a game she had no previous experience of playing, she sacrificed her day at Lido to ensure that we had enough people for a team.

Mr Belinga



- *READY*
- *RESPONSIBLE*
- *RESPECTFUL*

ATTENDANCE THIS WEEK

Year Group	Percent
Year 3	90.0%
Year 4	95.6 %
Year 5	94.7%
Year 6	95.4%
Whole school	94.1 %

Reminders:

School is closed for Children on
Friday 23/05/25 for half term

Children return to school on
02/06/25

Pastoral info:

There are lots of activities available for families over the half term, here is some more information of what is available

Hillingdon Libraries - free activities

Lego clubs, Lego Spike workshop with building and coding, craft activity sessions, chess clubs and comic clubs available for free at local libraries.

<https://discover.hillingdon.gov.uk/article/2192/Library-events>

Lego Clubs	Date & Time	Craft Club	Date & Time
Ickenham Library	Sat 24 th May 10 - 12	Eastcote Library	Saturday 31 st May 2-3
Eastcote Library	Saturday 24 th May 11 - 12	Chess Clubs	
South Ruislip Library	Saturday 24 th May 11.30 – 12.30	Northwood Hills Library	Saturday 24 th May 11-12 & 2-3
Harefield Library	Thursday 29 th May 3.30-4.30	Ruislip Manor Library	Saturday 24 th May 11-12
Comic Club	Tuesday 27 th May 4-5	Lego Spike workshop – building and coding	Wednesday 28 th May 2025 3.30 – 4.30
Eastcote Library		Oak Farm Library	

Half Term Holidays - Activity Ideas

Free activity ideas

<https://spurgeons.org/about-us/news-stories-events/blogs/11plus-half-term-activity-ideas/>

Boredom busters activity book:

https://spurgeons.org/media/2s3fo13h/spurgeons_activitybook_artwork.pdf

Online Safety: TopTips for parents and Educators

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing, if they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportsharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.05.2025

UPCOMING DATES FOR YOUR DIARY:

(any new dates will be added in red)

Date:	Information:
W/C 12/05/25	Year 6 SATs
W/C 19/05/25	Year 3-5 Assessments
23/05/25	Inset day (School closed to children)
26-30/05/25	HALF TERM (School closed)
02/06/25	Children Return to school
09/06/25	Year 3 SCARF Workshops
10/06/25	3EB to St Lawrence's Church
10/06/25	Year 4 SCARF Workshops
11/06/25	3TH to St Lawrence's Church
18/06/25	Sports Day
20/06/25-23/06/25	Year 6 School Journey
24/06/25	Year 4 Trip to Synagogue
14/07/25	3EB to Manor Farm
15/07/25	3TH to Manor Farm
21/07/25	Year 6 End of Year Production
22/07/25	END OF TERM (School closes at 12pm)