



# The Coppice Whole School Newsletter

## Friday 26th September 2025

Dear Parents and Carers,

I hope that you have all had a good week and are looking forward to the weekend with your children.

### Harvest Festival:

Thank you so much to everyone for all the donations that were sent in for our Harvest Festival celebration today - we really appreciate your very generous support with this!

As I wrote in last week's newsletter, all of the food collected will go directly to The Hollywood Christian Life Centre Foodbank and, from there, to those people who need it most across our local area.

We also want to say a very big thank you to Reverend Marcus Pagnam and Youth Leader; Gary Daniel from St. Mary's Church for leading our Harvest Festival assemblies in such a thoughtful and engaging way.

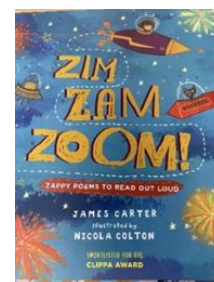
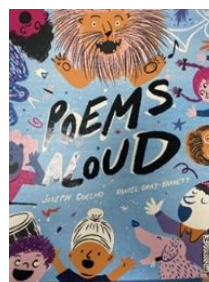
We hugely value our connection with the church so it is lovely to be able to come together in this way to celebrate such an important event in the school and church calendar. Thank you again everyone!



### Reading with and alongside your children:

We all know how busy life can be for everyone but I want to remind Parents and Carers of the crucial importance of your child practising their reading at home on a regular basis. Recent studies have shown that less and less primary aged children are reading at home and this is a huge worry to us at The Coppice. I always say that reading is the 'key to the door' that makes learning easier and opens up opportunities. Unfortunately, we are all too aware of the many 'screen' distractions that children now have that can often make getting them to enjoy reading harder. Please therefore, try to make time for your child to read every day and continue to read with them, to them and alongside them because it will, undoubtedly, benefit them in many different ways. If you are struggling to get your child to read, please talk to your child's Class Teacher who can help signpost you to different types of books that your child could try. We have a wealth of quality books in school and there will always be something for everyone!

Next Thursday in school (2nd October) we will be celebrating National Poetry Day with the children partaking in many different activities related to the joy of reading and writing poetry and rhymes. We will also be holding poetry assemblies and carrying out other activities over the course of the whole week. Therefore, this is a brilliant time to share some poems or rhymes together with your child. There is a huge amount of age-appropriate poetry online and in bookshops so just ask your child's Class Teacher if you need any suggestions!



## Mental Health Support App for Children:

Following on from last week's newsletter, I am again mentioning the Lumi Nova App which is an App for 7-12 year olds. Your child can create and go on missions with their Parents or Carers and can practise some real world skills to overcome their fears and build resilience. We think that this is a really great way to support children with their mental health. The app can be accessed at:

<https://luminova.app/>



**LUMI NOVA**  
TALES OF COURAGE

Digital therapy enabling children to self manage their fears and worries

Recommended by **NICE**

**What is Lumi Nova?**  
Everybody worries sometimes, but sometimes worries stay and can have a big impact on your child's life. Lumi Nova can support your child by helping them set goals and challenges to overcome their worries, one step at a time.

- ★ NICE recommended digital therapy through a fun mobile game (smartphone/tablet)
- ★ For 7-12 year olds
- ★ Supports mild to moderate fears, worries & anxiety\*
- ★ Based on Cognitive Behavioural Therapy (CBT) and provides Psychoeducation and Exposure Therapy - The gold standard of care for treating anxiety
- ★ Safe, effective & easy to use

**Using Lumi Nova can help your child:**

- ✓ Learn life long skills on how to self manage their worries
- ✓ Learn how to breakdown fears and worries into manageable steps
- ✓ Build confidence and resilience by completing small challenges in the game and in real life
- ✓ Understand what worry and anxiety is so they can learn to cope
- ✓ Talk about their own worries in a way that is non-stigmatising

\*Lumi Nova is for children aged 7-12 experiencing mild to moderate anxiety. It is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

See instructions for use: [bit.ly/luminova-uk](http://bit.ly/luminova-uk)

To learn more visit: [luminova.app](https://luminova.app)

### Choose from 15 worries your child can tackle

To help build confidence, you'll need to shortlist 3 Missions that are relevant to your child, practical to do and easy.

Your child will then be able to choose a Mission to work on which is broken down into smaller goals and challenges to help your child progress.

The first few challenges happen in the game (Imagine, draw, photos, and videos) and then progress to real life challenges that will need your support.

To learn more about each Mission visit: [luminova.app/missions](https://luminova.app/missions)

1. Be comfortable staying at home without my parent or guardian
2. Be ok making a mistake on school work or a test
3. Be able to sleep away from home overnight
4. Be comfortable speaking in front of a group
5. Be able to sleep on my own
6. Feel comfortable visiting a crowded or busy place
7. Be able to spend time in the dark
8. Be able to spend time near a dog
9. Be able to spend time near insects or spiders
10. Try to make a new friend
11. Feel comfortable going to a party or social gathering
12. Feel comfortable going to school
13. Be able to spend time in a high up place
14. Be able to eat or drink in front of other people
15. Be okay seeing vomit or thinking about vomit

### HOW TO GET STARTED WITH LUMI NOVA & YOUR ROLE :

#### Step 1: Register for free access to get your game key

1. Scan the QR code or visit [luminova.app/handw](https://luminova.app/handw)
2. Validate your postcode and complete the registration form.
3. Complete a short 4 question survey, to receive a text message with your game key.



#### Step 2: Download Lumi Nova & activate

1. You'll receive a text message with your game key. Please keep this safe and secret - you'll need it to access the app and later for the 'real life' challenges too.
2. Download the app on a device your child has regular access to and activate it with your game key.

#### Your role as a co-pilot:

1. Activate and set up the app by shortlisting 3 Missions for your child to choose from.
2. Set a regular time in a quiet place for you and your child to use Lumi Nova together.
3. Support your child to complete real life challenges (unlock and approve these with your game key).
4. Complete weekly surveys sent to your phone via text message.

Recommended usage: 15- 30 mins, 2-3 times per week to use Lumi Nova with your child.

Need support using the app? Email us at: [support@bfb-labs.com](mailto:support@bfb-labs.com)

## Young Minds 'Hello Yellow' event on Friday 10th October

Again linked to last week's newsletter item, just a reminder that on Friday 10th October, we will be raising awareness of children's and young people's mental health by partaking in the Young Minds 'Hello Yellow' event, which coincides with World Mental Health Day (see poster below). We will be carrying out fun, mindfulness activities across the course of the day and making children aware of how they can build their own resilience as well as how they seek support if they need it. Further information will follow via your child's Year Group newsletter.



**YOUNG MINDS**  
Awareness Day

We're supporting  
Hello Yellow for young people's mental health.

Please help us to spread the awareness of mental health by accessorising your uniform with something yellow or wear multiple yellow items if you'd like!

10th October  
**2025**

£1 donation  
all monies raised will go to the  
Young Minds Charity

#HelloYellow

## PTA children visit Hickory's Smokehouse:

Hickory's Smokehouse Earlswood visit last Thursday! Some of the PTA children were treated to pancake decorating and watching a movie as a 'thank you' to PTA parents for all their hard work and dedication. For more information about joining, contact [thecoppiceschoolpta@gmail.com](mailto:thecoppiceschoolpta@gmail.com) or via Facebook at:

<https://www.facebook.com/share/g/1ZfYA9iQhs/?mibextid=wwXlfr>

or instagram:

[https://www.instagram.com/the\\_coppice\\_primary\\_school\\_pta?igsh=MTZmdGVwNHgzGRjMA%3D%3D&utm\\_source=qr](https://www.instagram.com/the_coppice_primary_school_pta?igsh=MTZmdGVwNHgzGRjMA%3D%3D&utm_source=qr)





## Celebration Time



**A huge well done goes to ex-pupil Bobby L** who completed a sponsored climb up Snowdon to raise money for the Heart Transplant team at Birmingham QE Hospital. Bobby and the team completed the challenge and raised a massive £6,000.00, which is incredible!

Bobby is no longer at The Coppice as he's now in Year 7 at Woodrush. However, 'once a Coppice pupil, always a Coppice pupil' and we are very proud of his achievement. A huge thank you goes to everyone who donated and supported him.



**More amazing fundraising was completed by Molly (4B) and her sister: Poppy (1D)** who completed the Alzheimer's society Memory Walk around Sutton Park on Saturday! It was 6km and pretty much poured down with rain the whole way around but this didn't deter the girls one bit!

The walk was completed in honour of the girls' Grandmother: Cassie. The girls and their mum: Gemma raised almost £600 and are extremely grateful to everyone who sponsored and supported them! A huge well done girls - we are very proud of you!

**Finally, a huge well goes to Marnie (3K)** who was successful at the Coventry Celtic Dancing Championship Feis last Saturday. She came first in her light jig reel, second in her reel and second in her slip jig.




Moving up a level in each of her dances. Marnie wasn't expecting to win at all, and it was lovely to see how surprised she was when her number was called out. A huge well done Marnie - we are super proud of you!

## Star of the Week - Hot Chocolate




## Attendance Figures

### TOP ATTENDANCE 15th - 19th Sept (last week)

	2T	98.97%
	4DR	99.03%

### TOP ATTENDANCE 22nd - 26th Sept (this week)

	RPB	100%
	3K	99.33%

## Music Listening and Appreciation

**This week's playlist was:**

### Tuned and Untuned Percussion

- 1) Evelyn Glennie - Taps in Tempo (c.1930)
- 2) The Bhujhangy Group - Bhabiye Akh Larr Gayee (1970)
- 3) Mongo Santamaria - Afro Blue (1959)
- 4) Aram Khachaturian - Sabre Dance (1942)

**Next week's playlist is:**

### Era Focus: Early Period (400 - 1400 CE)

- 1) Hildegard Von Bingen - O Eurachi (c.1140-79)
- 2) Guillaume de Machaut - Je Vivroie Liement (c.1340)
- 3) Beatriz de Dia - A Chanter M'er De So (1100s)
- 4) Pérotin - Sederunt Principes (c.1199)

**That just leaves me to wish you all an enjoyable weekend with your children. We look forward to seeing all of the children, and you, bright and early on Monday morning.**

**Kind regards,**

**Mr.Hutt (Headteacher – The Coppice Primary School)**