

Cowley News



Rooted in Faith - Learning with Love - Creating a Bright Future

Thought of the Week



The week in Worship we have explored what it means to wait on God. Before the disciples received the Holy Spirit, they waited, prayed and trusted that God had good things ahead.

We talked with children about how challenging waiting can be, but also how it grows patience, faith and resilience.

This strongly links to our school vision from **Jeremiah 29:11**, where God promises, “**For I know the plans I have for you,**” declares the Lord, “**plans to prosper you and not to harm you, plans to give you hope and a future.**” this reminds us that God’s timing is always purposeful: His plans unfold with care and hope. The children reflected on areas in their own lives where they are waiting - for confidence, friendship or understanding.

Reflective questions for families: *What are we waiting for right now? How might God be preparing us during this time? How can waiting help us grow in trust and hope?*

Rooted in Faith, Learning with Love, Creating a Bright Future

Dates for Your Diary



MAY

19th - Y1 Phonics Parent Meeting at 3.30pm

21st - **ROCK STAR DAY**

22nd - **END OF HALF TERM**

25th to 29th - **HALF TERM**



JUNE

1st - **BACK TO SCHOOL**

16th - Y1 Ruislip Lido Trip

17th - Y4 Living Rainforest Trip

18th - **VANCOLS (Class Photo)**

19th - **Happy SHOESDAY**

25th - Y2 SeaLife Brighton Trip

30th - **GREEN DAY**



JULY

1st - EYFS Sponsored Colour Run

3rd - KS1/KS2 Sports Day

JUST A LITTLE Reminder

Cricket Trials **WILL NOT** go ahead next Wednesday. Details of those selected will be sent out by the end of the week. Thank you

Rounders Trials **WILL CONTINUE** on Tuesday.

END OF HALF TERM
Friday 22nd May 2026

Attendance Email - please send all absence information to the following email address. This is monitored regularly.

cslattendance@fraysacademytrust.org

Attendance Matters

School Target = 95.0%

w/c 04/05/2026 = 94.6%

There were **68** late marks.

Class	Attendance
Butterfly	98.3%
Lizard	97.0%
Bear	96.2%
Eagle	95.8%
NAD	95.7%
Ostrich	95.0%
Hedgehog	94.8%
Penguin	94.7%
Panda	94.4%
Gorilla	94.2%
Whale	93.8%
NAM	93.6%
Dolphin	93.2%
Turtle	92.8%
Elephant	92.2%
Giraffe	91.1%

100% EXCELLENT

99% VERY GOOD

97-98% GOOD

96% SATISFACTORY

BELOW 90% POOR

Please help us to improve the attendance.
Children need to be in school every day to
make a difference



Attendance Matters

Every student. Every day.

Good News & Writer Awards

Well done to the following children that have worked extra hard this week

Class	Good News	Writer of the Week
Dolphin	Beau	Finnley
Turtle	Niamh	Sulaiman
Elephant	Samar	Rayan
Giraffe	Sena	Harper
Penguin	Axel	Erik
Whale	Saarim	Leo M
Lizard	Billy	Nicolo
Ostrich	Lacey	Tanuka
Bear	Ne'Vaeh	Muhammad A
Eagle	Jackson	Philomena
Butterfly	Sierra	Martina
Hedgehog	Mary W	Haswith
Gorilla	Budy	Lucy
Panda	WHOLE CLASS	Maya

TIMESTABLES ROCKSTARS



KS1 Numbots & TTRS

Elephant - Morch

Giraffe - Zaviyar

Penguin - Maryam

Whale - Isla

KS2 TTRS

Lizard - Hallie

Ostrich - Ryan

Bear - Jasmine

Eagle - Blake

Butterfly - Sultan

Hedgehog - Wesley

Gorilla - Alfie B

Panda - Harley W

TTRS Hero

Ali A 0.53s

Average Speed - Giraffe 1.31ss

Highest Accuracy - Ostrich 95.23%

All children on the leader board
are allowed to wear their own
clothes the following Monday



House Points

ROWLING
1184

GATES
1505

MANDELA
1568

...and the
WINNERS
are...

NIGHTINGALE
1571

Here's a look at next weeks.....

CURRICULUM

<p><u>Nursery</u> Squirrels</p>	<p>Literacy: To walk about what marks and writing represents</p> <p>Maths: To learn about and use five frame</p> <p>Story: Handa's Surprise</p> <p>Theme: All Around the World - Tropical fruit tasting</p>	
<p><u>Reception</u> Dolphin Class Turtle Class</p>	<p>Phonics: Children are now in groups and will work at their current levels</p> <p>Maths: Shaping and Grouping</p> <p>Story: The Lion Inside</p> <p>Theme: Africa</p>	
<p><u>Year 1</u> Elephant Class Giraffe Class</p>	<p>Literacy: Pirate Poems</p> <p>Maths: Fractions - Quarters and Halves</p> <p>RE: Islam</p> <p>Science: Waterproof Dens</p>	
<p><u>Year 2</u> Penguin Class Whale Class</p>	<p>Literacy: Writing a fact file about endangered animals</p> <p>Maths: Recognise three quarters, count in fractions up to a whole. Fraction assessment</p> <p>ICT: Digital music</p> <p>RE: Baptism</p>	
<p><u>Year 3</u> Lizard Class Ostrich Class</p>	<p>Literacy: Poetry - Kennings and limericks</p> <p>Maths: Time (am, pm, months, years and weeks)</p> <p>DT: Design, make and evaluate a seasonal vegetable tart</p> <p>Science: Plants (Transpiration)</p> <p>RE: How does Buddhism set an example for others</p>	
<p><u>Year 4</u> Bear Class Eagle Class</p>	<p>Literacy: Free verse poetry, creating a class anthology</p> <p>Maths: Time - converting analogue to digital, converting to and from 24-hour clocks</p> <p>Art: Impression, making your final piece with dots</p> <p>RE: What do we know about Hinduism now?</p>	
<p><u>Year 5</u> Butterfly Class Hedgehog Class</p>	<p>Literacy: Writing space-themed poetry</p> <p>Maths: Lines of symmetry and reflection</p> <p>Art: Exploring Impressionism and using acrylic paint</p> <p>RE: How and why was the Sikh Khalsa formed?</p>	
<p><u>Year 6</u> Gorilla Class Panda Class</p>	<p>Literacy: Biography</p> <p>Maths: Baking Maths project</p> <p>RE: How does the Church spread its message worldwide</p> <p>Science: Electricity</p>	

WORKSHOPS / TRIPS

Here is a list of trips and workshops that we have planned for this academic year. Further details will be sent out nearer the time.

LIVE PAYMENTS OF PARENTPAY
Trip/Events highlighted in RED are LIVE and require your immediate attention

JUNE

8th - THP Ancient Egypt Workshop (Y3)

16th - Ruilsip Lido Trip (Y1)

17th - Living Rainforest Trip (Y4)

28th - SeaLife Brighton (Y2)



EMAILS THIS WEEK

A round up of emails sent via ParentMail this week, please keep checking!

- *National Smile Month - 11th May to 11th June*
- *Parent Training Session*
- *Football Clubs Finished*
- *Y4 Fluency Focus Project*
- *Brunel Book Club Exhibition*
- *Brunel Book Club Poetry Event - INVITE ONLY*
- *Safeguarding Information - Group Chats*
- *Nursery Activity - Handa's Surprise*
- *Mindfulness Y1/2 Activity Information*
-

WE KINDLY ASK YOU TO DOWNLOAD THE PARENTPAY APP TO STAY UP TO DATE WITH ALL THINGS COWLEY



KS1 @2.40pm / KS2 @ 10.15am

PARENTS WELCOME

Y3 - 5th June 2026 @ 2.40pm

Bear - 12th June 2026 @ 2.40pm

Butterfly - 19th June 2026 @ 2.40pm

Hedgehog - 26th June 2026 @ 2.40pm

We would love for you to join us for our upcoming Class Workshops!

These special moments give children an opportunity to share their learning, creativity and reflections with you.

Your presence makes these occasions even more meaningful, and we look forward to celebrating together as a school community.

Please Join US!



Children who attend school regularly:

- **Are more likely to achieve well in key subjects such as reading, writing and maths**
- **Build stronger friendships and social skills through daily interaction with their peers**
- **Feel more confident and secure because they are part of a consistent routine**
- **Stay better connected to their learning, meaning they are less likely to fall behind**
- **Develop important life skills such as responsibility, independence and resilience that support future success**

Overall, attending school every day truly helps children thrive, both academically and socially, giving them the best possible start in life.



Physical Education



PE Super Stars of the Week

Well done to the following children that have worked extra hard in PE this week

Class	Super Stars
Dolphin	Liam / Beau
Turtle	Gururuhan / Rayana
Elephant	Morch / Tiia
Giraffe	Aaron / Chloe
Penguin	AM / NR / MC / CU
Whale	CR / WH / AT
Lizard	Mark / Leanne
Ostrich	Ryan / Bethany
Bear	
Eagle	
Butterfly	
Hedgehog	
Gorilla	Vivaan / Aisha
Panda	Billy / Surabhi

Mon	Y5			
Tues	Y2	Y5		
Wed	Y1	Y3	Y4	
Thurs	Rec	Y2	Y6	
Fri	Y1	Y3	Y4	Y6

School PE Kit

Maroon PE Shorts
Blue School Logo T-Shirt
Black Plimsolls / Trainers

UPCOMING FRAYS EVENTS

9th June - Dance Festival (Y5&6)

PE / SPORT NEWS

Monday : Y1/2/3 Multi Sports
Tuesday: Rounders Trials (12th and 19th)
Wednesday: NO CLUB
Thursday: Girls Netball Team / DS Training
Friday : District Sport Training



Rounders Trials - Tuesday PM (12th and 19th)

Cricket Trials -

Netball Team - Thursday PM

Rounders Trials will continue on Tuesday (19th)

Cricket Trials will not go ahead next Wednesday.

Details of those selected will be sent out before the end of half term.





TIMES TABLES

ROCKSTAR

DAY!

UNLEASH THE
POWER OF MATHS!



GET READY TO ROCK!

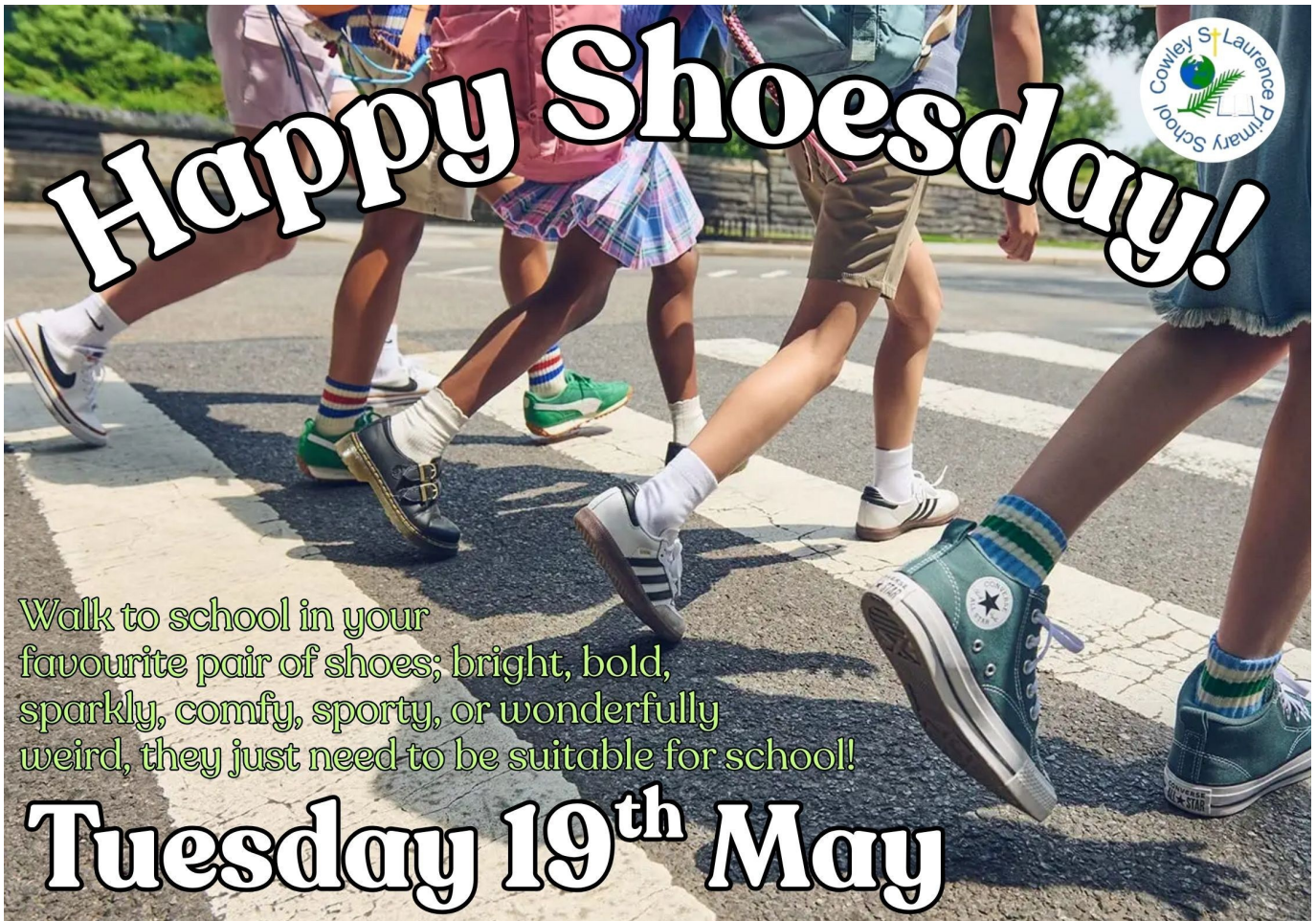
THURSDAY
21ST MAY

Pupils are invited to dress like Rock Stars for the day. There will be a variety of maths competitions including a beat the staff challenge!



18TH-22ND MAY

**Walk
TO SCHOOL
Week**



Happy Shoesday!

Walk to school in your favourite pair of shoes; bright, bold, sparkly, comfy, sporty, or wonderfully weird, they just need to be suitable for school!

Tuesday 19th May

Green Day

Tuesday 30th June



Green Day is a chance for us to think about the environment and how our everyday choices affect the world around us. From the air we breathe to the wildlife we share our planet with, everything is connected.

By making small changes - like reducing waste, recycling, and saving energy - we can all help protect our Earth for the future.

To celebrate, pupils are invited to wear green or come dressed in outfits inspired by nature. Let's show our support for the planet and take a step towards a greener future together!

£1 donation to buy resources to help school become more eco-friendly.



56

What Parents & Carers Need to Know about GROUP CHATS

64

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

74

Advice for Parents & Carers

117

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they would not like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

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.



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#WakeUpWednesday