



# COOPERS LANE PRIMARY SCHOOL

## WEEKLY NEWSLETTER

Week Ending 3<sup>rd</sup> April 2020

[www.cooperslane.lewisham.sch.uk](http://www.cooperslane.lewisham.sch.uk)

Twitter: @CoopersLaneSch



### Hello everybody

As we head into the very unusual Easter holidays, we want to ensure everyone is keeping well and safe. Please continue to follow the Government guidance in washing your hands properly for 20 seconds and make sure you are keeping the 2m social distancing rule. We hope you are taking moments throughout the day to spend precious time with your family during this difficult period. I think you'll all agree that it was lovely hearing and seeing everybody clapping for the NHS and critical workers last night. We hope you all joined in.

Please remember to 'Stay Home. Protect the NHS. Save Lives'

### Wellbeing

Here's some of the latest Government advice on how you can look after yourself and your children

#### Looking after your own mental health

'As well as thinking about the children or young people in your care, it is important to take care of your own mental health and wellbeing. Children and young people react, in part, to what they see from the adults around them. When parents and caregivers deal with a situation calmly and confidently, they can provide the best support for their children and young people. Parents and caregivers can be more supportive to others around them, especially children, if they are better prepared.'

So remember last week's advice: **Model calmness, even if you have to fake it.**

#### Helping children and young people cope with stress

**Create a new routine:** Life is changing for all of us for a while. Routine gives children and young people an increased feeling of safety in the context of uncertainty, so think about how to develop a new routine – especially if they are not at school:

- Make a plan for the day or week that includes time for learning, playing and relaxing
- If they have to stay home from school, ask teachers what you can do to support continued learning at home. Online educational resources and activities to support children's learning are available from the BBC
- Children and young people need to ideally be active for 60 minutes a day, which can be more difficult when spending longer periods of time indoors. Plan time outside if you can do so safely or see [Change4Life](https://www.change4life.org.uk/) for some ideas for indoor games and activities
- Don't forget that sleep is really important for mental and physical health so try to keep to existing bedtime routines
- It may be tempting to give them treats, such as sweets or chocolate, to compensate for being housebound, but this is not good for their health, especially as they will not be able to be to run around or be as active as they normally do - see [Change4Life](https://www.change4life.org.uk/) for ideas for healthy treats.

Our advice is to: **Stick to a routine**

See our school website, Year Group Pages, for example timetables!

If you are struggling at home, then please seek help at [www.place2be.org.uk/page/get-urgent-help/](https://www.place2be.org.uk/page/get-urgent-help/)

### This week at Coopers Lane

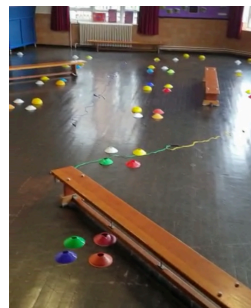
Again, we would like to thank everyone that has helped in keeping the school running for our children of Critical Workers and our Vulnerable children this week.

You are all amazing!



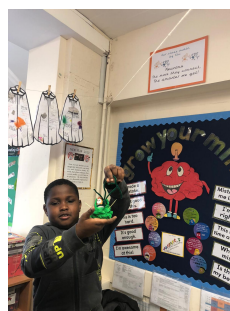
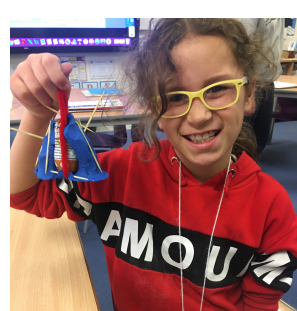
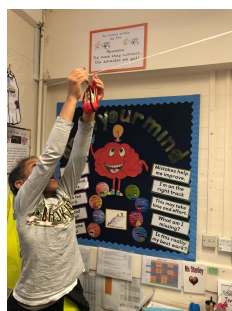


You may question why the staff are in fancy dress... Well, they have been taking part in the fun PE Lessons with The Body Coach, Joe Wicks, daily, and today was Fancy Dress Friday. Don't they look great! It seemed to give the children a new lease of life in today's session. They have also enjoyed a range of active games made up by Coach Nick throughout the week. They particularly enjoyed the new take on Snakes and Ladders!



Children have been given time and support to complete their work on Google Classroom again this week. They also did some Computing using the Spheros. They tried to get a 'hole in one' creating programs on the Sphero software.

The children have had more STEM lessons this week. This time they built zip wires for chocolate chicks and made catapults!



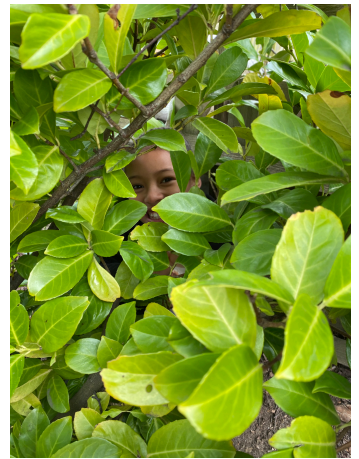
The children love Pom-Pom club at Coopers Lane, so the teachers decided to spend some time making pom-poms with them. A bit of enjoyable quiet time!



We've enjoyed lots of great food cooked and served by Rahim and Sarah, some highlights being the Wednesday Roast and Fish Friday! There was, again, plenty of free play during lunchtimes including Cricket in the MUGA and Hide and Seek around the playground.



Can you spot them hiding?  
Hopefully the sun will return in time for school next week.



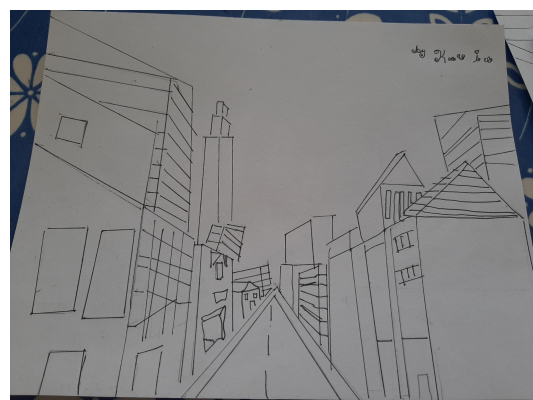
And of course there has been the baking with Mr Hooper. A highlight of the week! The children learnt how to make loaves of bread. Watch Mr Hooper and some of the children making their bread [here](#). You too can cook with Mr Hooper! Follow the online instructions and send us your finished loaves in pictures.



It's been another fun week for the children and adults at Coopers Lane.  
Well done kids!

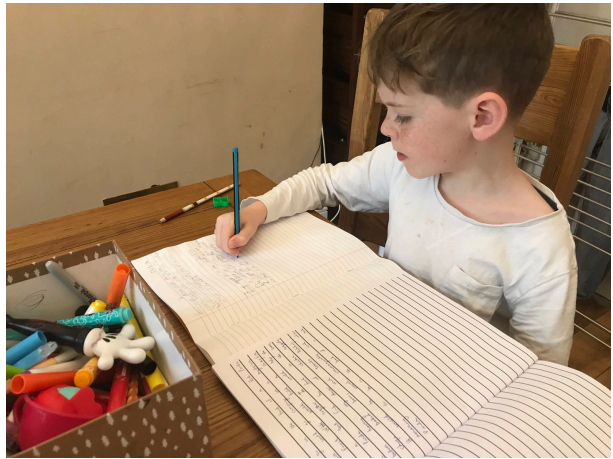
### At Home with Coopers Lane Kids!

We have received some lovely pictures of perspective drawing from Elizabeth (Y6) and Katherine (Y3) – well done girls! I bet Mrs Webb is going to love them.

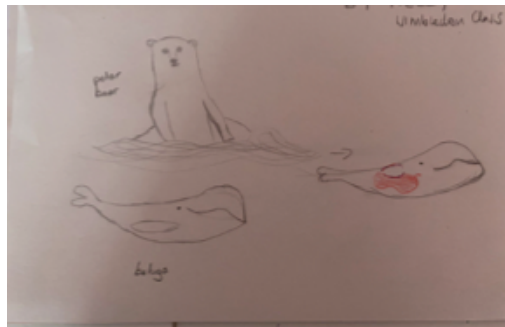




Nik (Y4) has been studying hard again this week. We love the work space he has set up at home. It must really help with the concentration. Well done Nik! And we love the writing activity Ben (Y3) has completed this week – all the things he wants to do when this is over! Great stuff Ben!



Nelly enjoyed watching David Attenborough's Seven Worlds One Planet documentary so much on Wednesday for #GeographyWednesday, she drew these lovely pictures. Thank you Nelly!



Ewan (Y2) and Leon (YR) have been enjoying the #PEwithJoe at home and got dressed up this morning. Jack (Y4) and Louis (Nurs) have also been enjoying the challenges Joe sets too. Well done to all of the boys!



Finally thank you to Alfie (Y6) for his lovely Haiku:

*Coopers Lane is great  
Here's a message for you all  
We hope you stay safe!*

**Remember:** We would love to see some of the things you have been doing at home. We would also love to share them with others! If you would like to show off what you have been doing throughout the week in next week's newsletter, then please email any photos to [spepper@cooperslane.org](mailto:spepper@cooperslane.org) or tweet them directly to our school Twitter account. Obviously, we can't publish all photos sent to us in the newsletter, but we may be able to tweet them for you. So look out for us on Twitter too @CoopersLaneSch!

## Home Learning

We have updated our Google Classroom with a variety of Easter projects for the coming weeks to give the children something fun to do during the Easter holidays. Take a look, have a go and share what they do with us.

Some of the children use Google Classroom whilst they are in school already and are well practised in self-marking. Answers are always supplied for children to check how they have done after completing activities. At Coopers Lane, our school values are always being shared with the children, especially Honesty, Perseverance and Responsibility. Reinforce these with gentle reminders at home when working with your children and we are sure the answers will be safe!



Communication is key between home and school, and it is something we have been thinking very carefully about over the past couple of weeks. Please keep an eye out for an email coming soon from Mr Hooper.

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## Google Classroom

Now that the school has closed, daily activities are uploaded to Google Classroom for each year group. Easter projects will go live today for the duration of the Easter holiday.

Here's a reminder of login details:

User name: reception@cooperslane.org Password: outdoorarea	
User name: year1@cooperslane.org Password: playtime	User name: year2@cooperslane.org Password: lunchtime
User name: year3@cooperslane.org Password: savagestoneage	User name: year4@cooperslane.org Password: rottenromans
User name: year5@cooperslane.org Password: spacetravel	User name: year6@cooperslane.org Password: democracy

*If you are having any issues with the Google Classroom service, please log a call via email to [googlehelp@cooperslane.org](mailto:googlehelp@cooperslane.org)  
Please include your child's year group, a brief description of your issue and a contact telephone number.  
Wherever possible we will try and contact you to help resolve your issue.*

## Thunk of the week

A thunk is a simple looking question about everyday things that stops you in your tracks and helps you start looking at the world in a whole new light.

**Is a phone still a phone if you cannot call/ phone people?**

## Easter Competition

We would love for you to make a model, picture or sculpture of our School Logo. It can be made out of anything, such as Lego, junk modelling bits, drawn and coloured, play dough, leaves, flowers or even painted rocks – you name it! Anything!

Inspired by Mr Mole and his children, we want to see your creations.  
(See 'Getting to Know...' on the next page!)

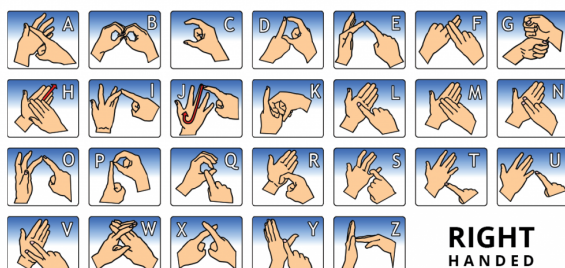
Send your entry into school via Twitter: @CoopersLaneSch or to [spepper@cooperslane.org](mailto:spepper@cooperslane.org) and we will select a few of our favourites to share with you all.



## Want something else to learn... A new language – why not try BSL?

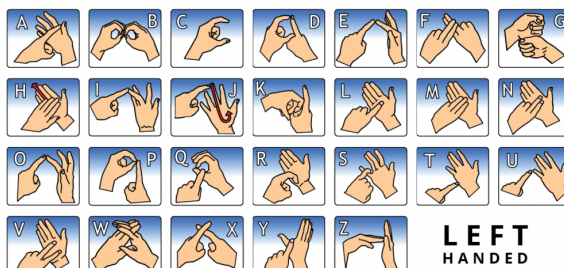
Why not spend some time over the school holidays, or the school closure period, to learn a bit of [British Sign Language](http://www.british-sign.co.uk) starting with learning to fingerspell your name. As a school that's proud to have a Centre for the Deaf, it would be great if we could all come back with a few extra BSL skills! Remember, when signing your name, say it whilst signing, don't spell it out loud. That's the trickiest part!

### BRITISH SIGN LANGUAGE - FINGERSPELLING



**RIGHT  
HANDED**

### BRITISH SIGN LANGUAGE - FINGERSPELLING



**LEFT  
HANDED**



[british-sign.co.uk](http://www.british-sign.co.uk)

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