



COOPERS LANE PRIMARY SCHOOL

WEEKLY NEWSLETTER

Week Ending 24th April 2020

www.cooperslane.lewisham.sch.uk

Twitter: @CoopersLaneSch



Hello Coopers Lane Family & Friends!

What a beautiful week it has been! We hope you have managed to enjoy some of the sunshine before the weather begins to turn next week. Although guidance does remain the same – please stay at home. We all want to prevent the spread of coronavirus; it will protect your health and the health of loved ones and it will save lives. Even on the wetter days forecast for the coming week, try to get outside for some essential exercise (once a day), but please stay local and avoid areas when it is busy. Exercise alone or with family members from your own home and always maintain a 2m distance from others.

Please continue to follow the Government guidance in washing your hands properly for 20 seconds.

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

Wellbeing

Here's more advice, this time from 'Mind' on how you can look after yourself and your children.

Eat well and stay hydrated

Think about your diet. Your appetite might change if your routine changes, or if you're less active than you usually are. Eating regularly and keeping your blood sugar stable can help your mood and energy levels. See our tips on [food and mood](#) for more information. Drink water regularly. Drinking enough water is important for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink. It could help to set an alarm or use an app to remind you. See the NHS website for more information about [water, drinks and your health](#).

If you are self-isolating, you can ask someone to drop off essential food items for you. If they do this, ask them to leave food at your doorstep, to avoid face-to-face contact with each other.

You may find that supermarkets and online delivery services feel busier than usual at the moment. If you're feeling anxious about going to the supermarket or arranging an online delivery, it might help to try some of our [self-care tips for anxiety](#), such as breathing exercises.

Helping us all to cope with stress of staying at home

Staying inside all day might not feel very fun, especially because it's not your choice, and you may find it tough after several weeks.

But there are things you can try which might improve your ability to cope, and boost your wellbeing:

Open the window for some fresh air - Just opening a window and looking out at what's around you, while taking in the sunlight, can help give you a feeling of space. This will also help if you're feeling like you're trapped inside. If you miss going outside for exercise, you can still keep active at home

Keeping in touch with other people - Message, call or video-call family or friends and support each other.

It will help you feel connected, and give a sense of things continuing as usual. If they start talking about the coronavirus too much, **you can ask them to change the subject.**

Keep your days as normal as you can - If you can study during school or college hours, or chat to friends at the same time as you usually would, it may help you feel like things haven't changed as much.

Take breaks from Social Media and the News - You could check them only at certain times of the day, or even switch your phone off for several hours.

Look after your well being - This does not just include sleeping, and what you eat and drink, but also being active, kind to others (and yourself!), and creative.

Practise self-care - Self-care can help you manage your thoughts and feelings, and may protect your mental health from getting worse. Ideas include writing a diary, playing video games, asking for help if you need it, relaxing, and looking after your health.

Talk to people you trust - They could be a friend, a family member, a care worker, or a helpline service – anyone who you feel can give you support for how you're feeling.

If you are struggling at home, then please seek help at www.place2be.org.uk/page/get-urgent-help/

In school at Coopers Lane

Another big THANK YOU, but this time to all of Team 2 & 3 who were in school last week or this week enjoying the dressing up occasion doing PE with Joe Wicks.



It certainly was a fun couple of weeks where the children were able to embrace the sunshine and get outside! They been laying down soil and planting some flowers, so hopefully they'll be in bloom when we return to school.



Alongside their daily dose of @thebodycoach, they have also enjoyed some fun aiming games and mini golf with Coach Nick. Thank you Coach for making the games and lessons so much fun for the children each week!



There was another session with Mr Hooper doing #CookingwithCoopers, this time making some delicious flapjack. Here's the recipe they used and the video is [here](#). Both the children and Mr Hooper loved it!



Ingredients

- 200 g oats
- 150 g dates, raisins or other chopped dried fruit
- 40 g desiccated coconut or seeds e.g. sunflower or pumpkin seeds
- Zest of a lemon
- Juice of half a lemon
- 1 apple grated (peeling is optional)
- 1 table spoon of honey
- 100 g butter (you can also use sunflower oil or coconut oil)

They've learnt lots of new skills, some of which we're sure put their patience to the test. Cross stitching their own design and making balloon bowls, which could also double as a hat!



They even built houses, and then learning, for some new Science skills, how to light up the houses making circuits. How exciting does that sound?



Thanks again for making the week so fun for the children. They had a great a couple of weeks!



At Home with Coopers Lane Kids!

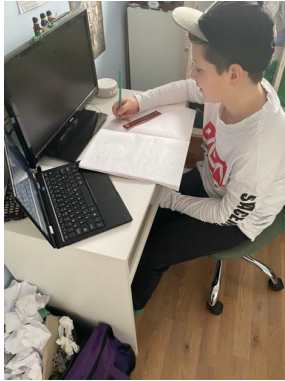
Thank you to those that have tweeted and emailed pictures of the children having lots of fun learning at home over the last two weeks! After an email from the England family a little while ago where they shared inviting animals from Google into their home, they inspired Harry (Y6) to invite a penguin around for a play date! It look likes fun!



The fun didn't stop there for Harry (Y6) and Holly (Y3) though, They've been enjoying participating in the Joe Wicks PE Lessons – especially the Friday dress up's.



They've set up a great workstation to focus on their learning and Holly has been enjoying ordering balls in the garden.



Finlay (Y4) enjoyed learning about new foods and built on their instruction writing task by following instructions of a recipe. He made a Vegetable Biryani and a Pasta Bake, plus he helped out with their first BBQ of the year. Well done Finlay – we wish we could have tasted some!



Ariya (Rec) enjoyed following a Gingerbread Man recipe this week. Don't they look beautiful, and I hope they tasted just as good too. Well done Ariya – Patsie and Jo are so proud of you! The detail is impressive.



Narin (Y6) drew a lovely picture to encourage the NHS, which they put up on their front window. What a nice picture with added detail with the hands holding the hope of a rainbow. A local paramedic saw this picture and sent a wonderful reply to them. Take a read. We agree with Jonathan, keep it up!



Dear [REDACTED]

My name is Jonathan and I'm a Paramedic with the London Ambulance Service. I live on the crescent and saw the note you left in your window. We've also had similar drawings and messages delivered to our ambulance station in Bromley and I just wanted to say how much we appreciate all of these kind gestures of support. I know I speak for myself and other colleagues in the NHS and emergency services when I say how much it means to us that kind people such as yourselves are supporting us through these difficult times. I wish all the best to you and your family and hope you are all keeping well. Stay safe and keep being awesome! It inspires us to all do our best while helping our community.

With the kindest of regards,
Jonathan.

P.S. We love the art work!
Keep it up!

😊

Kiya (Y3) has enjoyed the start of a new topic making a hot air balloon. I wonder who could go in it and where they would go? What do you think Kiya?



Amelia (Y3) and Finley (Y5) have been working hard at home to create a self-made word search and an impressive Anglo-Saxon settlement. Well done you two. See if Finley can find your words now Amelia!



The Ellis brothers (and it looks like mum too!) have been having lots of fun getting creative at home too. As well as Maths and writing, they have been making cakes, drawing Greek vases, painting beautiful castles and dedicating drawing to the NHS on the pavements. Freddie (Rec) and Bradley (Y4) look like they're having a great time at home.



Katherine (Y3) has made a lovely plane for the introduction to her topic. A great way to use recyclable materials at home and to keep the kids busy! Well done Katherine!



We've had lots of wonderful entries for the School Logo competition and here's another one.

Gaya (Y4) made the logo out of all the books she has read since we finished school. We think that's just as impressive as your logo Gaya – well done!



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 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

You will see that Google Classroom is being updated with a variety of work in each of the Year Group's Classrooms. A big WELCOME to Nursery who have joined our Google Classroom to enjoy story reading and lovely activities set by Peter this past week too. The teachers are enjoying making videos for you so you can see what they have been doing at home or at school, or just to read you a story.

Communication is key between home and school, and it is something we have been thought very carefully about. You should have received an emailed letter with email addresses for each of the class teachers last week. Primarily these emails are for you to contact them about work set on the Google Classroom that your child may struggle with or you have a query about, but they are also for you to send photographs of school work, or anything else your child might have done that they would like to share with their teacher. This past week, the teachers have received many messages and photographs via email, some too written by the children (even in Reception!) They love to receive these and give the children a real purpose to do some writing, draw a picture, make a model or even dress up for Joe Wicks!

If you'd like to see what the teachers have been getting up to recently, then look up their videos on our school website. The link is [here](#).

We would love to share photos of work or activities your children are doing with others!

So 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 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!

Google Classroom

There have been a few technical glitches that our team have been trying to iron out this week. If for any reason when you log in to Google Classroom and the screen is blank, please do not worry. Follow these simple steps:

1. Click on the + symbol on the top left (it says join your first class)
2. Enter the class code (now shown below with the login details) and click join

You will now be back in the Year Group Classroom. Please ensure you monitor your children when using Google Classroom, making sure they do not change any settings.

If you have been struggling to open documents in the Google Classroom app, we advise you to access it instead through your internet browser (Chrome, Safari, Firefox etc.).

Here's a reminder of login details:

User name: nursery@cooperslane.org Password: paddingtonbear Code: v4igba4	User name: reception@cooperslane.org Password: outdoorarea Code: cl7oxpv
User name: year1@cooperslane.org Password: playtime Code: lxxduqs	User name: year2@cooperslane.org Password: lunchtime Code: 4erzz7k
User name: year3@cooperslane.org Password: savagestoneage Code: iksmcuz	User name: year4@cooperslane.org Password: rottenromans Code: 4whdxc6
User name: year5@cooperslane.org Password: spacetravel Code: cfqv7yw	User name: year6@cooperslane.org Password: democracy Code: ex73foj

If you are having any issues with the Google Classroom service, please log a call via email to 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.

If you read a newspaper in a shop without paying for it, is that stealing?

A bit of fun...

Inspired by Miss Riley in her Where's Wally costume today, can you spot the real 'Where's Wally' in this picture?

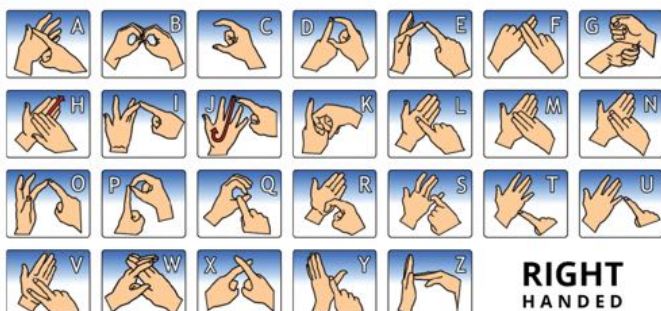


Want something else to learn... A new language – why not try BSL?

Did you have time over the school holidays, or will you over the school closure period, to learn a bit of [British Sign Language](https://www.british-sign.co.uk/)? Start 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!

Video yourself and tag us on Twitter to show it off! Video's of teachers will be posted daily next week, so keep an eye out...

BRITISH SIGN LANGUAGE - FINGERSPELLING



BRITISH SIGN LANGUAGE - FINGERSPELLING



Getting to know...

Who am I?

Miss Liz Gough

What is my job?

Year 5 Teacher & Year Group Leader

What's my favourite food?

My favourite food all of time is chocolate. I eat far too much of this but it just tastes so scrumptious that I just can't help myself! Dairy Milk is my favourite.

What do I like doing?

I love nothing more than meeting up with my friends for a good dinner and a catch up. This is probably because I love to talk!

Something people don't know about me is... When I was in my second year of teaching, I went to Ghana in Africa to help run a summer camp in a small village. I helped train the teacher there and helped to decorate the school. It was such a great experience. Also, my hair is in fact naturally curly but I straighten it most of the time.



Who am I?

Miss Emma White

What is my job?

Reception Teacher & Forest School & PE Leader

What's my favourite food?

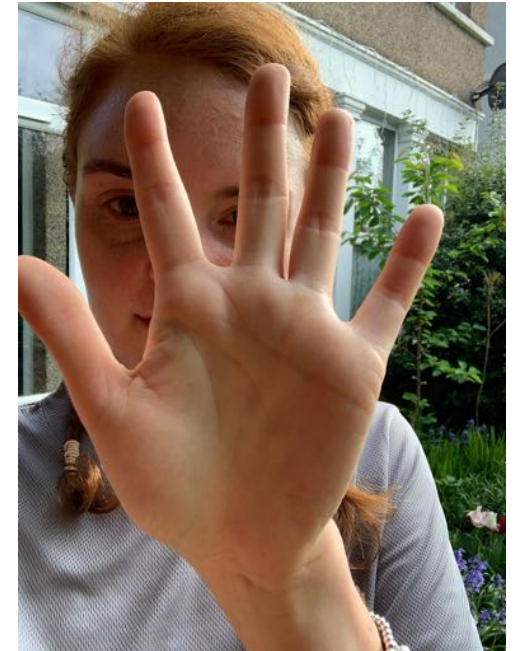
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What do I like doing?

I love running – I recently ran 5km in support for the NHS

Something people don't know about me is...

I can speak Romanian, and something a lot of people really don't know about me is that I studied script writing at University!



The staff and governors have all been keeping in touch via video-link to make sure we are keeping our school and your homeschooling as good as it can be for you all.

We want you all to stay safe, so please follow the Government guidance!



**Have a great weekend.
Keep safe – Stay Home Save Lives!**

Love,
All the Staff at Coopers Lane

