



COOPERS LANE PRIMARY SCHOOL

WEEKLY NEWSLETTER

Week Ending 1st May 2020
www.cooperslane.lewisham.sch.uk
Twitter: @CoopersLaneSch



Hello Coopers Lane Family & Friends!

Week 6 of our lockdown journey, and the weather has finally turned! We've had some okay-ish days and some wet days this week, but hopefully that hasn't got you down too much! We hope you've managed to get out for some exercise and fresh air at some point in the week.

Please continue to follow the Government guidance in staying home, keeping safe and washing your hands properly for 20 seconds.

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

Wellbeing

Here are some ideas from the Mental Health Foundation to help with your wellbeing.

1. Plan your day

We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

2. Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better. Explore different ways of adding physical movement and activity to your day and find some that work best for you. Even at home, there will be lots of ways to exercise and keep your body moving. Read our guide on [keeping active](#) and visit [Every Mind Matters](#) for some ideas to get you started.

3. Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.

A range of [relaxation techniques](#), including [progressive muscle relaxation](#) are available from the NHS.

4. Connect with others

Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with co-workers, friends, family, and others to help you (and them) feel more connected and supported.

Explore ways of connecting that work for you, whether that's by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

5. Take time to reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small. Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.

Mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts (though they may not be helpful for those experiencing more severe depression).

We have a number of [relaxation and other digital exercises](#) on our website.

6. Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.

Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

A range of [tips for improving sleep](#) can be found on our website and from [Every Mind Matters](#)

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

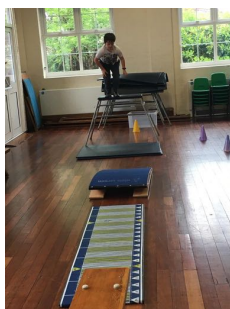
In school at Coopers Lane

THANK YOU to Team 4 who have been in school this week enjoying time with the children with lots of fun activities.

The week started with some lovely sunshine and chalk drawings outside to make the most of it! Some were sporty, some were animal themed and there were some children dreaming of beaches!



They enjoyed outside games, building accuracy in scoring hoops in Basketball and setting targets to improve their skipping. They even built their own obstacle course on one of the days!



Mr Sparkes and Miss Mansfield took on the role of Joe Wicks this week and changed up our early morning PE lesson. They included some high tempo music, adding some Go Noodle workouts too. This is free to everybody, so why not go to their website to access some movement and mindfulness videos for your children.



There was another session of #CookingwithCoopers, this time with Mrs Pepper making some delicious Mary Berry Brownies. The video will be available shortly!



To go with the delicious brownies, the children made homemade ice cream in a bag. Some of it didn't turn out quite right, but they had fun whilst making it all the same! In the end there was a portion of ice cream and some lovely milkshakes.



Whilst reception and year 1 made their very own salt dough to bake hand prints to paint. We're sure they're going to turn out fabulous!



Next, the children created their own 'JunkYard Golf'. They created mini adventures for the golf ball using the junk we had, and then played in the hall because it was wet.



Meanwhile, Year 2 & 3 made some super paintings. There were some handprint rainbows, huge lions and other animals.



There were so many fun filled activities this week. Again, thank you to the adults in school this week!

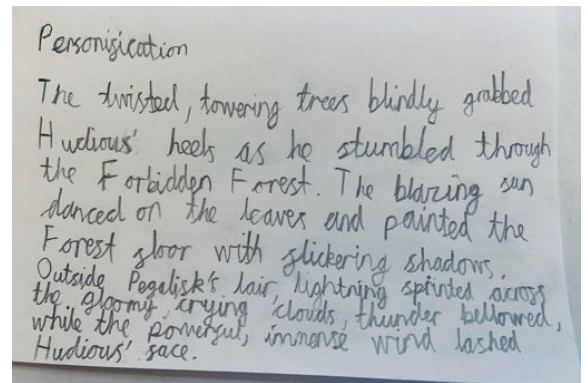
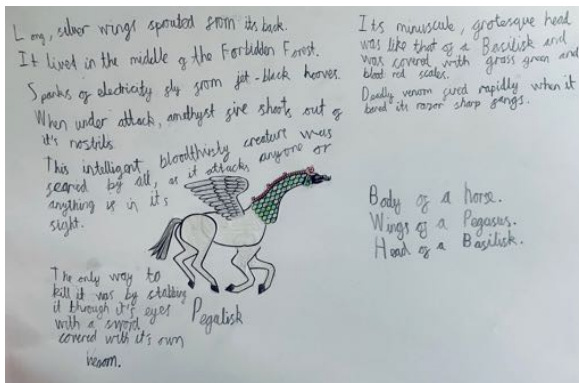
At Home with Coopers Lane Kids!

We are receiving so many more pictures of learning, even videos of your lockdown journey too that are making the teachers at Coopers Lane smile lots! We hope you are enjoying the work we are setting – it certainly looks like it!

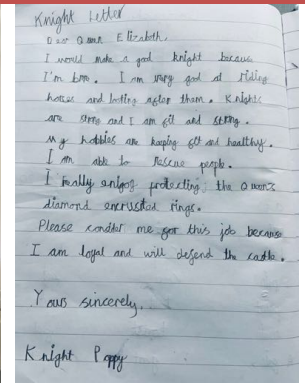
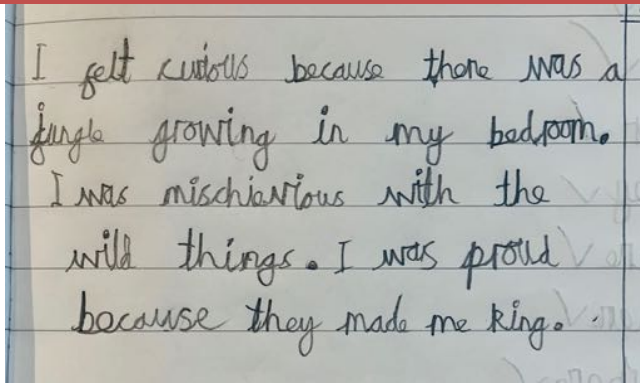
This week Sakura (Y3) make a lovely Rangoli pattern, and her sister, Hikari (Rec), joined in too. They also had a tea party for Hikari's toys friends, preparing invitations for them all to come along. Well done girls – it looks like so much fun!



We received a lovely email from the Rowland's this week. Such a pleasure to read – thank you. Herbie (Y4) has been keeping up with his sport, as he usually takes part in triathlons! During lockdown he has competed in virtual duathlons, which involve a 1km run, a 4km bike ride and then a 500m run. So far he has completed two events and has knocked one minute off his time. WOW! He's now signed up for another two and he's desperate to beat his previous times – Good luck Herbie, we're sure you can do it! He's also been working incredibly hard in his writing. The mythical creature you created and used in your story was fabulous – such a great pieces of work.



Likewise, Poppy (Y1) has been working equally hard. We love the way you're dressing up, just like our school launch days, to get into role. So far a Knight to write her knight letter, and a fox to do her Where the Wild Things writing too. What great inspiration, and something others could try too! Well done Poppy – really great work!



Charlie (Y6) and Emily (Nurs) are missing school, their friends and their teachers lots. They have been up to so much since school closed. Baking, cooking, drawing, colouring, planting sunflowers, going for local walks as well as helping with each other's school work. It's great to see them learning lots of life skills as well. Well done Charlie and Emily!



Children in Nursery and Year 1 are enjoying their learning lots. Peter is story telling weekly – it is amazing and a delight to watch (even if you're an adult or not in Nursery!) You can see here the children taking part in their learning, even taking it outside. Well done guys!



Nik (Y6) has been enjoying getting outside too. Practising his rollerblading! Great coordination and skill to do this – well done Nik!



It's been great to see children across the school practising their maths on SumDog. Last week there was a Lewisham competition and we placed on most of the days. Here's a few of the winners! Well done to everybody that took part this time.

Daily winners

Date	Class name	Score
March 28	Westminster (2A), coopers lane	157.0
March 27	4G, John Ball school	163.0
March 26	Sapphire, Brindishe Manor School	158.0
March 25	4F, John Ball school	281.0
March 24	Ruby, Brindishe Manor School	111.0
March 23	Saturday, Exam Success	116.0
March 22	Topaz, Brindishe Manor School	192.0

[View all daily scores](#)



Top 10 students

Top 10 students based on the number of questions answered correctly in the contest so far.

Position	Name	Class name	Score
1st	Hayat A	Ash, Horniman Primary School	998
2nd	Dinush T	Embankment (2O), coopers lane	979
3rd	Sadie S	Embankment (2O), coopers lane	962
4th	Athavan M	Topaz, Brindishe Manor School	949
5th	Said B	Acer Class, Brindishe Green School	942
6th	Hanako M	Pear, Horniman Primary School	941
7th	Gabriel W	Sapphire, Brindishe Manor School	941
8th	Ismael B	4F, John Ball school	937
9th	Abigail S	Amethyst, Brindishe Manor School	927
10th	Theodore B	Bridgetown, Sandhurst Primary School	918

Top 50 student scores

Top 10 classes

Overall class scores are the average number of correct answers out of the students in that class. At least 10 students from the class must have played in order to get an average score.

Position	Class name	Score
1st	Topaz, Brindishe Manor School	512
2nd	4F, John Ball school	471
3rd	Ruby, Brindishe Manor School	465
4th	Sapphire, Brindishe Manor School	430
5th	Amber, Brindishe Manor School	401
6th	Amethyst, Brindishe Manor School	369
7th	Westminster (2A), coopers lane	339
8th	Pear, Horniman Primary School	287
9th	Embankment (2O), coopers lane	237
10th	Saturday, Exam Success	224

All class scores

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!

Think of the week

A think 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.

Can you touch the wind?

Videos from Staff

We hope that you have been enjoying the videos created by the staff at Coopers Lane. There have been story times, introductions to lessons, some teaching videos, puppet shows, but this week, we have something super special for you coming your way on Monday... Keep an eye out on your classroom area. Let us know what you think! It's a Coopers Lane norm, but on this occasion it is extra special!

We hope you enjoy it!

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 you r class teach and/ or 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: ljxduqs	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

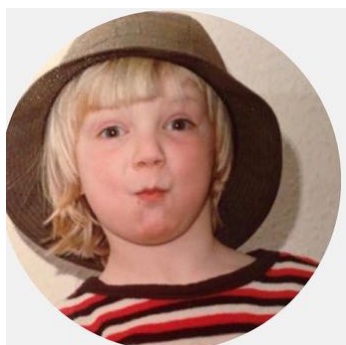
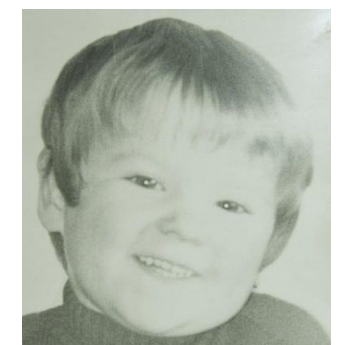
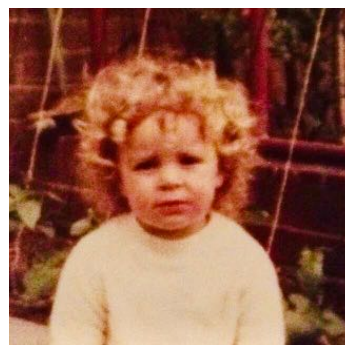
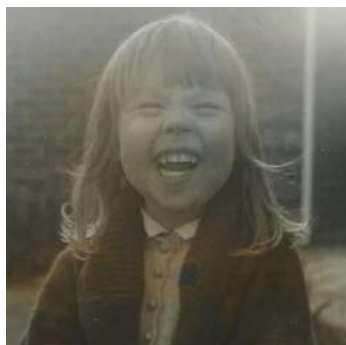
If you are having any issues with the Google Classroom service, please log a call via email to googlehelp@cooperslane.org

Please include your child's year group, a brief description of your issue and a contact telephone number.

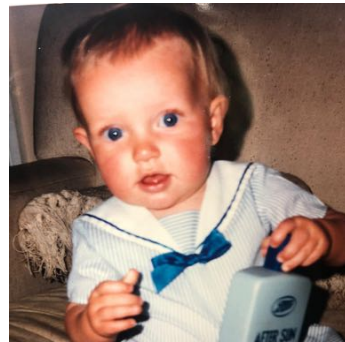
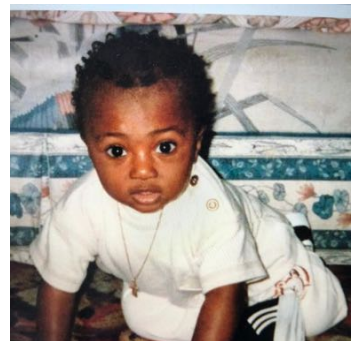
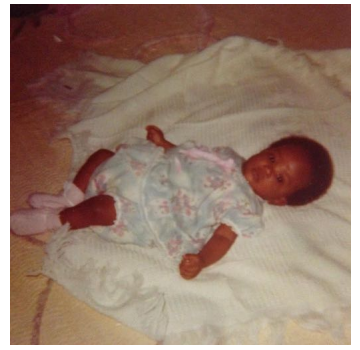
Wherever possible we will try and contact you to help resolve your issue.

A bit of fun...

Here's a bit of a challenge to get you through the week. Can you guess which baby photo belongs to which adult from school?







Answers will be in next week's newsletter!



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

Love, All the Staff at Coopers Lane

