



COOPERS LANE PRIMARY SCHOOL

WEEKLY NEWSLETTER

Week Ending 15th May 2020

www.cooperslane.lewisham.sch.uk

Twitter: @CoopersLaneSch



Hello Coopers Lane Family & Friends!

It's been another great week in school and out of school. It's been lovely to see what everybody has been getting up to and the wonderful sense of community that seems to be enveloping us all.

You will of course be aware of the communication from the government this week on the proposal to begin the phased reopening of schools. We are working through the government guidance carefully and will keep you updated with any decisions whenever we can.

Please continue to follow the Government guidance with social distancing, keeping safe and washing your hands properly for 20 seconds.

Please remember to stay home where possible and stay alert.

Mental Health Awareness Week

Mental Health Awareness Week will take place from 18-24 May 2020, and this year's theme is kindness. Organised by the [Mental Health Foundation](#), the week aims to raise awareness and to promote the message of good mental health for all.

Why was kindness picked as the theme?

The Mental Health Foundation have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

Celebrate kindness

But they also want to shine a light on the ways that kindness is already flowering at this time. We have all seen it in the dancing eyes of 100-year-old Captain Tom Moore as he walked his garden to raise money for the NHS and in the mutual aid groups responding to local needs. We want that kindness to spread further in every community in the UK.

Finally, they want to use the week to explore the sort of society we all would like to emerge from the coronavirus pandemic.

Kindness and Mental Health

Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. Research shows that kindness and our mental health are deeply connected. It shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.

Kindness is an act of courage

But kindness is an intrinsically risky endeavour. It can risk us looking foolish or being taken advantage of, which is why we sometimes retreat. To receive or to give kindness is an act of courage. We want to use Mental Health Awareness Week to support each other to take that brave step and harness the benefits for both giver and receiver.

Kindness Matters – what you can do

During Mental Health Awareness Week in May, the Mental Health Association will release new data to reveal how many of us experience kindness in the UK and a summary of the latest evidence about its important mental health benefits. There will be tips, fundraising ideas and stories that they hope will inspire you.

We all know that one act of kindness can lead to many more. This is the type of community action that we need to inspire others as we discover our connection to each other and extend kindness to ourselves.

Place2Be

Place2Be are excited to announce the launch of their virtual Kindness Cups - a way to celebrate the incredible acts of kindness taking place across our school communities. They provide an opportunity to recognise the children, teachers, parents/carers and other individuals who have made a positive difference through their kindness at this challenging time.

The Place2Be Kindness Cup was first launched during Children's Mental Health Week 2017 as part of their 'Spread a little kindness' theme.



Find attached to this week's newsletter

- A Place2Be colouring-in sheet so children can design their own trophies at home
- Place2Be Ideas on how to make your own Kindness Cup if you don't have a printer at home
- The Mental Health Association seven days of kindness calendar

During Mental Health Awareness Week, we are asking you to do three things:

- Reflect on an act of kindness. Share your stories and pictures (with permission) of kindness during the week using **#KindnessMatters #Place2Be** and **#MentalHealthAwarenessWeek**
- Use the Mental Health Association calendar and Place2Be trophies in your family, school, workplace and community to join with thousands in practising acts of kindness to yourself and others during the week
- Share your ideas on how you think we could build a kinder society that would support our mental health using **#KindnessMatters #Place2Be** and **#MentalHealthAwarenessWeek**

Please share via twitter @CoopersLaneSch or email into spepper@cooperslane.org

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

In school at Coopers Lane

To start, we just want to say huge thanks to all of our amazing teachers and support staff at Coopers Lane, for their incredible work over the weeks since school closure began. We're proud of you all and the brilliant work you've done to support each child and family. Your efforts have been appreciated, thank you!

This week, in school, the children have been participating in a variety of PE sessions. They have done some keep fit with the Ferdinand's – Kate & Rio, they had a bit more Joe Wicks, but they also had a special lesson in Pilates with Miss Maynard's little sister via Zoom. Thank you Miss Maynard! And obviously, there was the usual, fun fancy dress Friday!



They enjoyed their learning this week, taking some of the Maths outside to use the huge number square. Chalk art has been a hit again this week, and skipping amongst the staff! The children also planted some vegetables and flowers in our new plant beds outside the KS1 classroom – thank you to the Ibbotson's for the kind donations.





Keeping with nature, the children explored our Forest School to collect things for their nature art.



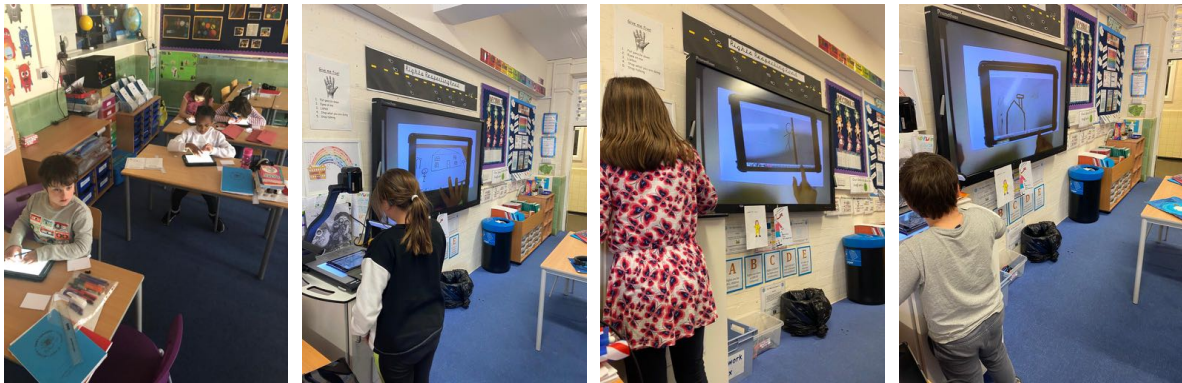
There was more art completed in the Southwark class, beautiful deep water art using different shades of blue and sugar paper. Isn't it fabulous!



There was another session of #CookingwithCoopers, back with Mr Hooper making his famous muffins – blueberry, lemon and poppy seed and choc chip. They always taste delicious when they're brought in for the staffroom, so we're sure the children loved them too!
The video will be available shortly!



The children enjoyed some simple stop animation this week, firstly making flip book and recording them to see them in animation, next they used whiteboards and iPads to create short movies – see the animations on our school twitter @CoopersLaneSch.



There were so many fun filled activities this week and the children really enjoyed themselves. Thank you to the adults in Team 2 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!

Ben (Y3) has been helping his mum plant seeds in the greenhouse, putting the best ones aside for us at Coopers Lane. He's hoping the school will be green when he gets back! Let's hope so Ben, and thank you!



Following on from the chalk art in school last week, this was shared to Twitter to say thank you to many of our key workers, including our delivery drivers. Isn't it lovely!



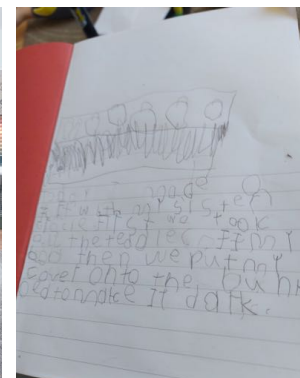
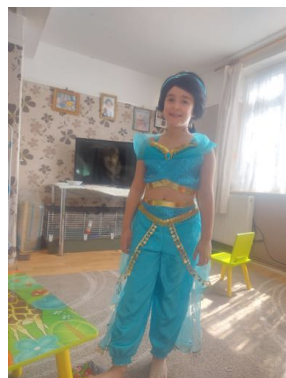
Bradley (Y4) and Fred (Rec) have been creating some lovely pottery this week. We love the Greek style vase Bradley, and the habitat for the lizard Fred. Well done boys!



Christopher (Y4) and Emily (Y2) created some wonderful bunting to celebrate VE Day last weekend. They put it up and enjoyed a bit of VE Day afternoon tea. It looks wonderful – well done to both of you!



Gracie (Y4) and Mason (Rec) have been enjoying their time at home playing dress up, but also practising their writing and art – well done both of you, you look fabulous!



Herbie (Y4) and Poppy (Y1) have enjoyed using their newly downloaded app from **The Woodland Trust** that helps you identify trees. Herbie has particularly enjoyed using it when they have been out on their daily walks. He also completed his most recent Duathlon and achieved another personal best. His 1km run was 4min 35secs, the 4km bike ride was 9min 8secs and the 500m run was 1min 58secs. He beat his previous time by 2min 40secs, which placed him 16th out of 105 in his age category. It's great to see that you've been keeping Daddy going with his fitness too Herbie – well done!

Rather than make a robot for her home learning this week, Poppy made and dressed herself as a robot. She sequenced the story *The Robot and the Bluebird* then wrote her sentences, pretty much on her own. What beautiful handwriting and content Poppy! Well done! Herbie finished his Greek myth this week. You can find the first part below – to read the rest, look us up on Twitter @CoopersLaneSch



10: I can sequence a story 14.05.20
The oldest robot tried to mend his heart but he couldn't. The other robots threw him on the scrap heap. He sat there through all four seasons until it snowed on him. He became very cold. A long time later a little blue bird. The robot made a nest for him in his heart. The little blue bird slept there all night. Then the robot carried the blue bird in his heart to a warmer place. The robot let the blue bird fly away. Every day all the birds gathered around him.



Hudnors and the Pegalisk
I imagine a place where the sun always shines, when people were not afraid, when everyone helped each other out. This is the story of that time. The people of Athens were always cheerful until one day things changed. Jolly, the king of Athens told his soldiers, "I expect people and animals are being killed by the Pegalisk who moved into the centre of the Forbidden Forest."
One brave and heroic soldier, who was good with dogs, stood listening intently to his King. His steady and unblinking face was a perfect mask as he clenched his teeth and marched over to the King.
"I Hudnors will kill the Pegalisk and bring peace and calm to us all," declared Hudnors.
The King told Hudnors to kill the Pegalisk by stabbing it through its eyes with a sword covered with its own venom.

EXTREME READING CHALLENGE

Seb (Y1), Jemima (Y4) and Matilda (Y6) have sent us in their own challenge... Who would be up for participating in this? They'd like to challenge **all teachers, staff and pupils** (and parents!) to the EXTREME READING CHALLENGE - reading in an extreme place and taking a photo of it.

We hope you'll all take up the challenge, you can see they've been taking part and it has been very funny! Here are their pictures to get you started...



Send your pictures in via tweet or email.

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!

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 elephants ruled the world, what changes would you see?

Videos from Staff

We hope that you have been enjoying the videos created by the staff at Coopers Lane. There are more and more coming from each Year Group, and hopefully you're getting to see the lovely staff you are missing.

We hope you enjoy them!

Home Learning

You will see that Google Classroom is being updated with a variety of work in each of the Year Group's Classrooms, some changing to topic themes and all having a mixture of subjects. 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!

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 your class teacher 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

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.



Have a great weekend. Keep safe – Stay Alert!

Love, All the Staff at Coopers Lane



Design your own Kindness Cup

What colours make you think of kindness, or make you feel happy? Colour in this trophy, or draw your own. Who will you give your Kindness Cup to?



place2be.org.uk/kindness

#MentalHealthAwarenessWeek



Create your own Kindness Cup

Use recycled materials from around the house to build your own 3D trophy.
Who will you award it to?

You will need

- 2 pieces of cardboard or card (could be a cereal box)
- Pen
- Ruler
- Scissors
- Paint, glitter, colouring pens or coloured paper to decorate

Top Tips

- Ask an adult to help you with cutting and measuring.
- What other materials do you have in the house that you could decorate your trophy with? You could use chocolate bar wrappers to make your trophy silver!

Method



1) Draw the outline of a trophy shape on your cardboard or card.



2) Carefully cut your trophy shape out - get an adult to help you.



3) Using your cut out trophy as a stencil, draw and cut another trophy.



4) Measure halfway down the length of your trophies and mark.



5) Take one of your trophies, and cut from the bottom of the trophy to the marked middle.



6) Take your second trophy, and cut from the top of the trophy to the marked middle.



7) Slide your trophies together using the newly cut slits. Your trophy should now stand.



8) Decorate your trophy! Use paint, felt tips, glitter and coloured paper to decorate it.

7 DAYS OF KINDNESS

BEING KIND TO OTHERS

MON

REMINDE A
FRIEND OR
FAMILY MEMBER
OF A NICE
MEMORY YOU
HAVE TOGETHER

HELP TIDY
UP



WED

TELL SOMEONE
A JOKE



THURS

BE KIND,
PATIENT AND
SHARING WITH
YOUR BROTHER/
SISTER/
CLASSMATE

FRI

GIVE 3
COMPLIMENTS
TODAY



SAT

MAKE A CARD
OR GIFT FOR
SOMEONE



SUN

ASK A LOVED
ONE HOW
THEY ARE
AND LISTEN
CAREFULLY

BEING KIND TO MYSELF

WRITE DOWN
3 THINGS
YOU'RE PROUD
OF (SMALL
OR BIG!)



LISTEN TO A
SONG THAT
MAKES YOU
FEEL HAPPY



TRY OUT A
MINDFULNESS
ACTIVITY



(TRY ONE
OF OURS!)

GIVE YOURSELF
3 COMPLIMENTS



EAT SOME
OF YOUR
FAVOURITE
FOOD



SPEND SOME
TIME ON YOUR
FAVOURITE
HOBBY



PLAY A FUN
GAME WITH
YOUR FRIENDS
OR FAMILY

NAME:

7 DAYS OF KINDNESS

DATE:

	MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS							
BEING KIND TO MYSELF							