



COOPERS LANE PRIMARY SCHOOL

WEEKLY NEWSLETTER

Week Ending 22nd March 2024

www.cooperslane.lewisham.sch.uk

Twitter: @CoopersLaneSch



PUPIL VOICE



It's been another busy week at Coopers Lane. On Tuesday, Farrington class put on an amazing class assembly for their family and friends. It was a brilliant performance and the children taught us so much about various topics including the Anglo Saxons. I came away with a head full of facts and singing the 'Anglo Saxons' song for the rest of the day.

Then on Wednesday the school governors came into school to spend the day with us. They spent time with 3 of our pupil voice groups; the school council, the rights respecting rangers and the green team. The children wowed them with the plans they have to improve our lovely school. It was wonderful to hear the children talk so confidently and passionately about their roles.

The time seems to have flown by this term and we have just one week left before the Easter holidays. Don't forget that **school finishes at 1:30pm on Thursday 28th March** and there are no clubs running on the last day of term.



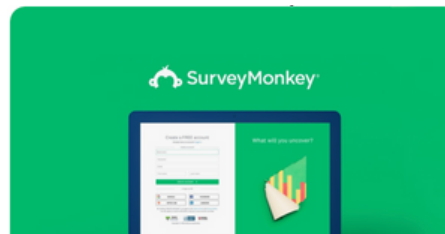
Have a great weekend.

**USE
YOUR
VOICE**

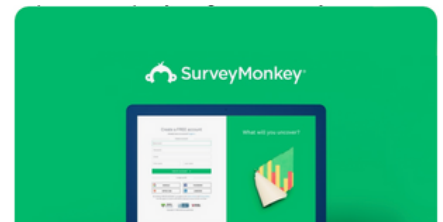


GROVE PARK LIBRARY GARDENS

Grove Park Library Gardens came runner up in London Play's sad playground campaign and we a local group are now looking to show it some love. Please can you help them plan next steps by filling out the surveys below. There is an adult survey and a child survey.



Communities Unite for Play: Children's survey
surveymonkey.com



Communities Unite for Play - resident adult survey
surveymonkey.com

If you would like to join the friends group that being set up then please email groveparklibrarygardensfriends@gmail.com and you can follow them on Instagram Grove Park Library Gardens Friends

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringonlinewellbeing/2015-10-28>, <https://www.rps.org.uk/health/mental-health/leadership/2015/05/warning-signs-mental-health-risk>

PTA UPDATE OUR BIG SPRING PROJECT - REVAMPING THE PEACE GARDEN

It's our last weekend working on the garden before the easter break and we would love to see you there ! **This Saturday (23 March)**, the PTA will be working with Ben Hardy Diggers (who sponsor the girls football team) to level the seating area and move over 16 tonnes of topsoil! **We will need people power, wheelbarrows and shovels!** We will also be painting a fence and laying more membrane.

If you can spare a few hours, it would be really appreciated. Please meet at the black gate at the top of Coopers Lane from 9am. If you can spare even an hour, please do come along, as many hands make light work! Please note that you will be unable to bring children with you due to health and safety reasons. Sign up here: <https://volunteersignup.org/7XW8M>

After Easter, we will be building the new planters, benches, secret hideaway and storage units as well as finally getting to bring the garden to life with plants! So still lots more opportunities to get involved !

Thank you to all our volunteers who have helped out over the past few weekends with the garden revamp. It's been great to see the progress we are making, which would not have been possible without your help!



NURSERY

It's been another busy week in Nursery. The sun has been shining, which meant at last we could open the sand pit. The children have had a great time making big sandcastles. The weather has been so nice we have had a tidy up in our "Garden Area" and the children have been finding mini-beast hiding under our pots, Jonah, Pippa and Amariah found lots of snails and worms. They got so excited when the compost bin was open to see all the little creatures moving around. We have also started to make our Easter egg cards using pipettes and rolling a golf ball across our paper.

RECEPTION

This week Reception have had a super busy week. We have been fascinated by our cress growing and have enjoyed seeing all the spring changes in the outdoor area and at Forest School. We dug, made "mud cakes" and enjoyed making our very own clay models of forest animals.

We have been learning about Ramadan and St Patricks day too this week. We are looking forward to more fun next week!



YEAR 1

Year 1 have been enjoying the mini topic this week based on monarchs and their Drawing Club text, 'The Queen's Hat'. They've been using words like monarch, throne and abdicate - even at home! Isobel told her daddy that abdicate is like when you say, 'I don't want to do this anymore!'

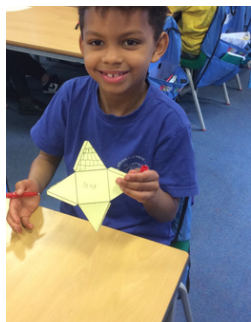


The children have enjoyed creating crowns in the creative area, pictures in transient art and landmarks in the outdoor large construction. They've certainly enjoyed this week's Talking Time!



YEAR 2

Year 2 had a history lesson on Ancient Egypt and learnt about the great pyramids. We then used nets of pyramids to make our own. In art, we finished our 3D African animal print projects; in our final lesson we had to add the final details of whiskers, eyes and nose. In maths, we have learnt about mass and the difference between a gram and a kilogram.



YEAR 3

For World Book Day, Year 3 immersed themselves in nature. We visited Grove Park Library Gardens. Whilst we were there, we sketched our surroundings, took pictures of the environment on iPads and read the story 'The Rhythm of the Rain'. In addition, we created our own river on lining paper and made rain sticks.



YEAR 4

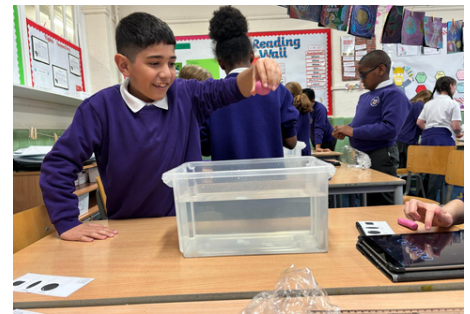


Year 4 have had an incredibly busy week with both school and home journey. During our time away at WildChild, we identified different types of trees, examined bugs, made our own fires, built shelters and enjoyed a warm campfire with some hot chocolate. We had so much fun and made memories to last a lifetime! On home journey, we baked our own sweet treats, explored our forest school and made lots of arts and crafts.



In science this week, Year 5 have continued to investigate different forces. This time our experiment was all about water resistance. We used our prior knowledge of air resistance and gravity to predict whether three objects of the same weight but different shape would have the same water resistance. In our experiment we moulded plasticine into different shapes, we then dropped each bit of plasticine into a tub of water from the same height and timed how long it took to reach the bottom. We concluded that the shape that reached the bottom of the tub the fastest had the least water resistance.

YEAR 5



YEAR 6

This week, year six were lucky enough to have a presentation from a member of staff from 'Transport for London' and Community Police Officer. We learnt about how to stay safe when using public transport and how to plan journeys. We also discussed where to find help if we need it when out on our own. In geography this week we have been looking at global supply chains and thinking about solutions to help communities who do not have access to clean water.

