



COOPERS LANE PRIMARY SCHOOL

WEEKLY NEWSLETTER

Week Ending 28th March 2024

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HAPPY HOLIDAYS



It's been a fabulous last week of term. On Tuesday, Tower Hill Class put on an absolutely brilliant class assembly for their parents and carers. The children were amazing and took us on a tour of the UK, showing us lots of famous land marks along the way. They taught us all about the different seasons, with a fantastic song that described the changing weather and climate in each season. It was such a lovely assembly!



On Wednesday, we surprised the staff with an Easter Egg hunt before school. The senior leadership team came in early to secretly hide chocolate eggs in the playground and then staff were set off on the hunt. It was great fun! Thank you to the amazing team we have at Coopers Lane. We hope you enjoy the holidays and the chocolate eggs!



This morning was a really wet start but it didn't stop the Coopers Lane Bike Bus. It was great to see so many families joining in today and enjoying the cycle into school.

Just as the gates opened this morning a beautiful rainbow appeared in the sky. Thank you to Del Rowland for capturing it in this photo.

I'm looking forward to a couple of weeks rest now and hope that you all enjoy the holidays too. I look forward to seeing you for another exciting term when we start back on Monday 15th April.

Have a lovely holiday.



Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



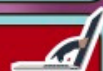
- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of InGage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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#WakeUpWednesday

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YEAR 4 SCHOOL/HOME JOURNEY



NURSERY

What a fab week we have had in Nursery. Look at the amazing Bonnets the children made at home with their families. They loved parading down the garden in their Easter bonnets.

We had fun making Easter baskets and cards this week. We have also been making Chocolate Easter Nests, trying hard not to lick the spoon! The children waited for the Easter Bunny to come to put some chocolate eggs in their Chocolate nests.



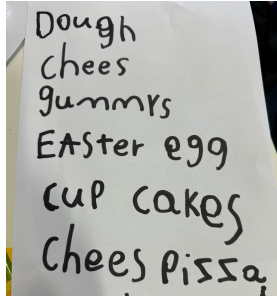
RECEPTION

Wow what an eggciting week Reception have had. We have had so much fun hunting for eggs at Forest School and finding eggs in our classrooms with tricky words on them. Today, we loved seeing all the children's Easter Bonnet creations, they were absolutely amazing. We had a great time in the hall dancing and showing them to each other. We loved how much the children have gained in confidence throughout the term.



YEAR 1

This week in Year One we explored 'Royal Fashion' within continuous provision. We looked at how and where clothes are made, as well as how factories looked a long time ago compared to now. We even became clothes makers and made clothes for mannequins! We had to make sure we sketched out a design beforehand. London Bridge class had their class dojo prize. We chose to have a pizza party. Some children decided to write an extensive list of items for Miss Ulus' shopping trip, unfortunately the shops didn't have everything in stock, maybe next time!!!!



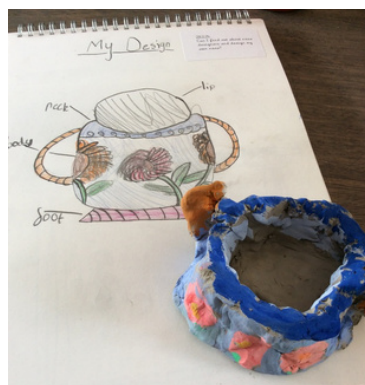
YEAR 2

Year 2 has had a brilliant last week of term! We have made beautiful butterflies in art. In Computing, we completed our project on African animals. All the adults are so proud of Year 2 this term and they all deserve a lovely break.



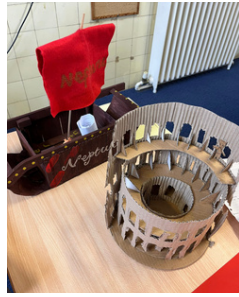
YEAR 3

This week Year 3 have been making clay vases with Mrs Webb inspired by ancient and modern vases. We hope you like them!



YEAR 4

This week in Year 4, we concluded our learning about The Romans with a beautiful museum to showcase our amazing Roman artefacts. We explored the museum and had the chance to explain what we had made. We had so much fun looking at everyone's hard work and we really enjoyed learning about The Romans.



It has been a fabulous half term and the whole of the year 5 team wish you a lovely Easter. This week we worked hard to complete our current art projects. In our lessons we have learned lots of different sewing techniques and then created our own talking textiles project. This is where we had to tell a story using only textiles! We are really proud of what we have made. I wonder if you can guess from our artwork what story we were telling.



YEAR 5



YEAR 6

Year 6 had a fantastic trip to the Horniman Museum this week! We had a workshop about 'animal classification' in which we were able to examine different animal specimens and identify which classification groups they belonged to. We also explored the different underwater habitats in the aquarium and the fantastic grounds of the museum. All of the children were so well behaved and made Coopers Lane proud- well done Year 6!

