



# COOPERS LANE PRIMARY SCHOOL

## WEEKLY NEWSLETTER

Week Ending 24th May 2024

[www.cooperslane.lewisham.sch.uk](http://www.cooperslane.lewisham.sch.uk)

Twitter: @CoopersLaneSch



## HAPPY HOLIDAYS



It was a wonderful end to the half term today with the Y1,2,3 sports day at Northbrook Park. The children had a lovely morning taking part in all of the events and it was great to see them cheering each other on and supporting each other so well. It was also really lovely to see so many parents and carers who came to watch and support the children. Thank you for helping to make this such a successful event.

I'm already looking forward to the Y4,5,6 sports day on Friday 7th June!



There's lots to look forward to when we come back to school. The summer Fair is on Saturday 22nd June and then our annual trip to Broadstairs is on Friday 19th July - booking is now open for this so make sure you get your tickets!

**REMEMBER:** Inset Day Wednesday 5th June = no school for the children  
Have a lovely holiday.

## PTA UPDATE

This year our annual Summer Fair will be held on Saturday 22nd June. We'll have live performances on stage, plenty of great food stalls, our biggest Raffle of the year, a licensed bar, arts and crafts – and of course lots of fun games for the kids.

But it takes more than 50 people to make this happen on the day – and we need your help. Can you volunteer to help run a stall for part of the event? Put simply: the more volunteers we have, the more stalls we can run, the better the Fair will be and the more money we can raise to support the school through next year.

To sign up and help make this year the best Summer Fair yet, [please use this link](#).  
Thank you!



Please join us to celebrate  
**Windrush Day** as well as the official  
reopening of the **Peace Garden**

Licensed bar Ice cream Food stalls 50p games YogaKids  
Bouncy castles Storytelling Performances Raffle  
Lots of activities for the whole family!

### INVITATION TO ALL FAMILY MEMBERS, CARERS AND STAFF OF COOPERS LANE SCHOOL.

Coopers Lane Bike Bus are excited to collaborate with Imperial College London on a research project to monitor the air quality that our children experience on their school journey. Imperial College have kindly invited every family member, carer and staff to their FREE 1 hour online session below. This is a fantastic opportunity to learn from leading academics at Imperial College London and we hope as many of you will join us as possible.

#### THE AIR WE BREATHE

Join us for an informative session where we'll tackle the pressing issue of air pollution. We'll explore its definition, sources, and measurement methods, while also delving into the health impacts, especially in urban areas. Learn how everyday activities expose us to pollutants and discover actionable strategies to reduce exposure and minimise our own contributions to air pollution.

Meeting Link: For Open Session 12:30-13:30

Topic: THE AIR WE BREATHE

Time: **Jun 7, 2024 12:30 PM London**

Join Zoom Meeting

<https://imperial-ac-uk.zoom.us/j/95863590218?pwd=cTINKzdESXlvL2VUMUJuL0JnY05WZz09>

Meeting ID: 958 6359 0218

Passcode: +^Bg9E

If anyone would like more information, or learn how to join the bike bus, then please email [cooperslanebikebus@gmail.com](mailto:cooperslanebikebus@gmail.com)

## NURSERY

We closed up the 'Fancy Dress' shop this week and the children have been washing all the costumes in the big water trays in the garden. We started this on Monday and got the dresses dry by hanging them out in the sunshine. Then we did the Superhero costumes on Tuesday before the rain came. We are still drying these inside the classroom. Typical British weather!



## RECEPTION

This week in Reception Baker Street became actual bakers! They spent their dojo dollars on a cooking morning with Mr Hooper. They worked as a team to bake oatmeal raisin cookies. Each child had their own job and got to stir the mixture. We all had such a great time - thank you Mr Hooper!



## YEAR 1

Another hectic week for Year 1. The children had a fabulous sports day today and it was wonderful seeing the parents and carers supporting them. In class,

Emmeline has been working hard creating the iconic London landmark of a telephone box. She has even made a telephone inside! In preparation for the forthcoming visit to central London, Elizabeth has been building a model of Buckingham Palace. We can't wait to see the real palace!



## YEAR 2

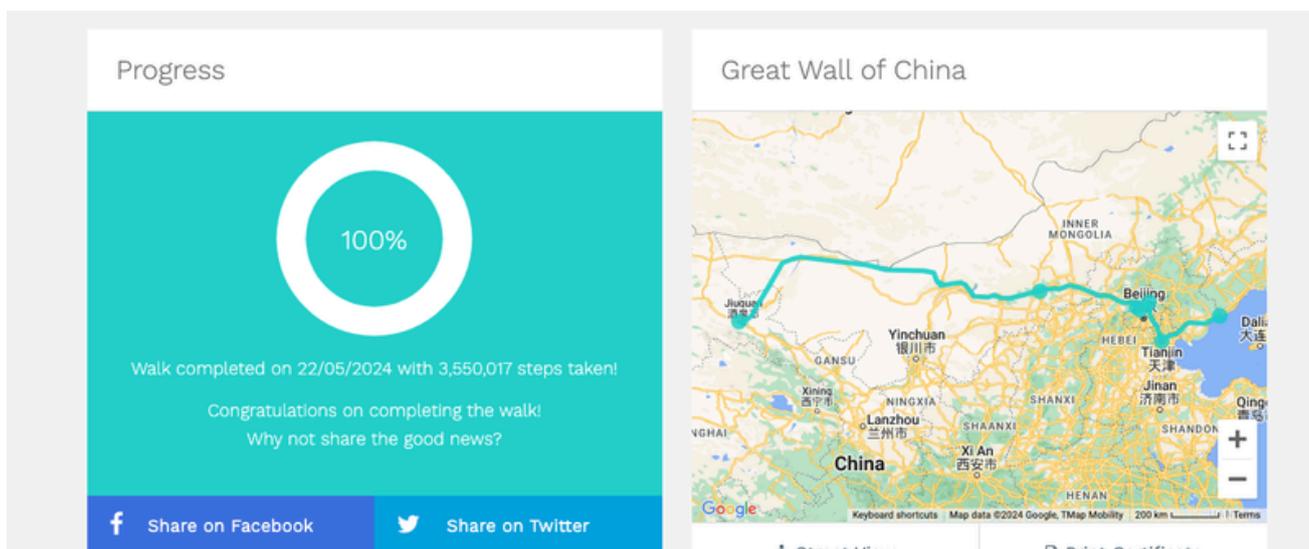
Firstly, a HUGE well done to all of Year 2 for their participation in sports day - they showed compassion and were so supportive of each other. Well done to the winning blue team! Year 2 have continued with their learning about Van

Gogh in art and used different techniques to create some of his most famous works. In maths, we've completed our topic on time by looking at how many minutes are in an hour and how many hours are in a day and solved problems related to these facts.



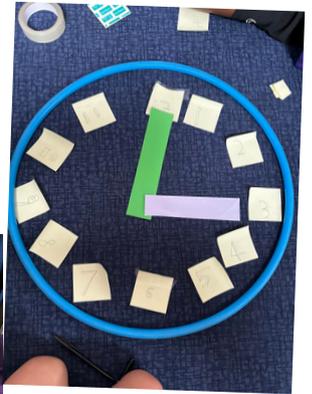
## YEAR 3

Thank you for your incredibly generous donations for our sponsored walk. Year 3 have completed their challenge to walk the length of The Great Wall of China!



## YEAR 4

Year 4 have persevered this week with the tricky skill of learning to tell the time. We created our own amazing hula hoop clocks to help us understand where each hour should go on the analogue clock. As well as this, the children have written the most amazing speeches about what they would do if they had a magic pencil. Some would put an end to racism, some are passionate about climate change and some agree with Malala that every child has the right to education!



## YEAR 5

This week Year 5 have been learning about tessellations in our computing lessons. Tessellations are repeated shapes either rotated, translated or reflected. We created our own tessellation template using card and made our own artwork from it. We then took this learning to the laptops, using Tinkercad to create digital tessellations. We also linked this learning to our History and RE topics learning about Islam, as we know lots of Ancient Islamic artwork involve tessellations.



## YEAR 6

Year 6 have had a wonderful week celebrating the end of SATs. On Monday we got the Thames Clipper and then spent a fabulous day in Greenwich park playing in the sunshine. We also visited Pizza Express and had the chance to make our own pizzas. All of the children were extremely well behaved- we are very proud of them!



# 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

## Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday<sup>®</sup>

The National College<sup>®</sup>