



COOPERS LANE PRIMARY SCHOOL

WEEKLY NEWSLETTER

Week Ending 6th September 2024
www.cooperslane.lewisham.sch.uk
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WELCOME BACK



Hold on to your hats and enjoy the ride, as we embark on another exciting year at Coopers Lane! I'm so happy to be back at school and it really has been wonderful to see all of the children, staff, parents and carers this week. I hope you all had a brilliant summer that was filled with fun, adventure and maybe a bit of relaxation too!

We're very much looking forward to welcoming our new Reception children to school next week. They have half days on Monday and Tuesday and then will be in school full time from Wednesday. It's an exciting time and we are thrilled to have all of the children with us to start their learning journey. What a fabulous journey it's going to be!

We have lots of great events planned this year, so don't forget to check the school website and get the dates in your diary. Use this link to access the events calendar for the whole year: [School Events 2024/25](#)



Just a short welcome back newsletter this week and then next Friday we will be back to sharing news from every year group each week.

Have a fantastic weekend.

WE'RE HERE TO HELP

If you have any queries or concerns about your child, the first point of contact should always be their class teacher. To make contact easier, we have simplified the email addresses for class teachers. Each **class email address** is as follows:

classname@cooperslane.org

e.g. **coventgarden@cooperslane.org**

e.g. **stpauls@cooperslane.org**

If you feel you need additional support with your query or concern you can contact the **year group leader**.



Reception: Louise Black (Deputy Head)

Year 1: Katie Dawson (London Bridge)

Year 2: Rebecca Davidson (Westminster)

Year 3: Kim Allen (Victoria)

Year 4: Erica Walker (Knightsbridge)

Year 5: Liz Gough (Wimbledon)

Year 6: Laurie Carter (Moorgate)



As always, a member of the senior leadership team will be on the school gate every day to help you or you can email via the school office: info@cooperslane.lewisham.sch.uk

WELCOME MEETINGS

We're looking forward to seeing you next week at the year group welcome meetings in school. Teachers will provide you with information about the year ahead and you will be able to visit your child's class. All the meetings are at 9am:

Mon 9th: Year 4

Tue 10th: Year 1

Wed 11th: Year 3

Thu 12th: Year 2

Fri 13th: Year 5

The Year 6 meeting is on Tue 10th at 6pm, also covering secondary school applications and school journey.

JOB VACANCY

Would you like to join the staff team at Coopers Lane School?

We are currently looking for enthusiastic, positive, friendly people to join our amazing lunchtime team.

If you are interested in helping us to give the children an exciting experience through play, then get in touch.

Email Ayse Mehmet, school business manager, for more information: info@cooperslane.lewisham.sch.uk



DISTRICT TRIALS

U11'S

Kangley Bridge Road
Lower Sydenham
London SE26 5AQ

THURSDAY 12TH SEP
5-6 PM

CONTACT US

0207-101-3652 | INFO@BALLERSSPORTSCOACHING.COM



If you have a child in Year 6 who is interested in playing in the Lewisham District Football Team, then why not take them along to the trials next week. It's open to all children in Year 6. The coaches are looking forward to welcoming everyone along next Thursday. Everyone is welcome!

10 Top Tips for Parents and Educators

CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family, discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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