

NEWS ALERT

FRIDAY 20TH MARCH 2020

WHOLE SCHOOL NEWS



Happy
Mother's
Day!

LOVE FROM ALL OF US AT COPTHORNE PREP

There are members of staff (& ex-staff!) who are happy to offer baby sitting services during the school closure including:

Nicole Day **07889 462712**

Molly Heasman **07815 918079**

Jordan Badger **07702 433227**.

Starting **Monday 23rd March** Joe Wicks will be hosting a free workout aimed at kids LIVE on his YouTube channel. With the schools closed and with us all spending more time at home, it's more important than ever that we keep moving and stay healthy and positive: www.youtube.com/user/thebodycoach1

Taekwondo

Well done to all the children who graded this week, they rose to the challenge admirably! There were no mats as the children needed to be more spaced out and additionally they were performing in the absence of an audience! Recognition was given to the senior grades in both groups for their professionalism in leading and inspiring the juniors who also proved themselves worthy of their new belts.

Sue Parkins

Home Learning

We will be sending out a newsletter next week if we gather enough photos of your home learning! Please send them to newsletter@copthorneprep.co.uk Please keep in touch!

Mother's Day

Today's Pre-Prep & Oaks Mother's Day Assembly can be found on the school's website under Our School - School Videos. They were very sweet but we missed you!

In light of school closures, the resource website 'twinkl' is offering 'one month ultimate membership' to parents, enabling them to access various resources free of charge.

The details are: www.twinkl.co.uk/offer

Use code: **UKTWINKLHELPS**.

The subscription will cease one month after registration.

Prep

Good Manners Table



3CC Max
3HJ Callum
4TC Josh
4AH Nathaniel

The Year 3 girls were enjoying doing some 'Frozen' themed yoga last Friday. They sang to Frozen music and their poses mirrored the storyline.



Year 4 had great fun this week with money in Maths. They revised adding and subtracting and learnt how to multiply & divide.



The Year 5's had an interesting lesson testing their force metres and trying to work out the weight of different objects using their graphs.

Year 7 have been looking at the work of World War I poet, Wilfred Owen. After designing their own propaganda posters, we read Owen's work, 'Dulce Et Decorum Est' and compared the two images of war. We discovered that the true image was much more petrifying than the propaganda led people to believe. We then used the smoke machine in the theatre to try and re-enact the poem, with Arthur as the poor soldier who could not fit his gas mask in time.



During PE this week the Year 8's objective was to develop their Aerobic Fitness and core/upper body strength. To achieve this they undertook 30 minute outdoor, interval sessions that comprised of running in their Aerobic Training Zone and using an 8 station circuit of exercises. Pupils worked really hard in pairs to push each other on the running stages and competed with each other to do the most reps on each exercise!

Pre Prep



Stars of the Week

Rec JD Nigel Much improved confidence in the pool

Rec JB Ollie Mature attitude to learning & current affairs

Yr 1 CF Sienna Wonderful knowledge about plants!

Yr 1HL Emelia Excellent maths, (big number first!)

Yr 2DP Zara Growth in confidence & leadership

Yr 2OS Jasmine Excellent division work in Maths



Good Manners Table

Rec JD Toby

Rec JB Harry

Yr 1CF Max

Yr 1HL Areen

Yr 2DP Clea

Yr 2OS Ethan

Following on from our theme of plants and growing things, we have listened to and written the story of the Enormous Turnip. We are now starting to check our work for capital letters and full stops too. We have been looking for signs of spring and noticing the flowers and trees around our school. We can label the stem, leaf, roots and flower of a plant. We have been talking about which plants we eat and looking closely at celery, cauliflower, peppers, potatoes and carrots to see where they grow and which parts of the plant it is we are eating. We have looked closely at the work of Georgia O'Keeffe who painted magnified flowers and we have tried to replicate her style of painting. They look beautiful! In Maths we have been rolling dice and spinning number spinners in order to count on or back from the largest number. Crossing the tens boundary is a challenge for some of us.



The Year 2's have made us very proud this week, working so hard and producing such good work! Our home-learning afternoon reflected the great interest they have had in the 'Fire, Fire' topic. Once again, thank you to the parents for assisting their children in producing their own project according to their individual interests. The projects were so varied and creative. During science, 2DP investigated what materials could be used to make a fire-fighting bucket by testing according materials to see how waterproof they are.



I thought I would write about something topical....Coronavirus!

Some suggestions from a wellbeing point of view: Stay balanced: do not communicate your fears to your children. Tell them the facts rather than the fears. Be realistic. Be positive. Help them to plan and organise and use this time well.. If there is a community lock-down there are a few things around that can help. (See resources below on my Facebook page)

Some of the students have a mindset that 'quarantine' is going to be like a snow-day.....they haven't figured out it comes without the snow-fun.



I would say number 1 is **STRUCTURE**.

Have a daily PLAN (even if the plan today is no plan).

Build in work schedules, learning schedules, quiet-time schedules, book reading schedules, chores schedules, physical schedules, games schedules, down-time schedules, family meeting schedules, no technology schedules, virtual meet-ups schedule etc. If you feel like doing some super-parenting (and you have the time and energy), get them to plan their own schedules....a great team exercise if you have a few kids in your household.

Now some personality styles need structure (makes them feel safe and secure) and some styles will bump-up against them, so it's good to think about how rigid you think you need to be.

Build in exercise – plenty of YouTube videos, or make a circuit, or set a physical challenge for the day. Exercise can mean yoga or dance or laps of the garden – whatever burns off that excess.

Make sure there is a consistent 'get-up' time and a START TO THE DAY. Young adolescent boys will relish the opportunity to get up just before lunch. Of course there is room for a little slack, but keep some sort of boundary.

Can you have a household project? Decorating a room, organising wardrobes, digging the vegetable patch!

There will be times your kids get bored – let them. It is the gateway to creativity and it is not your job to be the cabaret ALL the time.

Remember your own self-care

(<https://my.happify.com/hd/5-ways-to-care-for-your-mental-health-during-coronavirus/?et=a0e22c5a-9784-4eb6-a811-68fe002b5636>)

I have posted some lists of activities on my Facebook page – it might give you some ideas. I will be doing a number of them myself!

www.facebook.com/jennytowerlifecoach/

If you take away only one message from this post....STRUCTURE! We cannot be certain when we will be back to normal. So, start as you mean to go on and this could be a really productive time for both individuals and families.

Chess



With chess activities in the UK moving largely to an online format over the next several months at least, there was still time for four of Copthorne's younger stars to shine in the EPSCA U9 Zonal held in Southampton on Saturday 14th March. Comprising fully one third of the Sussex main boards, Adi G, Aran S, George T and Niamh G took on the might of pre-tournament favourites Oxfordshire as well as perennial rivals Wey Valley in addition to Somerset and the hosts Hampshire. Sussex had a slim half-point lead over the opposition after Round 1 (8.5/12), however after a couple of games didn't go our way in the 2nd round (6/12) and despite a gutsy team performance in Round 3 (10/12), Sussex finished =2nd with Oxfordshire and two points behind eventual winners Wey Valley. Our Copthorne players had an exciting day to remember with George, Niamh and Aran winning all their games whilst Adi, who played on one of our top boards, finished with an excellent 2/3. Well done to all our Copthorne children and I am sure they will be up for revenge come the rescheduled EPSCA U9 National Finals in Warwick later this year.

Our Copthorne Prep Delancey UK tournament was finished this week and was of very high quality as befits a school squad containing almost a dozen Sussex County players as well as a number who have been invited to play at National level. There were many great individual performances over the 8 weeks the tournament took to run but headline results are as follows: Amelie R (Tournament Winner, 19/21); Arun G (2nd and U11 Boys' Winner, 18/21); Taran S (3rd and U10 Boys' Winner, 18/21); Priya L (U11 Girls' Winner, 14/21); Ann T (U10 Girls' Winner, 17/21); Aran S (U9 Boys' Winner, 15/21); Niamh G (U9 Girls' Winner); Aarav B (U8 Boys' Winner, 14/21).

It was also great to see one of our U7 players, Aidan B, compete in the online section of the Delancey UK Chess Challenge which comprised head-to-head matches against opposition from across the UK as well as incorporating an individual puzzle solving element. Aidan finished in 15th place in the competition and helps confirm my view that Aidan is definitely one of the top 20 in the country in his cohort and quite possibly top 10 in matchplay. With the likes of Maddy L and Samuel S keeping Aidan on his toes, there is some serious emerging talent in Year 2.

To conclude, since 1:1 chess is not presently possible at club level, it would be a shame not to do everything we can to sustain the momentum the children have built. Consequently, together with a number of other chess parents, I have been looking at setting up an online Copthorne Chess club and will be in touch with more detail when further progress has been made.