



# DPS News

Dorchester Primary School, Dorchester Road, Worcester Park, Surrey, KT4 8PG  
telephone: 0208 330 1144, email: [office@dorchesterprimary.com](mailto:office@dorchesterprimary.com)

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*"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!" Ann Frank*

28<sup>th</sup> January, 2022

Dear Parents and Carers

We started this week by thinking about the importance of equality and inclusion as we learnt about Holocaust Memorial Day and the unfair treatment of Jews; the children were able to link this learning to our assembly about Martin Luther King the previous week as they drew conclusions about how everyone should be treated the same, regardless of race, faith or anything else. We thought about how we can make sure this happens in our school and used our school values to think about how we can make a difference in our own community by showing Empathy and having a sense of Togetherness.

This week we have benefited from some leadership training led by Craig Randall, an education expert all the way from Seattle, who has been supporting us in finding ways to ensure that teacher growth is at the heart of our school. We have such a strong and committed staff team here; we are all 'learners for life' and want to continue to grow and develop our practice using the very latest research to inform our teaching. Craig was hugely impressed with all the learning that he saw going on in school and the welcome he received – a lovely reflection on our school community – and we look forward to putting all we learnt into practice in the terms ahead to benefit all our children.

I wish you all a restful weekend.

Kind regards

Cathy Bell  
Headteacher



# DPS Notices



## Children's Mental Health Week

Children's Mental Health Week is taking place on 7-13 February 2022. This year's theme is Growing Together.

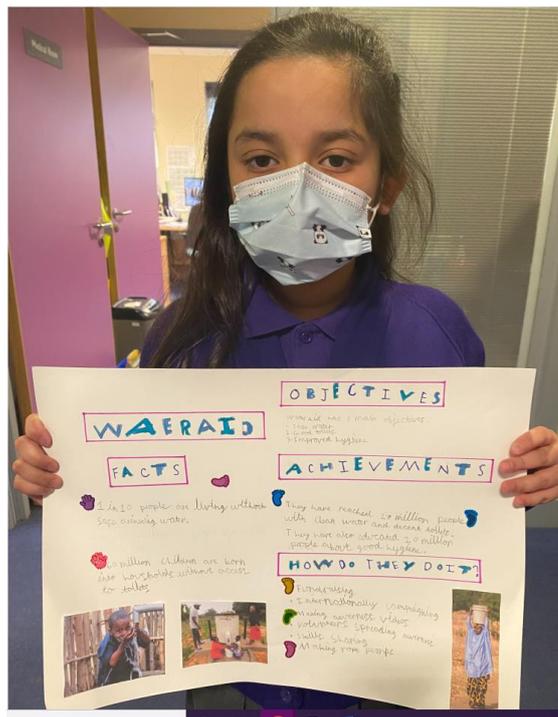
We will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow. We will be sharing our experiences and ideas across the school through lessons and assemblies to support the children in being able to open up and talk about their mental health.

On Thursday 10th February, when we dress up for Inclusion Day, there will be buckets outside school to raise money for Place2Be - a service that supports Children's Mental Health. All money raised will go straight towards providing counselling and other vital services to those who are in need of support with their mental health.

## Eco News

One of our passionate Eco Council members, Nuwaira from Coral Class, created her own poster to promote her favourite environmental charity- WaterAid. This informative and inspiring piece has been displayed on the Eco Council board inside the school Hall.

Thank you Nuwaira for sharing your knowledge with us and leading the way with your charitable nature.





# DPS Sport

## Year 3 & 4 Cross Country Event

The cross country club did a great job at the race! They raced against 8 other schools and brilliantly represented Dorchester. They encouraged one another. They supported each other

Dominic came 2nd, bringing back a silver medal. Harry just missed out on the bronze medal, coming in 4<sup>th</sup>; Matthew was given the 'Self-Belief Award' for his perseverance when completing the course.

A special shout out to Matthew and Taylor for not giving up and putting all the effort in to finish the race, even when their legs were giving up.

## Year 6 Football vs Cheam Fields – League match

Dorchester played Cheam Fields on Tuesday, in a league match. At the end of the first half, Dorchester were leading 1-0. The goal scorer was Cameron from the edge of the box, he had run from the half way line sneaking past the opposition. Unfortunately, in the second half Cheam played really well and the final score was 2-1 to Cheam. Fung was declared man of the match. – Brody (Year6)

## A and B Netball vs Cheam Park Farm

These matches were both extremely closely fought! The A team were comfortably ahead at half time and cruising before an impressive fight back from Cheam Park Farm in the second half to end the match with us just being pipped 8-7. The B team's fortunes were the reverse – they had a steady start in the first half but following a few positional changes they played an excellent game in the second half winning 3-1.

Every single player brought their best to these matches and impressed me with their performance and sporting attitude.

Thank you also to all our supporting family members and parents!



Matthew and Dominic from the cross country.





# Class Notes



## What is your favourite dinosaur and why?

This week in Nursery we have been reading the story *'Mad About Dinosaurs'* by Giles Andreae. The children have all enjoyed finding out lots of facts about different dinosaurs. On Tuesday we arrived in Nursery to find that a very large egg had appeared. The children were all really excited and drew pictures to predict what might be inside. They were all very good at assigning meaning to their marks. We then arrived on Wednesday to find that the egg had cracked. Luckily we had video footage that showed a pterosaur flying around the Nursery. This inspired some of the children to draw a map to try and find out where it had gone. The children were all very imaginative and used play dough to invent their own dinosaurs. In our Phonics sessions we have been focusing on alliteration and the children have all been finding objects that begin with the same initial phoneme as their name.

## How can you keep your body healthy?

What a great week. Reception have been using the story *Eat Your Peas* by Kes Gray and Nick Sharratt and a factual book about eating healthy foods called *Have a go, Eat a Rainbow* by Kathryn Guylay. The children have been learning about keeping their bodies healthy, particularly healthy eating. They have thoroughly enjoyed this topic, making up their own healthy lunch collage and using special knives to cut up and then taste new fruits and vegetables and deciding which ones they liked best. To support our maths, learning about 6,7,8, the children have been on a cabbage hunt outside collecting the correct number of cabbages to represent the number on the bucket. Lovely maths skills, talking about how many they had and how many more they need to make the given number. It has also been a great gross motor activity because 8 cabbages in a bucket are very heavy to carry. For Literacy the children have played an I Spy game. They were very motivated to write words by finding the objects in a jar of coloured rice, once they found something they had to write that down using all their phonic knowledge to spell the words.



# Class Notes

## How can we help to reduce plastic in the ocean?



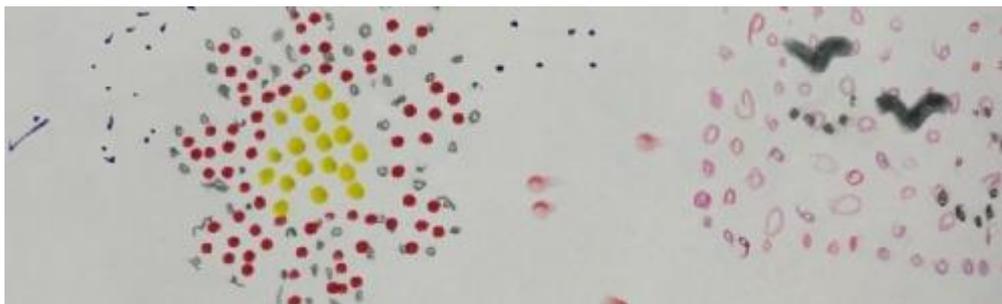
The children in Year 1 have had another busy week and have been working hard completing all of their learning both inside and outside the classroom. We have been reminding the children of our school behaviour system and looking for children who are ready to learn, being respectful to their friends and adults and showing us they are safe in their learning.

In English, we have continued with our story '*Duffy's Lucky Escape*' and the children have created their own leaflets to stop people from throwing plastic into the ocean. We have looked at using 'and' to join two sentences together and encouraged the children to show this in their independent writing.

In Maths, we have looked at addition by counting on. We have given the children a number sentence with a missing part and the children have had to count on to work out what the missing number is. The children have enjoyed practising their number bonds to 10 and using this to help them work out the answers.

In Science, we have continued looking at sea creatures and their features. The children have enjoyed using their knowledge to write descriptions about their favourite animal.

## What makes a good friend?



So much hard work and varied learning in Year 2 again this week - fantastic work everyone.

The children have enjoyed writing character descriptions about the toys in '*Toy Story*'. The children tried really hard to use expanded noun phrases and ambitious vocabulary to make their writing more interesting.

In Maths, we have learnt about equivalent fractions and understanding the difference between unit and non-unit fractions.

In Art, the children researched the famous Pop Art artist Roy Lichtenstein. The children created some fantastic research pages, and they are very excited to explore more of his work!

In PSHCE, the children discussed what makes a good friend and how we can show kindness in school and at home.

In Computing, the children really enjoyed taking the iPADS outside to take photos. We looked at what makes an effective photo and ways to improve our photography skills.



# Class Notes

## Would you like to be a Safari Guide in Zambia?



This week, we have continued to learn about Africa through our English and our Geography lessons. We have looked in detail at some countries within Africa such as Morocco and Kenya and have learned about the human and physical features that you find in these places. We have also begun our next piece of writing about a safari lodge that we designed on Monday. We thought carefully about the facilities and the experiences that our lodge would offer and now we are working on expanding our vocabulary to help us persuade people to visit! We had an amazing visit from Jo who is a safari guide in Zambia and she told us all about what it takes to become a safari guide. She knew so much about the African animals and taught us lots about how to identify animals from their tracks, how to look after them and how to tell how they are feeling. In Science, we have looked at how sound changes as it travels over a distance and we experimented with this by making our own string and cup telephones. For our Computing project, we are going to be making our own songs. This week, we looked at lots of examples of catchy songs and used some of the pre-made loops in Soundtrap to help us start to create our own. In RE, we learned about the Qu'ran and its significance to Muslims. We looked at how it teaches people important lessons and we created our own guidance to help us remember to be good people.

## What are you most excited about for next week's trip to Hampton Court Palace?

This week in Year 5, we finished our first unit of work on fractions which culminated with an end of unit quiz to see just how much everyone has learnt over the past two weeks, and what areas we still need to work on for interventions. In English, we have written our fantastic star write newspaper articles about the tragic love story of Romeo and Juliet – we cannot wait to read them all as the children have worked so hard all week on preparing them; focussing on using direct and indirect speech as well as including all expected features of a newspaper. In art, we have been practising sketching techniques all ready for our exciting visit to Hampton Court Palace next Wednesday – we cannot wait! In Computing, we had a go at analysing some 3d architectural drawings of Tudor buildings and then had a go at building our own using Sketchup – the children were very patient and resilient and eventually were able to produce some rather wonderful three dimensional house designs – more developments to be seen of this soon. In PE, we have really been enjoying the fast paced balancing team game called 'Jump Ball'. The game requires pupils to use their core balance and jumping skills whilst also mimicking a netball-like game – amazing fun!

## Which WW2 food did you enjoy? Why?

In English this week, we have been reading more of our World War Two story, '*Rose Blanche*' and the children have been finding out about the shocking discovery that Rose makes in the woods, not far from where she lives, in Germany. The children have enjoyed drama activities to help predict the ending. This has linked with our RE topic about Judaism, as well as with our Monday morning whole school assembly, about Holocaust Memorial Day. The children have been sensible and mature about this highly sensitive issue and responded well. In Maths, we have been exploring more Algebra and looking at finding rules. Our History lesson saw us sampling various World War Two delicacies that were rationed. Most children had never heard of Spam, without a technological link! They were surprised at just how little food was allowed each week.



# Safeguarding

## Supporting our children's safety

### Top Parenting Tips

#### **#1 BE A GOOD ROLE MODEL**

Walk the walk. Don't just tell your child what you want them to do. Show them. Human is a special species in part because we can learn by imitation. We are programmed to copy other's actions to understand them and to incorporate them into our own. Children, in particular, watch everything their parents do very carefully. So, be the person you want your child to be — respect your child, show them positive behaviour and attitude, have empathy towards your child's emotion — and your child will follow suit.

#### **#2: LOVE THEM AND SHOW THEM THROUGH ACTION**

Show your love. There is no such thing as loving your child too much. Loving them cannot spoil them. Only what you choose to do (or give) in the name of love can — things like material-indulgence, leniency, low expectation, and over-protection. When these things are given in place of real love, that's when you'll have a spoiled child. Loving your child can be as simple as giving them hugs, spending time with them and listening to their issues seriously every day.

Showing these acts of love can trigger the release of feel-good hormones such as oxytocin. These neurochemicals can bring us a deep sense of calm, emotional warmth and contentment, from these the child will develop resilience and not to mention a closer relationship with you.

#### **#3: PRACTICE KIND AND FIRM POSITIVE PARENTING**

Babies are born with around 100 billion brain cells (neurons) with relatively little connections. These connections create our thoughts, drive our actions, shape our personalities and basically determine who we are. They are created, strengthened and "sculpted" through experiences across our lives.

Give your child positive experiences. They will have the ability to experience positive experiences themselves and offer them to others  
Give your child negative experiences. They won't have the kind of development necessary for them to thrive.

Sing that silly song. Have a tickle marathon. Go to the park. Laugh with your child. Ride through an emotional tantrum. Solve a problem together with a positive attitude. Not only do these positive experiences create good connections in your child's brain, but they also form the memories of you that your child carries for life.

Being a good parent means you need to teach your child the moral in what is right and what is wrong. Setting limits and being consistent are the keys to good discipline. Be kind and firm when enforcing those rules. Focus on the reason behind the child's behaviour. And make it an opportunity to learn for the future, rather than to punish for the past.

#### **#4: BE A SAFE HAVEN FOR YOUR CHILD**

Let your child know that you'll always be there for them by being responsive to the child's signals and sensitive to their needs. Support and accept your child as an individual. Be a warm, safe haven for your child to explore from.

Children raised by parents who are consistently responsive tend to have better emotional regulation development, social skills development, and mental health outcomes.

#### **#5: TALK WITH YOUR CHILD AND HELP THEIR BRAINS INTEGRATE**

Most of us already know the importance of communication. Talk to your child and also listen to them carefully. By keeping an open line of communication, you'll have a better relationship with your child and your child will come to you when there's a problem.

But there's another reason for communication — you help your child integrate different parts of his/her brain. Integration is similar to our body in which different organs need to coordinate and work together to maintain a healthy body. When different parts of the brain are integrated, they can function harmoniously as a whole, which means fewer tantrums, more cooperative behaviour, more empathy and better mental well-being. To do that, talk through troubling experiences. Ask your child to describe what happened and how he/she felt to develop attuned communication. You don't have to provide solutions. You don't need to have all the answers to be a good parent. Just listening to them talk and asking clarifying questions will help them make sense of their experiences and integrate memories.



# DPS Links

## School Nursing Duty Line

We have set up a duty School Nurse line to enable telephone contact for parents and young people to offer support to replace some current face-to-face contact at this time.  
0208 770 5409

## Useful links

All school information and communication [www.classlist.com](http://www.classlist.com)

Payment link for school dinners and class trips

[www.pay360educationpayments.com/Home](http://www.pay360educationpayments.com/Home)

Our website <http://www.dorchesterprimary.com/>

Use the website for our Twitter @DorchesterP

Our Facebook page <https://www.facebook.com/dorchesterprimary>

The value for this half term is  
**Self-belief**

**Believe in Yourself** 😊

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>						
<b>03/01</b> <b>24/01</b> <b>21/02</b> <b>14/03</b>	Option 1	Lentil & Sweet Potato Curry with 50/50 Rice	Pork Sausages * with Potato Wedges	Roast Beef * with Roast Potatoes and Gravy	Beef Chili * with 50/50 Rice	MSC Fish in Batter with Chips Chips and Tomato Sauce
	Option 2	Vegetable & Bean Fajitas with 50/50 Rice	Vegan Sausages with Potato Wedges	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetable Lasagne with Garlic Bread	Wholemeal Cheese & Tomato Quiche with Chips
	Vegetables	Peas Mixed Peppers	Baked Tomatoes Sweetcorn	Carrots Cabbage	Green Beans Cauliflower	Baked Beans Garden Peas
	Dessert	Pear & Strawberry Crumble with Custard	Rice Pudding with Berries	Fruit & Yoghurt Station	Ice Cream with Mandarins	Chocolate Cake with Chocolate Sauce
<b>Week Two</b>						
<b>10/01</b> <b>31/01</b> <b>28/02</b> <b>21/03</b>	Option 1	Cheese & Tomato Pizza with Potato Wedges	Beef Bolognese * with Pasta	Roast Pork * with Roast Potatoes and Gravy	BBQ Chicken * with 50/50 Rice	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Vegan Meatballs in Tomato Sauce with Pasta	Shepherdess Pie with Gravy	Vegetable Pasty with Roast Potatoes and Gravy	Cheese and Pepper Frittata with New Potatoes	Mexican Bean Roll with Chips
	Vegetables	Sweetcorn Broccoli	Carrots Peas	Fresh Mixed Vegetables	Sweetcorn Cauliflower	Baked Beans Garden Peas
	Dessert	Mixed Fruit Crumble with Custard	Fruit & Yoghurt Station	Vanilla Shortbread with Yoghurt	Apple Cake with Custard	Chocolate & Mandarin Brownie
<b>Week Three</b>						
<b>17/01</b> <b>07/02</b> <b>07/03</b> <b>28/03</b>	Option 1	Macaroni Cheese	Beef Burger in a Bun * with Wedges	Roast Chicken * with Stuffing, Roast Potatoes and Gravy	Chicken Tikka * with 50/50 Rice	MSC Salmon Fish Fingers with Chips and Tomato Sauce
	Option 2	Roasted Cauliflower Curry with 50/50 Rice	Quorn Burger in a Bun with Wedges	Vegetable Wellington with Roast Potatoes and Gravy	Tomato and Lentil Pasta	Cheese & Tomato Pizza with Chips
	Vegetables	Broccoli Sweetcorn	Baked Tomatoes Green Beans	Carrots Cauliflower	Roasted Vegetables Sweetcorn	Baked Beans Garden Peas
	Dessert	Lemon Drizzle Cake	Pear & Chocolate Crumble with Custard	Fruit & Yoghurt Station	Peach Upside Down Cake with Custard	Raspberry Jelly with Peaches

- Added Plant Power
- Vegan
- Wholemeal

**Available Daily:**  
 - Freshly cooked Jacket potatoes with a choice of fillings (where advertised)  
 - Bread freshly baked on site daily  
 - Daily salad selection

**ALLERGY INFORMATION:** If your child has an allergy or intolerance, please ask the school for information. If your child has a school lunch and has a food allergy or intolerance, you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due the nature of our kitchens it is not possible to completely remove the risk of cross-contamination.

\* HALAL OPTION AVAILABLE



# DPS Diary

25 <sup>th</sup> January	UKMT Challenge @school - selected pupils from Year 4-6
26 <sup>th</sup> January	Year 3/4 Sports Hall Athletic at Wallington Girls
2 <sup>nd</sup> February	Year 5 trip to Hampton Court Palace
2 <sup>nd</sup> February	Year 5/6 Sports Hall athletics at Wallington Girls' School.
3 <sup>rd</sup> February	Year 5/6 Climbing Festival at Carshalton Boys
4 <sup>th</sup> February	Ruby Class Assembly
8 <sup>th</sup> February	Safer Internet Day
10 <sup>th</sup> February	Inclusion Day
11 <sup>th</sup> February	Last day of Spring 1 term
14 <sup>th</sup> – 18 <sup>th</sup> Feb	Half term
21 <sup>st</sup> February	First day of Spring 2 term
24 <sup>th</sup> February	Year 3/4 Climbing Festival
3 <sup>rd</sup> March	World Book Day
8 <sup>th</sup> March	International Women's Day
14 <sup>th</sup> - 18 <sup>th</sup> March	Science Week
21 <sup>st</sup> March	Parents Evening Week
23 <sup>rd</sup> March	Reading Meeting for Parents 1.30 – 2.30
25 <sup>th</sup> March	Year 3/4 New Age Kurling SEND event
30 <sup>th</sup> March	Nursery end of term
31 <sup>st</sup> March	End of Spring 2 term
1 <sup>st</sup> – 18 <sup>th</sup> April	Easter Holidays
Tuesday 19 <sup>th</sup> April	First day of Summer 1 term
9 <sup>th</sup> – 11 <sup>th</sup> May	SATS Week + Year 5 Residential
23 <sup>rd</sup> - 27 <sup>th</sup> May	Year 6 Residential
27 <sup>th</sup> May	Last day of term
30 <sup>th</sup> May – 3 <sup>rd</sup> June	Half term
6 <sup>th</sup> June	INSET DAY

7 <sup>th</sup> June	First day of Summer 2 term
19 <sup>th</sup> July	Nursery end of term
20 <sup>st</sup> July	End of Summer 2 term
21 <sup>st</sup> July	INSET Day

**Are you regularly checking yours and your children's privacy settings and phone, device or gaming usage?**

We encourage parents and carers to make regular use of the following websites with regards to keeping children safe online.

[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)   [www.childnet.com](http://www.childnet.com)   [www.saferinternet.org.uk](http://www.saferinternet.org.uk)   [www.parentinfo.org](http://www.parentinfo.org)  
[www.internetmatters.org](http://www.internetmatters.org)   [www.nspcc.org.uk/onlinesafety](http://www.nspcc.org.uk/onlinesafety)   [www.commonsemmedia.org](http://www.commonsemmedia.org)