



DPS News

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"The future belongs to the curious. The ones who are not afraid to try it, explore it, poke at it, question it, and turn it inside out." – Anonymous

6th April, 2022

Dear Parents,

It has been lovely to enjoy the sunshine this week, coupled with a shorter week for all of us, and additional day's break for Polling Day for some of us, and lots of exciting opportunities for our children in between.

Of course one of the problems some families face in summer is convincing children that it is indeed bed time when it is still light outside. Research tells us that sleep plays a crucial role in the development of young minds, having a positive impact on happiness, alertness and attention, cognitive performance, mood, resilience, learning and memory and even the ability to acquire a wider vocabulary, so it is important that we aim to keep children's bedtimes regular whatever the season. Here are some hints and tips that might help:

- 1) Keep bedtime consistent – if you want them to have a 7pm bedtime, put them to bed at 7pm – their body clocks will quickly become used to it and they will become tired at 7pm.
- 2) If you are making their bedtime earlier, move it back in stages – 5 minutes earlier each day for example, until they reach your target bedtime comfortably.
- 3) Keep bedtime and daylight unconnected. Avoid phrases like 'it's dark now...it must be time for bed'.
- 4) Serve dinner early: If you eat dinner at 5pm and then let them play a bit, take a long bath, and read books in time for their 7pm bedtime, it feels a lot later to them than if you follow up a 6:30 dinner with an immediate bedtime.
- 5) Use black out curtains, or sew black fabric on the back of your curtains.
- 6) Teach children to stay in their rooms even if they wake up - this helps them to understand that bedtime hours are set hours – they have nothing to do with whether they are awake or sleeping, tired or awake or whether it's light or dark outside.

Going against all of the above, our Year 3 and 4 children had a ball at their school sleepover last Friday. It was, as expected, slightly misnamed as there was not too much sleeping done by many excited children, although we also had a few impressive sleep lovers who managed a solid 10 hours even on a hall floor – one of them told me that their mum tells them that she thinks they could sleep in the middle of Piccadilly Circus – now we have evidence she is right! A huge thank you to the very tired staff team who certainly earned their Bank Holiday on Monday and thank you so much for all your positive feedback about the event – and, of course, for picking up on time!

Last weekend our children were also invited to be mascots at the Sutton United match, following FODS being right on the ball in entering us into the competition for the honour. Although the team didn't manage a win, our children did us proud, looking really smart in their FODS kit and cheering their way through the match. Thanks to our FODS Chair, Riad, for arranging this and to Tracey (mum to Eoin in Year 4) and Cath (mum to Daniel in year 5) for overseeing the proceedings on the day.

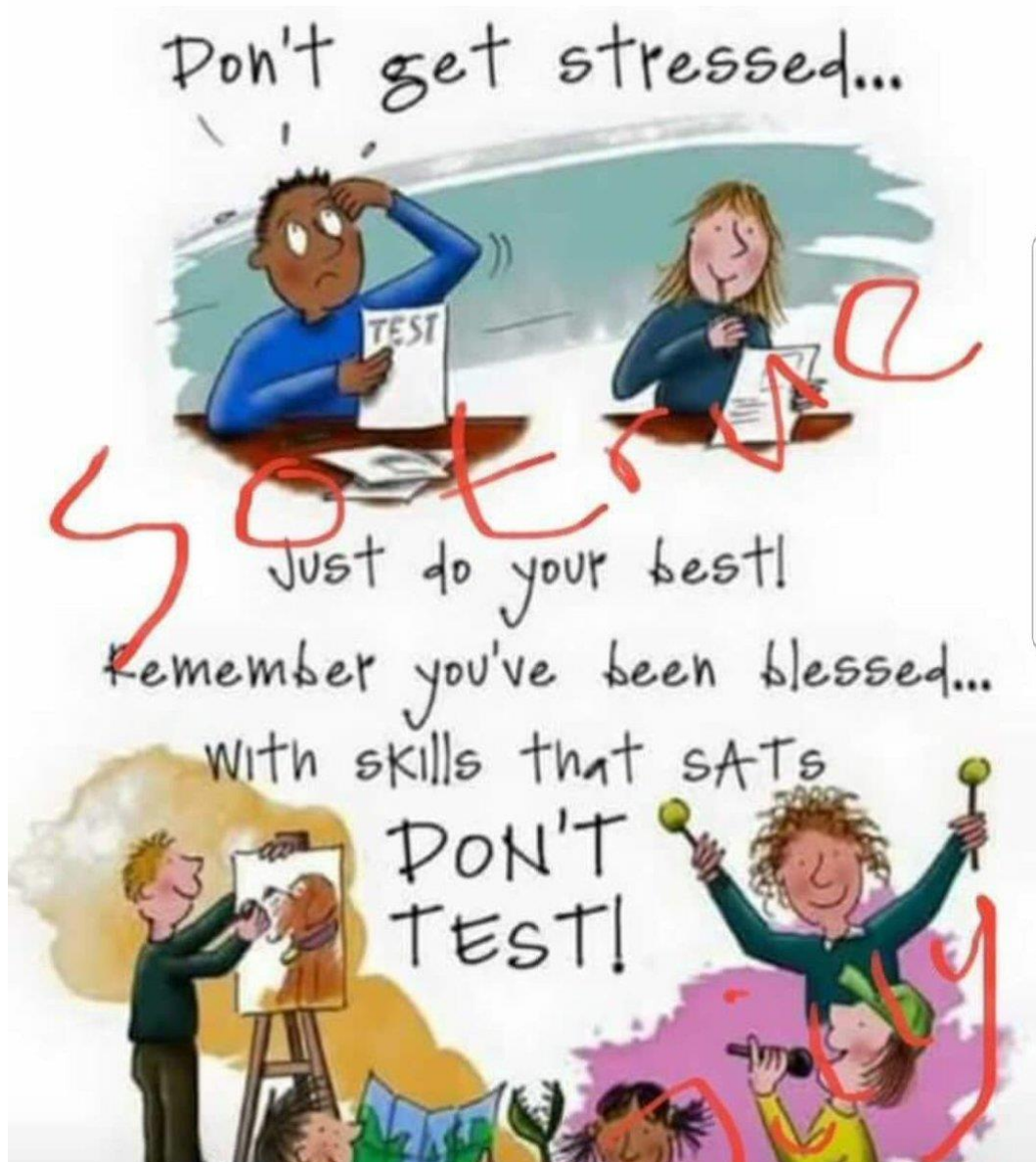
One of the highlights of our school year is the annual choir trip to the O2 Arena to participate in the Young Voices event – a massed choir event giving the children a wonderful opportunity to perform as part of something bigger, in a venue with professional lighting and sound. After a two year break due to Covid, we returned in style on Wednesday, taking 32 children, who sung their hearts out with passion and enthusiasm. It was truly amazing. We have had wonderful feedback from the parents who watched the show – definitely 'Option 1' parents at Dorchester (those who were there will understand!). A huge thank you to Mrs Cucharo and the office team for all their help in organising the event, and to Mrs Wyman for her work with the choir alongside Mrs Cucharo and for accompanying the children on the night.

Have a brilliant weekend.

Kind regards

Cathy Bell
Headteacher

To all of Year 6 about to take SATS next week...





DPS Notices

Walk to School Week 16th - 20th May



Dorchester Spelling Bee



A fantastic performance from all involved in the spelling bee today, and particular congratulations to Eunbi, Saorise and Messiah for getting on the podium with gold, silver and bronze medals. The pressure was intense, but all the children rose to the challenge with bravery and serious spelling talent – amazing work everyone! Thanks go to Miss Butler too for all the organising and initial quiz rounds which culminated in this super final!



DPS Notices



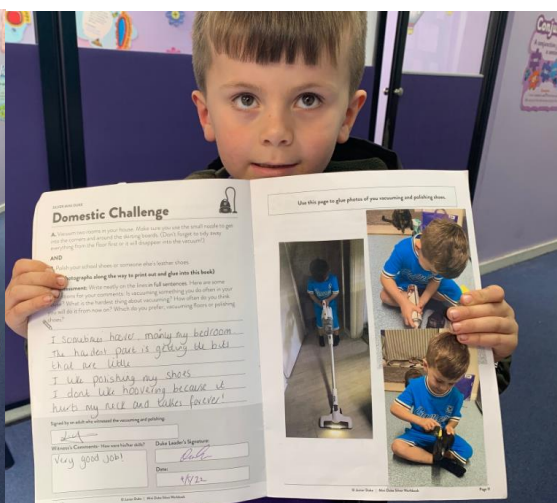
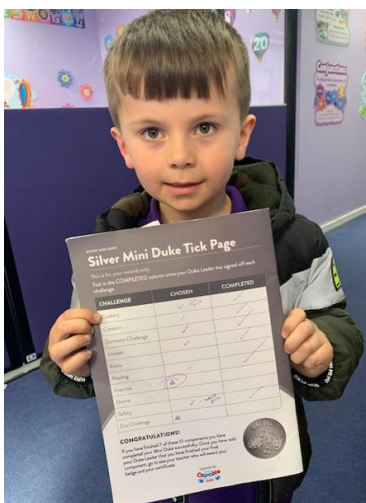
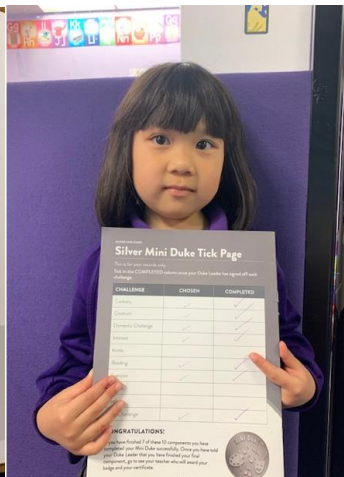
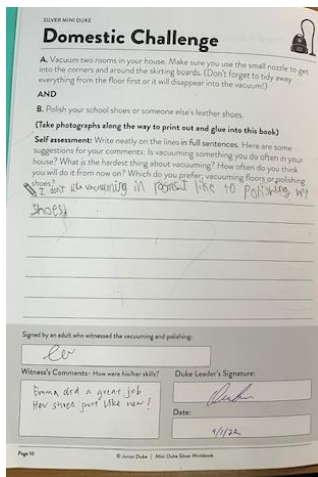
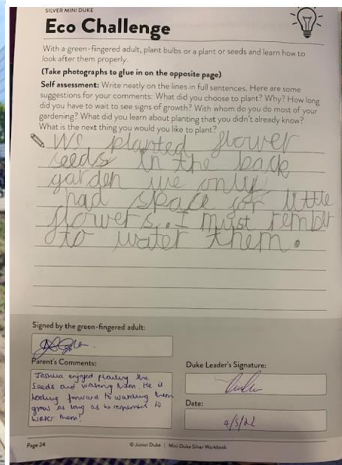
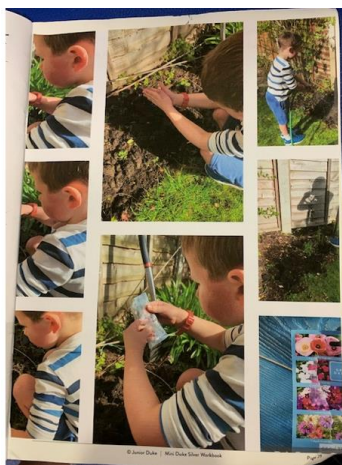
Well done to the choir and staff who attended Young Voices at the O2 this week!





Junior Duke Awards

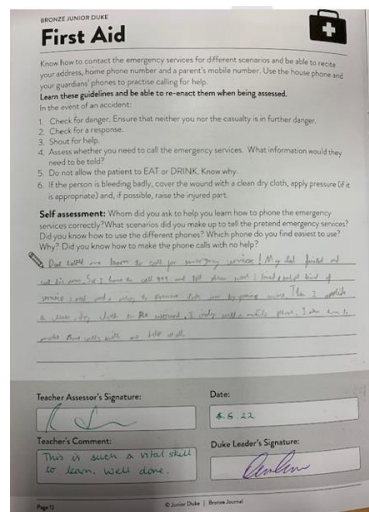
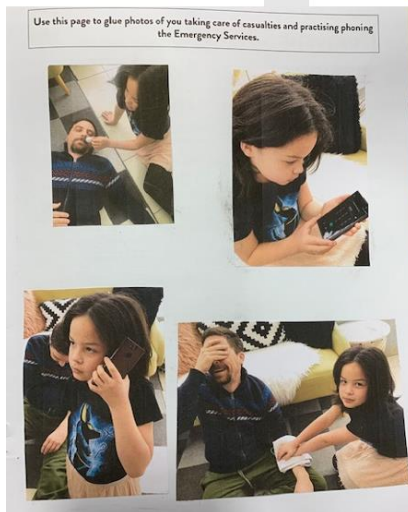
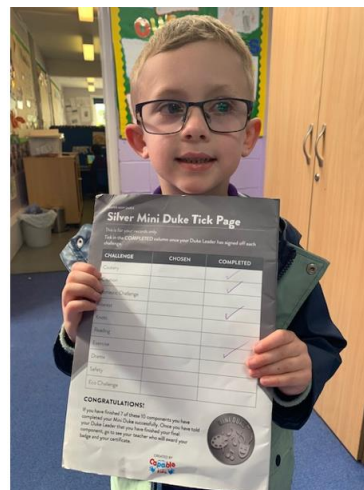
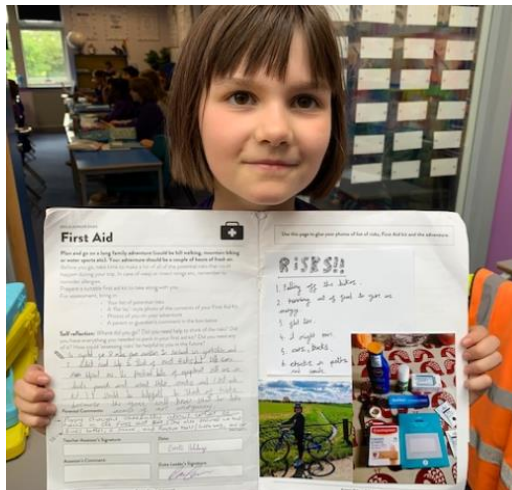
Huge congratulations to our first Junior Duke awards winners: Joshua, Emma and George, all in Year 1! In order to achieve your badge and certificate, you have to have completed 7/10 of the home challenges, and as you can see below, the effort and presentation of the challenges has been fantastic to see. The children are a huge credit to the school. I have already been approached by several other children who shall be receiving their awards in assembly next week as well, well done everyone.





Junior Duke Awards

A special mention must go to the below children, who are very close to completing their awards too – in some cases they only need to complete one more challenge. We are so impressed, keep going everyone!





DPS Eco News

how to MAKE ECOBRICKS



styrofoam



bags



packaging



straws



clear plastic



Eco-Council at Dorchester Primary are starting an exciting project. We would like to encourage every member of the Dorchester community to make their own Ecobricks. We will be using these bricks to build a greenhouse in our Forest School area.

How to make an Ecobrick

1. Collect all your **UNRECYCLABLE** plastic. The plastic that can't go in your recycling collection or be taken to be recycled in store.

For example: straws and pasta packets.

Look for the label that says **Not Yet Recycled**.

2. **CLEAN** and **DRY** your plastic.
3. Find a large drinks bottle. Clean and dry out the bottle by leaving the lid off. (Keep the lid) Take the label off and put this inside the bottle.
4. Cut any large pieces up. Stuff the plastic inside the bottle.
5. Fill the bottle-up with your plastic and squash down inside the bottle using a long stick or wooden spoon.
6. Only once there is no spaces left and you fit no more plastic in screw the lid on very tight.
7. Your Ecobrick is ready for the test. Can you stand on the Ecobrick on its side? If the brick takes your weight, then it is ready to use.

THERE SHOULD BE NO FOOD OR LIQUID INSIDE THESE BOTTLES. EVERYTHING SHOULD BE CLEAN AND DRY.

Competition for the class and individual with the most bricks donated!

More information and a 'How to Video' to come...

Bring your Ecobricks into school once made. We will be collecting until Half term.





Class Notes

If you could have a superpower what power would you have? How would you use your power to help other people?



This week in Nursery, we read the story of Superkid by Claire Freedman and Sarah McIntyre. Superkid is an ordinary child who looks like everyone else. However, when he sees a child that needs help he turns into Superkid and helps them. We have been thinking about how we can help each other. We have also been thinking about other people who help us in our school community. The highlight of our week was when Yippy came to visit and told us all about her job as a Lollipop Lady. We learnt that Yippy is there to help all the children cross the road every day! The children learnt how to cross the road safely and we learnt all about how Yippy's uniform and lollipop help to keep her safe on the road. The children asked Yippy lots of questions and they were very excited when they found out that men can be Lollipop People too. The children each had a turn at holding Yippy's lollipop stick and we were surprised to find out how heavy it is. The children have all created puppets to turn themselves into superheroes and we have been making our own Superhero stories. For our Maths learning we have been exploring the properties of shapes.

Who would you like to go on a boat trip with and why?



This week the children in Reception have been reading Mr Gumpy's Outing by John Burningham. Mr Gumpy is joined on his boat trip down the river by some children and some excitable animals who cause the journey to have a rather lively outcome! We have used this story to recreate a boat trip in our Maths learning this week. We have been using the term 'First, Then and Now' when we are doing addition sentences - for example: first 2 rabbits got on the boat, then 3 children, now there are 5 characters on the boat. We have also been using our phonic knowledge to write about which animals or children are joining us on our own boats. The children were only in for three days this week but have managed to complete a lot of activities.



Class Notes

Where does Paddington come from?



In year 1, the children really enjoyed the workshop on Hinduism and learnt lots of useful facts. The children have looked at different artefacts and written describing sentences about them.

In Literacy, we have introduced our new story 'Paddington Bear' and the children have spent time acting out the story. They enjoyed writing questions to ask the characters from the story and taking on the role of the character.

In Maths, we have looked at length and measuring a range of objects. The children enjoyed putting the objects in length order and using cubes to measure them.

In PSHE, we have looked at how we can keep safe and important rules to follow. The children thought about why the rules were important and other ways they could stay safe.

What interesting facts do you know about your extended family?



In English in year 2, we have been learning about newspaper reports, identifying their features and the language used. We have also been researching facts on the fire of London to use when writing our own newspaper reports about the fire.

In Maths, we have been recapping multiplication, division and finding fractions of shape and number.

In PSHE we have learnt about family trees and the children have had a go at making their own.



Class Notes

Why do we need to be careful when browsing news stories and photographs online?



About The Expert

National Online Safety

At National Online Safety, our mission is to make the internet a safer place for children by equipping school staff, parents and children with the knowledge they need to understand online dangers.

This week in Year 5, we have been continuing to learn about decimals and fractions in Maths, thinking carefully about ordering and rounding. In Literacy, we completed our Peppered Moth Fact Files as part of our Star Write. We were concentrating on formal tone, scientific language and formal fronted adverbials.

In PSHE, we learnt about edited photographs and how easy it is to use apps to alter images. We spoke about how dangerous this can be and how we should always be mindful that not everything we see on the Internet is true. In the same lesson, we looked at fake news and how to spot false news articles.

We are so excited to be going on the residential next week, and the children staying in school also have really exciting things to look forward to!

Which song from our end of year production, do you like the most so far?



We are really proud of the way the children have tackled this week. Their resilience, perseverance and humour are a credit to them. Much of our time has been spent making final preparations for SATs next week and the children have risen to the challenge and coped brilliantly with all the practice. They have also attended an extra revision day on Thursday, where they have been in very small groups, with 2 or 3 teachers per group, to really give them a final boost. As part of this day, they also started to learn some songs for our end of year production, 'Peter Pan', which they have enjoyed immensely! - Thank you to Mrs Cucharo and her team, for inspiring them! The sound of their enthusiastic singing proved how much they are enjoying the songs. It's also a reminder of just how valuable singing is in terms of mental health.



Safeguarding

Supporting our children's safety

ONLINE SAFETY

Welcome to Digital Matters

The Digital Matters platform uses free interactive lessons and dynamic storytelling to help teachers engage young people in online safety lessons.

Following UKCIS' Education for a Connected World Framework and created by Internet Matters, Digital Matters covers a range of online safety lesson topics ranging from cyberbullying to fake news to password security and more. It engages children through quiz-style and story-based learning while promoting discussion in the classroom to promote a safer internet.



How it works

The platform is divided into two sections: Interactive Learning and Once Upon Online.

Students start with Interactive Learning, led by their teacher, where they learn about the e-safety concept through small activities and discussion.

Next, they go onto Once Upon Online, either in the classroom or with support at home, and guide the character through choices using what they learnt. The story lets children make realistic choices in a safe environment to better understand the consequences of such choices along with what can be done if they find themselves in a situation like the characters so they can stay safe online.

At school and at home

Teachers who have an account can download free lesson plans about online safety and supporting materials for each lesson. These resources help teachers guide students through both the Interactive Learning and Once Upon Online sections. As a part of the lessons, there is a take home component to encourage parents to engage with their child's internet safety education as well.

Parents can access the app on their own with access to a special Parent Companion Guide. This guide provides a little more information about the app and the topic to ensure they can support their child online. They can then go through both sections with their child or choose to complete the Once Upon Online section with different answers for different results. Digital Matters opens discussion about choices made online and how children can find support if they need it.

https://www.internetmatters.org/digital-matters/modules/?user_type=parent

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

www.thinkuknow.co.uk/parents www.childnet.com www.saferinternet.org.uk www.parentinfo.org

www.internetmatters.org www.nspcc.org.uk/onslinesafety www.commonssensemedia.org



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

Payment link for school dinners and class trips

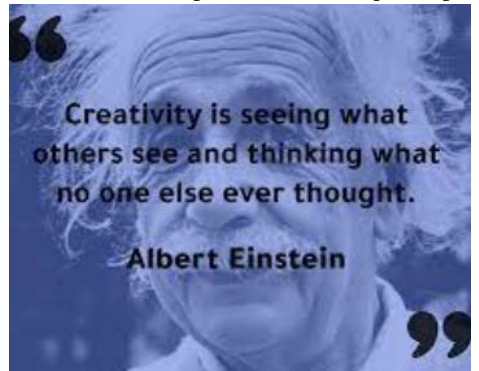
www.pay360educationpayments.com/Home

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

Use the website for our Twitter @DorchesterP

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

The values for this half term are
Creativity and Enquiry



caterlink
feeding the imagination

Summer Menu 2022

Added Plant Power
Vegan
Wholemeal

Monday

Tuesday

Wednesday

Thursday

Friday

Week One

18/04
09/05

Option 1	Cheese & Tomato Pizza 	Pork Sausages * with Potato Wedges	Roast Beef * with Roast Potatoes and Gravy	Beef Chili * with 50/50 Rice 	MSC Fish in Batter with Chips and Tomato Sauce
Option 2	Lentil & Sweet Potato Curry 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

Available Daily:

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

Week Two

25/04
16/05

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 	Shepherd's 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

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 to the nature of our kitchens it is not possible to completely remove the risk of cross-contamination.

Week Three

02/05
23/05

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 	Vegetable & Bean Fajita 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 

* HALAL OPTION AVAILABLE



DPS Diary

9th – 11th May	SATS Week + Year 5 Residential
16th – 20th May	Walk To School Week Challenge
18th May	Year 6 Police Talks
23rd - 27th May	Year 6 Residential
27th May	Last day of term
30th May – 3rd June	Half term
6th June	INSET DAY
7th June	First day of Summer 2 term Sutton School Works assembly
28th June	Year 6 transition talk in school
1st July	District Sports Day
4th July	Planetarium trip Year 5
5th July	Year 34 Fairfields Hall Ukelele 12 – 7pm
7th July	New Nursery Parents Evening 7-8.15pm Reports to parents
11th July Week	Personal Bests week
11th July	Parents evening drop in session to discuss reports
15th July	Junior Duke Badge & Certificate Winners Garden Party
19th July	Nursery end of term
20st July	End of Summer 2 term
21st July	INSET Day