



# DPS News

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**Welcome January – a time of quiet and new beginnings – the perfect time to reflect on how you want to live your life.**

14<sup>th</sup> January, 2021

Dear Parents and carers,

The half term seems to be hurtling by already! The children are now thoroughly absorbed in their topics and their motivation for learning is at an all-time high. New Year's Resolutions in action perhaps.

This week and next week we are holding our pupil progress meetings in school. These meetings give each class teacher an opportunity to speak to myself and Mrs Hall about each child in their class – we consider their academic attainment as well any social or emotional needs they might have and look at what we can do to further support them. When they complete their assessments later this term we will check whether any interventions we have put into place have been successful. By repeating this each term, our ambition is that all of our children are happy and make continuous incremental improvements in their learning and attainment.

Tomorrow is the deadline for applications for Reception primary school places for September 2022 for children born between 1/9/17 and 31/8/18. If you have children hoping to start with us in September, or know someone who does, please ensure their online application form is completed before midnight tomorrow; late applicants will only be considered after all on time applicants have been offered a place and so you might not be offered the place you want. The link to the admissions form is <https://www.eadmissions.org.uk/>.

Further to my note about punctuality in last week's newsletter, whilst some families have clearly stepped up and arrived on time this week, it is still a huge problem. This week we have had 115 late marks from 73 different children! Our Home School Link Worker will be in touch if your child is regularly late and we will additionally seek support from the Education Welfare Office for those families who remain unable to get their children to school on time. Red Class have done brilliantly again this week with no late marks – well done Red Class.

Thank you for all you do to support your child's education and our school.

Enjoy the weekend.

Kind regards

Cathy Bell  
Headteacher



# DPS Notices

## Sports Results

### Netball A Team

The A team's game was very hard to play. We ended the tight game 5-5. Lila scored all five goals. St Marys team were equally good and they played just as well as us. It was not just the attacking that was good but also the defence. - Kiki (Yr6)

### Netball B Team

We played a 7 a side match against St Marys. We lost 5-1 but Lily (Y5) scored a magnificent goal! We played really well and we had lots of fun! - Isla (Yr5)

## SIASS Newsletter

WINTER/SPRING 2022



**SIASS is here when you need someone to #SENDhelp**

Call us: 0208 323 0462

Email us: [sutton@siass.co.uk](mailto:sutton@siass.co.uk)

Follow Sutton SIASS on



Or follow @Sutton\_IASS on



[www.siass.co.uk](http://www.siass.co.uk)

## Sutton Information Advice and Support Service

### OFFICE HOURS

- SIASS staff are normally available Monday-Friday from 9-5pm via telephone or email.
- If we are unavailable to take your call, or if you call outside office hours, **please leave a voicemail**. We aim to return calls within 3 working days, though almost always return calls by the next working day.
- We are currently working from our home offices, which allows us to attend to a higher quantity of casework and meetings and do so with maximum confidentiality. However, if you need us to support you in person at a meeting, we are willing to do so as our schedules allow.





# DPS ECO



Thanks to the Dorchester community and your excellent wardrobe sorting skills back in November, we managed to raise £138 which the Eco Council will be using to buy more recycling bins.

**Did you know... that eating lunch on the go and packed lunches in the UK contributes to 11 billion items of packaging waste!**

Find link below for a very interesting read.

One way to help avoid the waste from packed lunches could be to swap to our **school dinners**. Not only are they nutritionally balanced, they are very low in packaging waste. Please see our school menu and talk to your children about making that healthy and environmentally friendly swap.

<https://www.theguardian.com/environment/2019/may/14/lunch-on-go-habit-generates-11bn-items-packaging-waste-year-uk>

Anya in Year 1, donated 17 inches of her hair to the **Princess Trust**. The charity makes wigs for little kids who have suffered hair loss due to chemotherapy.

*What an amazing thing to do for a fantastic charitable cause. What an inspiration you are.*





# Class Notes

## What do you think the Naughty Bus would do at your house?

Many of our Nursery children have been fascinated by different types of transport recently. This has been inspired by lots of the new toys that they received at Christmas. Some of them are very proud of themselves because they have been given big bikes with pedals and they are very proud of themselves for being so grown up. So this week we decided to read one of Annabel's favourite books 'The Naughty Bus' by Jan and Jerry Oke. In this book a child is given a present which turns out to be a toy bus. The book then shows the adventure that the bus has around the child's house; but some of the things that the bus does are not very sensible. He makes a terrible mess by driving through the child's dinner, he drives over the dog and he gets too close to the pond and falls in. The children were inspired by the story to draw their own story maps to show the adventures that the bus could have in Nursery. We have then taken photographs to make our own Naughty Bus stories. In Maths we have been learning all about the number one and different ways to represent it. The children have been sorting objects and pictures to say if they are 'one' or 'not one.' In phonics this week we were thinking about animals that begin with the 'p' phoneme sound. The children are all gaining confidence when thinking about the initial phoneme sound of their names.

## Which animals live in Antarctica and the Arctic?

In Reception this week we have been reading the story '*I Want Snow*' by Tony Ross. We have found lots of ways to have fun even if we didn't have real snow. The children explored different ways of making a 'snowman' using a range of materials. They investigated by doing, talking about and recording what they found out. They discovered that it wasn't easy to make a snowman using stones, but mud, sand and play dough were much easier. The children have absolutely loved finding out about the Arctic and Antarctica, what the weather is like there, how you get there, where it is and what animals live in each place. They painted pictures using cold colours and explored what a cold colour was and how it made us feel. They then cut out pictures of Arctic and Antarctic animals and stuck them on their coloured paintings, they look fab. We have been practising our scissor skills by cutting some beautiful snowflakes. Outside we have had a lot of fun using fake snowballs to throw at pictures of the teachers. Great throwing practise and a great opportunity to practise maths and work out scores. We have also explored ice and loved using real hammers to break the ice to find out what was inside.

In the story the Princess receives a postcard from her Mum who is in the Arctic telling her what it is like. The children have written their own postcards pretending they too are in the Arctic and using their phonic skills to describe what it is like. They had some wonderful ideas and really worked hard at sounding out all the words.

## What are the 5 oceans called?

The children in year 1 have had a brilliant week in school and have all been working hard. They have enjoyed both inside and outside activities and discovering more about their topic '*Commotion in the Ocean*.'

In English, the children have enjoyed using their knowledge of adjectives to write description clues to describe a sea creature for the adults to guess. They worked really hard and thought of some excellent sentences to describe their sea creature. They have been working hard with their reading and phonics and we have been very impressed with how they are applying their skills to help them complete their work.

In Maths, the children have been looking at numbers to 20 and investigating how they can make 20 in different ways. We have been encouraging the children to use their knowledge of their number bonds to 10 to help them. We have also spent time looking at 1 more and 1 less and played a game where the children had 3 dice to roll. 1 of the dice told them the number, the next if they needed to find 1 more or 1 less and the final dice to tell them how to move.

In Science, we have been looking at different sea creatures and creating our own fact files. We researched some information about a range of sea creatures and the children then chose which sea creature they would like to write about. They recorded its habitat, diet and then 1 interesting fact.





# Class Notes

## What do Humanists believe?

This week in Year 2 we have been reading *The Old Toy Room*. We have been using a thesaurus to find the meaning of new words and using them in sentences. We also used emotions and conjunctions to make our sentences more interesting.

In Maths we have recapped making equal parts and finding halves of shapes and amounts. We will be continuing fractions next week.

In Art we have created our own pictures in the style of Andy Warhol's Pop Art. In Science we tested different materials to see their suitability to be used to make a raincoat. The children loved the experiment. In RE the children learnt about Humanism and what Humanists believe.

## How does the ear turn vibrations into sounds that we hear?

This week, we have been focusing on our wellbeing including lessons on anti-bullying and how to support our friends and classmates. We have also looked at our value for this half-term which is self-belief and we concentrated on how we can use our words to develop confidence and resilience. Through English and Geography, we have continued to learn about Africa and more specifically Kenya and the Masai tribe. We have learned about the similarities and differences between our ways of life and we have compared different settlements in Kenya, both rural and urban. In Science, we learned how sound travels from a source to our ear and how our ear can turn this into the sounds we hear. We also learned that the smallest bones in our body can be found in the ear! During our RE lessons, we went on a virtual visit to a Mosque to find out all the important parts and why they are so significant to Muslims.

## What is the different between direct and indirect speech?

This week in year 5 we have been focussing in Maths on our arithmetic practice, trying to brush off the cobwebs of the holidays! We have been really self evaluating and peer assising to identify acute errors in our arithmetic methods which has proved very useful indeed. In English, we have been identifying and practising using the features of newspaper articles, and have even had a go at writing another one independently too. In Science, we have started our new topic on forces which has been really exciting and are looking forward to undertaking some practical experiments. We also did some lovely activities on self belief for our school value this month.

## In Science, how could you make a light bulb brighter?

This week, we began our Science topic of Electricity and the children got very excited when they had the valuable opportunity to explore the electrical equipment for themselves and wire up their own circuits to make things light up, move or make a sound. We looked at the internationally recognised symbols for the various components and then practised using them to accurately represent the circuits that had been made at the start of the lesson. In Maths, we have continued to learn about percentages and have moved onto changing fractions into percentages. 'Goodnight Mr Tom' has helped the children to further explore how the declaration of World War Two affected the people of Britain, and we have watched film clips and read extracts from the book to help to write a diary entry in History. Diary-writing is featuring in our English lessons too, as we prepare for the next Star Write next week, but this is based on the fabulous picture book 'Rose Blanche'. In RE, we have begun to revisit our learning from Year 1 about Judaism and extend our knowledge and thinking about what helps Jewish people to recall their beliefs on a regular basis.



# Safeguarding

## Supporting our children's safety

### Signs of depression or anxiety in children

Knowing how to talk to your child about their mental health, or recognising the signs that they might be struggling, can be really hard. Signs of depression or anxiety in children can sometimes look like normal behaviour, particularly in teenagers who can keep their feelings to themselves.

It's also natural for children or young people to feel stressed or anxious about things like exams or moving to a new school. But while these experiences can be very difficult, they're different from longer term depression or anxiety, which affect how a child or young person feels every day.

It can help to think about what's normal for your child and if you've noticed signs that they've been behaving differently recently.

### Helping a child with anxiety or depression

Realising that your child may be struggling with their mental health and experiencing anxiety or depression can be hard to accept. Sometimes parents can feel like it's their fault or want to know why their child is struggling with a mental health problem. This is completely understandable, but the most important thing you can do is to reassure your child and not judge them for how they're feeling.

Ways to help a child who's struggling include:

- letting them know you're there for them and are on their side
- try talking to them over text or on the phone if they don't feel able to talk in person
- being patient and staying calm and approachable, even if their behaviour upsets you
- recognising that their feelings are valid and letting them know it's okay for them to be honest about what it's like for them to feel this way
- thinking of healthy ways to cope you could do together, like yoga, breathing exercises or mindfulness
- encouraging them to talk to their GP, someone at their school or [Childline](#). Especially if they're finding it hard to talk at home.
- take care of yourself and get support if you need to. Try not to blame yourself for what's happening and to stay hopeful about your child's recovery.

### Ask about a referral to CAMHS

If your child has been feeling unhappy or anxious for a long time, or is showing signs of [self-harm](#) or suicidal thoughts, it's important to consider professional help so that they can get the support they need.

[Child and adolescent mental health services \(CAMHS\)](#) is a free NHS service for children and young people under 18. CAMHS can help young people who are struggling with serious mental health problems such as depression, anxiety, self-harm, panic attacks or eating problems.

Referral is usually done through your child's GP and unfortunately it can take up to several weeks for an initial assessment. Social services can also refer young people to CAMHS if they're already supporting your child.

Sometimes parents come to the first appointment with their child, or may be offered family therapy but often your child will see a CAMHS worker on their own. This is important as it can help children to be more honest about how they're feeling.

### **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/online-safety](http://www.nspcc.org.uk/online-safety)

[www.common-sense-media.org](http://www.common-sense-media.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](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**

**AND SELF-BELIEF  
WILL ALWAYS  
— EARN YOU —  
SUCCESS**

<div>  <div>Spring Menu 2022</div> <div>  Added Plant Power   Vegan   Wholemeal </div> </div>						
		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>  03/01 24/01 21/02 14/03	Option 1	Lentil & Sweet Potato Curry with 50/50 Rice	Pork Sausages * with Potato Wedges	Roast Beef * with Roast Potatoes and Gravy	Beef Chilli * with 50/50 Rice	MSC Fish in Batter with 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>  10/01 31/01 28/02 21/03	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>  17/01 07/02 07/03 28/03	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
* HALAL OPTION AVAILABLE						

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



# DPS Diary

19 <sup>th</sup> January	Year 4 – 6 Dance Workshops
20 <sup>th</sup> January	3x3 Basketball Tournament
25 <sup>th</sup> January	UKMT Challenge @school - selected pupils from Year 4-6
26 <sup>th</sup> January	Yr 3/4 Sports Hall Athletic at Wallington Girls
3 <sup>rd</sup> February	Yr 5/6 Climbing Festival at Carshalton Boys
4 <sup>th</sup> February	Ruby Class Assembly
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	Yr 3/4 Climbing Festival
14 <sup>th</sup> - 18 <sup>th</sup> March	Science Week
25 <sup>th</sup> March	Yr 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