



DPS News

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"If you take care of your mind, you take care of the world.", Arianna Huffington

7th October, 2022

Dear Parents and Carers,



On Monday we will be marking World Mental Health Day. The children have been invited to come to school wearing something yellow with their uniform, or head to toe in yellow, or with a yellow accessory, to mark the day. During assembly we will share some information with the children about what good mental health looks like and the link between good physical health and good mental health. If you are struggling to parent effectively because of mental health problems please see our Safeguarding page below which has more information about this.

A big thank you to everyone who came to our FODS PTA meeting on Wednesday night. Whilst the turnout wasn't huge, the people there more than made up for the low numbers by showing a huge amount of enthusiasm and commitment to supporting the school in this special and enjoyable way. Thanks to this, we have filled all the vacant places on our FODS core committee which now comprises:

Co-Chairs: Zuzanna (mum to Edward in Bronze Class) and Kirsty (mum to Charlie in Bronze Class)

Secretary: Maxine (mum to Savannah in Copper Class)

Comms Lead: Faye (mum to Phoebe (Rose) and Dominic (Rainbow))

We are grateful for the continued support of Ritesh (dad to Anya in Green Class), who retains the role of Treasurer.

Our newly appointed event reps are Amanda (mum to Joshua in Lavender Class) and Abbey (mum to Lila in Sapphire)

Of course, huge thanks go to Emma (mum to Jessica in Saffron Class), Michelle (mum to Oliver in Lavender Class), Janine (mum to Daisy in Blue Class and Isla in Saffron Class), Lou (mum to Anya in Green Class) and Riad, now no longer a parent at school (although, of course, we still have the benefit of his wonderful work as Forest School Teacher, Learning Support and much, much more) for their many years of service to the school community by their membership of the FODS core committee.

Our next step now is to recruit a FODS representative from each class. The purpose of this role is to provide a 'go-between' between the FODS committee and all the parents and carers at school, who automatically become FODS members when their child enrolls with us. If you are the organised and friendly type and think you could do this role – maybe you are already the admin for the class WhatsApp group, the person who always welcomes the family of new joiners, or you are just one of those 'people' people – then please let me know via email to

cbell75@suttonmail.org Sometimes parents decide that the role is better shared between two parents in each class, so do feel free to buddy up if that suits better. We would love our reps to truly represent our school community – for example we would love it if some of our recently arrived parents from Hong Kong could put themselves forward – or people from different ethnic and faith backgrounds, so we can make sure our events reach all members of our community. Please do consider whether you could support us in this way – it does not need to be a hugely 'hands-on' roll – more a communication link to make sure that parents in your class know how to run the class stall at the Fayre, when the events are on, areas where we need extra help etc.

FODS make such an important contribution both in enabling us to achieve excellence for your children, by providing those extras that the school budget just would not stretch to without their fundraising, and by promoting our caring community by putting on events that bring our community together that are both affordable and fun. We are really grateful to everyone who contributes to this work – thank you.

Enjoy the weekend.

Cathy Bell
Headteacher



Fundraising

A big good luck to Emilie in Sapphire Class, who, along with her mum, is doing a run to support Great Ormond Street Hospital this weekend. To support this they ran a Year 5 and 6 cake sale this week which raised an amazing £94. Thank you to everyone who supported the sale.



Dorchester Primary School - Y5&6
kids (cake sale)

4 minutes ago

Huge THANK YOU to Dorchester Primary School , involved teachers and kids who bought our cakes . You help us rise £94 for Great Ormond Street Hospital !! 🥰🙌

£94.00





Events

World Mental Health Day – Monday 10th October

A reminder that we are taking part in #HelloYellow to raise awareness of Mental Health issues. The children are invited to come to school wearing something yellow with their uniform, a yellow accessory, or even head to toe in yellow (if anyone has that amount of yellow clothing!). This is an awareness raising event rather than a fund raiser – they do not need to bring a donation in order to wear yellow.

Open Morning – Wednesday 12th October

Our next Open Morning takes place on Wednesday 12th October. If you know anyone who is looking for a school place for Nursery or Reception in September 2023, please do encourage them to register via our website. Thank you.

Defence Lab - Women's Only Personal Safety & Self Defence Course on Saturday 15th October 2022

Our friends at Defence Lab are putting on this special event in the school hall next Saturday:

Empowering Women and Young Girls! - Limited Places So Book Today!

When - Saturday 15th October 2022, 10am to 1pm

Where – Dorchester Primary School

Who for - All females 12 & above. No previous training or experience required.

What will be covered:

- Personal Safety
- Self Defence
- Overcoming Your Fear:
- Learning Effective Strikes
- Defending Against Common Strikes
- Q&A Session at the end.
 - **Cost for this 3 hour Workshop:** 50% off standard cost so **only £30 per person.**
 -

Email us at info@defencelabtraining.co.uk

Parent Consultations – Wednesday 19th and Thursday 20th October

The booking system for Parent Consultation appointments with your child's class teacher goes live at 4pm today. Follow this link <https://dorchesterprimary.schoolcloud.co.uk/> to book your appointment so that your child's teacher can share information about your child's learning and progress with you. You will have the opportunity to look at your child's work in the hall before your appointment and we will be running the Scholastic Book Fair in the hall on both days too.

We know that children enjoy school more and learn better when their parents and carers are interested in their education and share their learning journey with them, so it is important that you make an appointment for your child/ren. It is up to you whether you bring your child to the appointment. Sometimes it is good for older children to attend so they can hear and share feedback directly, and understand their next steps. Equally, some parents prefer to talk to the teacher without their child there.



Notices



Reduce, Reuse, and Recycle = FreeCycle 22

Muschamp FreeCycle Event

Tuesday 11th October 3:30 Main School Hall

Everything is Free – pay with a

**Thank
You**

and a smile



Please take what you need or want

They will have a large
selection

of items including
lots of clothes



toys, games and books.

There will be Muschamp
uniform on sale but **NOT**
Dorchester uniform!



Sport

Girls' Football

The girls' football team had a tough first match of the season at Westbourne Primary on Thursday. Despite losing 5-0, we played together well, considering it was our first match playing together as a team. Taylor was awarded Player of the match, which was especially fabulous as she had been really worried about not getting into the team and not playing well if she did get in. Fingers crossed for a better result next time. by Evie G (Purple Class)



FODS

Are you part of our school lottery? If not, you may like to join as it is a fun way to raise funds for the school, with regular wins (sadly not £25,000 yet but Mrs Bell won £13.20 last week). To get your ticket visit <https://www.yourschoollottery.co.uk/lottery/school/dorchester-primary-school>



Do you have what it takes to be a FODS Class Rep?

Would you like to give something back to your school community?

Then please consider joining us. We need at least one rep per class to make sure our events run smoothly and that a few people aren't shouldering all the work.

So, if you are good at dealing with people, enjoy social events and would like to support the school please let us know by emailing Mrs Bell on cbell75@suttonmail.org

Thank you



Class Notes

How do you feel today?

This week in Nursery we have been thinking about our feelings. We have been reading the story of 'The Colour Monster' by Anna Llenes. At the beginning of this story the colour monster is all mixed up and confused because his feelings are all jumbled together. Throughout the story his friend helps him to sort his feelings into different coloured jars. This story has helped the children to discuss and label their emotions. The children have talked about what your body feels like when you are happy, sad, angry, scared, calm and in love. The children have enjoyed exploring the different colours from the story and using them to paint their own colour monsters; we have explored how to make different shades of each of the colours. For our Maths learning we have been focusing on colours and seeing if the children are able to name them. We have also started our Physical Phonics sessions and the children have enjoyed making the different sounds of animals and different types of transport.



What does 'to harvest' mean?

This week the Reception children have been learning to match and sort. The children helped their teachers to sort out their clean socks and peg them up on a washing line. We had a lovely Harvest Festival Assembly with the main school on Thursday morning where we sang and signed a Harvest Song to the parents and the rest of the school. We made Harvest hats using leaves and cut out pictures of fruit and vegetables and we wore them to assembly. Lots of the children are showing how well they can write their names and are realising how important it is to label their own drawings and paintings.

Why do Christians celebrate Harvest?

This week Year 1 have created some brilliant fact files about different dinosaurs. They used their phonics to sound out words carefully and wrote some very interesting facts.

We Maths we have been learning how to use a number line to find more than and less than given numbers. The children were also able to use their knowledge of numbers to find missing numbers.

In History we have been looking at similarities and differences between different species of dinosaurs. They grouped them by: number of legs, whether they could swim, whether they were carnivores and many other options. In Science we looked at different body parts and how they are used.

Why is Florence Nightingale significant?

In English this week, the children retold the story 'Giraffes Can't Dance' in their own words as part of their Star Write. They all tried really hard to include adjectives and conjunctions. In Maths, we have explored number bonds to 100 and we have found 10 more and 10 less of a given number using 100 squares to help us. In Science, we tested how materials change as a whole class which was great fun and in P.S.H.E we discussed the similarities and differences we all share. We have learnt that we are all unique and we should celebrate what makes us different! The children also really enjoyed learning about the life of Florence Nightingale and how she contributed to medicine and hospital life.

What were the differences between the Bronze Age and iron Age?

This week, we have been learning all about the Bronze and Iron Age and have been comparing these different time periods to see what developments were made. In Science, we have learnt about fossils and how they are made. We played a game and discovered that it is very difficult for fossils to be created! We compared Sikh and Christian harvest festivals which reminded us to be grateful for the food that we have. In Year 4, we have been learning about Stonehenge and have been using all our research to help us write non-chronological reports about it. In Year 3, we have been learning about present perfect tense to help us write about the character Ug. For Maths, we have all been learning about addition and subtraction using a range of methods.

What is the moral message behind 'The Lighthouse'?

This week in Year 5, we have been watching 'The Lighthouse'; a wonderfully heartwarming story about a lighthouse keeper who is isolated from his village. The children have been retelling the story, using the Story Mountain structure. In Maths, we have been revising column addition and applying this to bigger numbers.

In Art, we have now completed our Viking longship art work, using collage and paint. Have a look at the corridor display to see some fantastic examples! In History, we have started looking at The Battle of Hastings and in RE we have been learning about the different Gods and Goddesses in Hinduism.

A big thank you to Emilia and family, for organising a cake sale for Great Ormond Street Hospital. The cakes were delicious!

Have you discovered your 'heatmap' on TTRS? Are there any surprises?

The children in Year 6 have been working hard on their non-chronological reports this week, about a rainforest creature of their choice. They have discovered many interesting facts and are using formal language and passive voice to inform their readers about the animal, appropriately for the genre of writing. We are working on Chromebooks to aid additional research and to incorporate suitable images too. In Maths this week, we have begun our unit on Fractions and the need to simplify them. The children are realising the need for an excellent knowledge of multiplication tables! Times Table Rockstars is proving such a good way to help the children really get to grips with their crucial area of knowledge. Also online, is our new spelling scheme, Spelling Shed, which is being well-used already. Some are already improving their spelling as the sessions we set in school time add to the games they play as part of their Home Learning. In Geography, we are exploring the controversial issue of Deforestation. This has provided some excellent discussion.



Safeguarding

Supporting our children's safety

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/online-safety

www.common-sense-media.org

Parenting with mental health problems

Parenting comes with lots of challenges, which can be even more difficult if you're dealing with mental health problems.

Not all children who live with someone with mental health problems will experience abuse or be affected negatively. In fact, many parents are able to give children safe and loving care.

But sometimes it does affect their ability to cope with family life.

Sometimes these conditions can affect a parent's ability to provide the care that children need. Parents or carers may:

- have mood swings
- find it difficult to recognise their children's needs
- or struggle with keeping routines such as mealtimes, bedtimes and taking their children to school.

So it's important that parents and carers can find support when they need it.

If you, or anyone you know, needs support with their mental health use these useful links to get the help you need.

Other organisations providing support to children and families include:

- [Mind](#)
information and support as well as helplines for people experiencing mental health problems and their friends and families.
- [Rethink Mental Illness](#)
Advice as well as services and support for people affected by mental illness and their friends and families.
- [Samaritans](#)
Round-the-clock confidential support to people going through a tough time.
- [SANE](#)
Emotional support to people affected by mental health problems and their families and friends.

Are you worried about the welfare of a child or young person?

<https://www.nspcc.org.uk/what-is-child-abuse/spotting-signs-child-abuse/>

If you think a child could be at risk of significant harm, you can call the children's social care team at the council in Sutton
([Go to their website](#))

[020 8770 6001](tel:02087706001) (Monday to Friday, 9am and 5pm)

[020 8770 5000](tel:02087705000) (out of hours)



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>

Our overall value for the school is
Responsibility

'I must do something' always solves more problems than 'Something must be done.' – Author Unknown

***Please note- no GAMMON or BEEF on Wednesday it will always be CHICKEN**

		Summer/Autumn Menu 2022				
		Monday	Tuesday	Wednesday	Thursday	Friday
Week One 06/06 27/06 18/07 12/09 03/10	Option 1	Cheesy Vegetable Pasta Bake	* Beef Burger in a Bun with Potato Wedges	* Roast Gammon with Roast New Potatoes and Gravy	* BBQ Chicken with Rice / Noodles	MSC Salmon Fingers with Chips and Tomato Sauce
	Option 2	Vegan Meatballs in Tomato Sauce with Rice	Vegetarian Burger (Quorn) in a Bun with Potato Wedges	Vegetable Loaf with Roasted New Potatoes and Gravy	Vegetable Lasagne with Garlic Bread	Mexican Bean Roll with Chips
	Vegetables	Peas Mixed Peppers	Baked Tomatoes Sweetcorn	Carrots Cabbage	Green Beans Cauliflower	Baked Beans Garden Peas
		Lemon & Berry Cake	Ice Cream with Fruit Salad	Chocolate Shortbread with Yoghurt	Sticky Toffee Apple Crumble & Custard	Jelly with Mandarins
Week Two 13/06 04/07 29/08 19/09 10/10	Option 1	Macaroni Cheese	* Pasta Bake (made with Beef)	* Roast Chicken with Roast Potatoes, Stuffing and Gravy	* Chicken Wraps with Rice	MSC Fish in Batter with Chips and Tomato Sauce
	Option 2	BBQ Quorn with Rice	Lentil & Basil Whirl with New Potatoes	Vegetable Wellington with Roast Potatoes and Gravy	Tomato Pasta	Cheese & Vegetable Omelette with Chips
	Vegetables	Sweetcorn Broccoli	Carrots Cauliflower	Fresh Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Garden Peas
	Dessert	Apple Crumble with Cream	Chocolate & Mandarin Cake with Chocolate Sauce	Jelly with Mandarins	Yoghurt & Raisin Cake	Ice Cream with Peaches
Week Three 20/06 11/07 05/09 26/09 17/10	Option 1	Cheese & Tomato Pizza	* Beef Lasagne with Garlic Bread	* Roast Beef with Roast Potatoes and Gravy	* Pork Sausages with Potato Wedges	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Tomato Pasta	Vegetable Wraps with Rice	Quorn Roast with Roast Potatoes and Gravy	Veggie Sausages with Potato Wedges	Cheese & Bean Pasty with Chips
	Vegetables	Broccoli Sweetcorn	Roasted Vegetables Green Beans	Carrots Roasted Parsnips	Sweetcorn Baked Tomatoes	Baked Beans Garden Peas
	Dessert	Lemon Drizzle Cake	Fresh Fruit Salad with Cream	Vanilla Shortbread with Yoghurt	Jelly with Peaches	Chocolate & Apple Cake with Chocolate Sauce

- 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

*** Halal Option Available**

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

10 th October	Year 1 Dinosaur Visit and Workshop
12 th October	Open morning for prospective parents 9.30am – 11am
13 th October	Year 4/5/6 Cross Country @ Northey Avenue Playing Fields
17 th October – 20 th	Book Fair in school
19 th and 20 th October	Parent Consultations
20 th October	FODS Mufti – bring a bottle or filled jar for Christmas fair donation Boys football Vs Brookfield
Friday 21 st October	INSET Day All Staff
24 th – 28 th October	HALF TERM
1 st November	Boys football Vs Cheam Fields
3 rd November	Open evening for prospective parents 7pm – 8pm Year 3 / 4 Tag Rugby Festival @ John Fisher Playing Fields
7 th November all week	The great Dorchester clear out (FODStoy collection for fair donations)
10 th November	Year 5 / 6 Tag Rugby Festival @ John Fisher Playing Fields
14 th November all week	Anti Bullying Week 14th November – Primary Maths Challenge Year 4-6
15 th and 16 th November	Individual and Sibling Photos
17 th November	Year 5 / 6 Sports Hall Athletics @ Wallington High School for Girls
23 rd November	A Team netball vs Nonsuch @ Nonsuch Primary
24 th November	Flu Immunisation Reception – Y6
7 th December	Year 3 Discover Christmas workshop in school (PM)
9 th December	Open morning for prospective parents 9.30am – 11am
10 th December	FODS Christmas Fair
15 th December	FODS Christmas Discos 3.30pm – 6pm Nursery Last Day of term
16 th December	LAST DAY OF TERM FOR ALL PUPILS
19 th Dec – Monday 2 nd Jan	CHRISTMAS HOLIDAYS
3 rd January	FIRST DAY OF SPRING TERM
Monday 5 th June 2023	INSET Day
Friday 21 st July 2023	INSET Day



The Willow Club our Wrap Around Care Provision, which includes Breakfast Club, Morning Club, After School Club and Holiday Club.

Places are available for after school club for the remainder of this term. Just visit The Willow Club Wrap Around Care page on the school website (<https://www.dorchesterprimary.com/page/?title=The+Willow+Club+Wrap%2Daround+Care&pid=64&action=saved>) to book.

Please note that bookings need to be made and paid for in advance of the booking. We have had several children attending club without bookings which means we may have insufficient food, staff or resources for them. Thank you for your understanding.