



DPS News

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"We make a living by what we get. We make a life by what we give." – Winston Churchill

14th October, 2022

Dear Parents and Carers,

As we near the end of the first half term of the academic year, I want to thank you all for the valuable contribution you make to our amazing school community. The generous way parents continue to give their time and energy to support us is incredible and we are truly grateful.

You will remember that, earlier this term, we asked for parents to put themselves forward for the vacant Parent Governor positions. The Governing Board play a vital role in providing strategic oversight of the school, ensuring that we consistently work in line with our vision and aims. We had four candidates apply for the post, all of whom are very strong and can offer a huge range of skills to our Governing Board; we are currently undergoing the processes required to enable all four to join the Board – we will share their details with you when their positions are confirmed.

We ended up inundated with volunteers to transport the Harvest Gifts to Sutton Foodbank HQ on Tuesday. Thanks to all who volunteered and especially to Tavez (dad to Tavalia in Purple Class and Kalyna in Amber Class), and Rebecca (mum to Lily in Emerald Class, Oliver in Buttercup Class and Rosie in Copper Class) for taking the produce over. The staff at the Foodbank were extremely grateful for your generosity – thank you.



I am also grateful to those who have already volunteered to act as Class Reps for Friends of Dorchester School (FODS). Our new committee members have a plethora of



fabulous ideas to ensure that FODS continues to grow and thrive. We are, however, still waiting for volunteers to step up for most classes – so I'm hoping that the power of a reminder nudge will work wonders. If you would like to support the children at school and your child's class in this way please let me know by email to cbell75@suttonmail.org

Please do make sure you read the FODS page below so that you and your child can get involved in all the activities that are coming up.



We were delighted to welcome Nabhi from London Association of Vedic Education who led an assembly about the festival of Diwali today. It is always lovely to welcome members of our community to share their knowledge and experiences with our children.

The children heard the story of Rama and Sita, complete with characterisation, and learnt why people use lights in their homes and gardens to mark the festival.

Thank you Nabhi.

We are looking forward to welcoming you to our Parent Consultations on Wednesday and Thursday evening next week. Your child's work will be available to view in the hall before your appointment, which will be held in one of the classrooms in your child's year group area. If you have not made an appointment yet, please do so – we know that children learn more successfully when their parents are involved and interested in their learning. Please visit <https://dorchesterprimary.schoolcloud.co.uk> to book your appointment.

A reminder that next Friday, 21st October, is an Inset Day. Our teachers will be working with their colleagues from across the Sutton Education Trust (SET) on Curriculum Ideology and Diversity. Our keynote speaker is Jeffrey Boakye (<https://www.jeffreyboakye.com/>) who will kick off the day and then our subject teams will work across schools to consider any areas in which we can further improve the curriculum offer for children at Dorchester Primary School and across the SET.

As next Friday is an Inset Day, this is the last newsletter of this half term. We hope you have a lovely break and look forward to seeing the children back in school on Monday 31st October.

Kind regards

Cathy Bell
Headteacher



Events

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

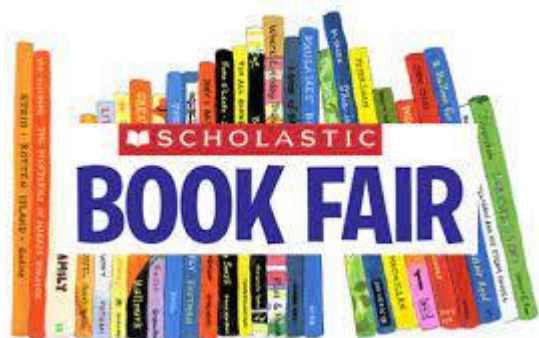
Parent Consultations – Wednesday 19th and Thursday 20th October

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.

Book fair every day after school next week

Please come along every day this week after school from 3.15pm to browse our excellent book fair. You will get to purchase new books at discounted rates, which also leads to the school receiving donations for new books also! On parent consultation evenings, the book fair will be open all evening too – so do not forget your money!





Notices

Junior Duke Booklets have arrived!



The wait is over! The booklets have arrived and will be distributed to the children who have signed up for the awards next week so that everyone may make a start on the awards over the half term – we cannot wait to get going!

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



Sport

Year 4/5/6 Cross Country

Twenty-eight Dorchester runners travelled to Northey Avenue for the Borough Cross Country Champs yesterday. The weather was perfect for running and the children left school excitedly anticipating the races ahead.

All the runners were brilliant - they conducted themselves, and represented the school, excellently. Riad was extremely proud of the way in which they pushed themselves and persevered to finish their races. There were around 120 runners in each race and all the Dorchester runners did really well - particular well-deserved shout outs to Elissa in Year 6 who finished 7th and Dominic in Year 5 who finished 9th in their respective races - which out of 120 runners from across the Borough really should be highly commended!

Very well done to them and to all those who ran and did themselves extremely proud.

Thank you also to all the parents who helped with transport and marshalling/supervision on the day.



Mini London Marathon in Schools

Over the next two weeks the children in Years 1-6 will be taking part in the 'Mini London Marathon in Schools'. This initiative is running alongside the main event, which obviously took place last weekend, and is aiming to encourage children to stay active and get involved in physical exercise.

The children will be completing 2.6 miles around our school course in PE lessons – they can do this at their own pace and the focus is on them successfully completing the distance showing perseverance and achieving their Personal Bests rather than racing against each other.

We look forward to welcoming them all across the finish line!



FODS

FODS Teddy Bears' Picnic & Discos



Last summer, due to the record temperatures, the Teddy Bears' Picnic and Discos had to be cancelled. FODS have decided to automatically carry forward all the purchased tickets so they can be rolled over for this academic year. The Teddy Bears' Picnic for current nursery and reception children will be held on **Tuesday 13th December**. The Discos for current years 1-6 to be held on **Thursday 15th December**. If you would prefer to receive the money back, please email dorchesterpta@gmail.com by 15th November and we will provide you with your refund. We look forward to getting the Disco parties started!

Thursday 20th October – FODS Mufti day – bring a jar/bottle

The children can wear non-uniform clothes to school on this day in exchange for a bottle (years 5 & 6) or a decorated filled jar (nursery, reception, years 1,2,3 & 4). Don't panic! If you're busy you can buy a pre-filled jar and put a bow on it. If you want to keep the children busy get them to decorate a jar with paints or stickers.



Bottles – Can be of any drink alcoholic or non-alcoholic, or toiletries, e.g. bottle of shampoo etc.

Yes please: unopened, undamaged, in date bottles

No thanks: opened bottles, half consumed bottles, out of date bottles, bottles we can't store, e.g. fresh orange juice.

Jars – You can use a clean, empty coffee jar, for example. Ideas to fill the jar include: chocolate, sweets, small toys, cosmetics, potpourri, craft kit, stickers, pens/pencils, mum/dad survival kit, activity ideas, poetry/positive quotes.

Are you part of our school lottery? If not, you may like to join as it is 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>





Class Notes

What can you do if you feel sad?

This week in Nursery, we have continued to think about feelings. We have been reading 'The Feelings Book' by Todd Parr whilst we continue to read 'The Colour Monster' story. The children are now becoming more confident when verbalising their feelings and every child now has a photograph on our Colour Monster display that they can put next to the colour monster that shows how they are feeling. We are now encouraging the children to look at the display and see if they can help their friends if they are feeling sad, frightened or angry. For our Maths learning we have been thinking about how we can sort objects to different criteria. We have also enjoyed playing some Phase one Phonics games to develop the children's listening skills.

Which Colour Monster do you feel like today and why?

This week the children in Reception have been thinking about how they are feeling. We have read the book, the Colour Monster by Anna Llenas. The Monster's feelings are all in a muddle, so his friend helps him to see all the different feelings inside himself. We talked about what the different colours mean and how we feel when we are happy, sad, angry or even scared! The children cut up their own puppets and retold the story with each other. In Maths, we were sorting things into groups, compared amounts to see if we had more or fewer blocks and made simple repeating patterns using linking cubes. We have also been using our new phonics sounds to write the first letter in words. The table was full of objects, such as a hat, a cup and a pan. We found the first sound and wrote it down. The children are constantly amazing us with how much they are showing us that they have learnt!

What did you enjoy most about our dinosaur workshop?

This week Year 1 have loved learning about dinosaurs and thoroughly enjoyed the dinosaur workshop on Tuesday. They got to meet a triceratops, a velociraptor and a t-rex. They then got to investigate different fossils and match them to the correct dinosaur. They also got to learn about dinosaurs' diet and investigate coprolite (fossilised poo) to investigate whether they were carnivores, herbivores or omnivores. The children also got to make dinosaur skeletons out of pasta and moulded clay into dinosaurs.

In English, we then wrote recounts to describe our dinosaur day, using full stops, finger spaces and capital letters. In Maths we looked learnt how to use a number line to find more than and less than a given number.

In Science the children enjoyed participating in a tasting experiment where they used their sense to describe the foods that they ate.





Class Notes

What is the best material for a monster to be made from?

This week we started by exploring World Mental Health day, and talked lots about how to look after our minds, bodies and hearts to be happy and healthy. Across the week, we have been learning how to use first-person perspective in our writing, as we imagined we were Florence Nightingale and wrote up our diary. In Maths, we have been adding and subtracting numbers using number lines and ten frames to help us understand how to make bridges across a ten. In History, we learned about Mary Seacole and how she was both similar and different to Florence Nightingale. Finally, we have finished the week by making a material monster, which the children have decorated wonderfully. We were also lucky enough to have a visitor to tell us all about Diwali and let the children dress up and take part in the story he told about the origins of the holiday.

How do you look after your own mental health?

This week, we have learnt all about soil, how it is formed and why it is so important for our planet. We have looked at the tools and weapons in the Iron Age, as well as designing and making a Stone Age home. For PSHE, we continued learning about physical and mental health and with Monday being mental health awareness day, we paid particular attention to this. In English, Year 3 have written letters using present perfect tense. Year 4 we have used ambitious vocabulary to describe scenes from our new book 'Stone Age boy'. In Maths, Year 3 have begun using formal written methods to add. Year 4 have practised our formal written methods to answer a range of addition and subtraction questions all involving exchange. In Computing, we coded our Sprites to steer and we made backgrounds on Scratch.

Which is your favourite Hindu God or Goddess and why?

This week in Year 5, we have been planning our 'cold write', a piece of writing entirely unique to each and everyone writing! They just have a basic story structure to loosely follow, after that it is all down to their superb imaginations!

We have been ploughing through with our mental maths certificates and badges too, getting almost back to where we were at the end of Year 4 – more badges and certificates to be won soon we are certain. We have also been focussing on rounding and estimating as well as lots of mental arithmetic practise.

In History, we did an end of unit assessment where pupils created a double page poster of all they have learned over the half term, and these are looking really detailed! In PSHE, we have been discussing the meaning of different emotions and how best to deal with these during more challenging times in our lives.

How can we protect the rainforest, yet still benefit from it?

In Science, the children carried out a very interesting investigation, to help with their understanding of Evolution. Using a variety of objects posing as the beaks of birds, such as spoons, scissors, toothpicks and tweezers, they had to see which 'bird food' they could scoop up the fastest. The 'food' was a mixture of elastic bands, paper clips, marbles and dried pasta. Different shaped 'beaks' managed different 'bird food'. The conclusion was that if a food type became unavailable, birds with certain beak shapes would have to evolve to survive. Much discussion as well as enjoyment was had by all involved. In Maths, we have been comparing and ordering fractions, using knowledge from previous year groups and multiplication tables facts. In English, we have been writing persuasively about deforestation. Many children were surprised to learn just how much coffee the UK alone consumes and how we need to plant sustainably for this to continue. We also discussed how deforestation is a global problem, which our children can influence when they become adults and become the decision-makers of the future.



Safeguarding

Supporting our children's safety

Childline's We All Feel It campaign

We know that some people find it harder to talk about their mental health than others, and this can leave them feeling isolated or alone. Childline is highlighting its support and advice for any young person struggling with their mental health.

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/we-all-feel-it/>

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.

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.

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](#) (Monday to Friday, 9am and 5pm) [020 8770 5000](#) (out of hours)

Always call 999 in an emergency



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
Mental Health is your responsibility



***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

17 th October – 20 th	Book Fair in school
18 th October	Boys football @Cheam Park Farm 9.30am – 12pm
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 your child attending the sessions.
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.