



DPS News

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“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.” —Malcolm X

8th September, 2023

Dear Dorchester Families,

It has been so wonderful to welcome the children back to school this week and to begin to get back into some sort of routine after the summer break. I hope you all managed some rest and relaxation over the break – the children have certainly come back settled and enthusiastic after the break.

I'm sure the first thing most of you heard about on Tuesday afternoon was lunch. Our new catering suppliers, Olive Dining, have had such a positive impact on our children's lunchtime experience; the hall looks better, the food looks better, the portion sizes are bigger and there is a greater variety of choice. Not having to choose their meal at morning registration has had two benefits – firstly the children always changed their mind under that system when they actually saw the meals – and secondly it probably equates to at least an additional half hour of teaching time for teachers each week not having to go through meal selection! Fantastic news all round. See below in the DPS info page for a fantastic quote from one of our Year 3 pupils about just how delicious they have been!

Thank you for embracing the change to Schoolgateway as a communication and payment tool so readily. If you have not yet registered and downloaded the app, please do so this weekend. Schoolgateway is now our main method of communication and collecting payments. Parents have told me that the system is much smoother than those we have used in the past, and it certainly relieves the office team of some of the administrative burden of less streamlined systems.

In school this week we marked International Literacy Day by reading 'The Oldest Student: How Mary Walker Learned to Read? Mary Walker was enslaved as a child but then become America's oldest student, learning to read at the age of 116! Do see if your children can remember anything about the story over the weekend – it is a fascinating one.

On Friday 22nd September we will be marking 'Jeans for Genes' Day to raise awareness of families living with genetic conditions. Children are invited to come to school wearing their jeans (with uniform on their top halves) to raise awareness, along with a collection for anyone who wishes, and is in a position to, donate.

Enjoy the sunshine this weekend.

Kind regards

Cathy Bell
Headteacher

[PLEASE CLICK HERE TO SEE THE SCHOOL DIARY](#)



DPS Info

Our brand new caterers, Olive Dining!

We have had nothing but wonderfully positive feedback from children and staff in relation to our new caterers, Olive dining. If you didn't already know, school meals are also now free for all primary children, and what better time for this to have happened!

Darcy-Mae (Year 3) who hasn't had school dinners for years...has just come out of school saying,

"The fish fingers were gorgeous, I had 3 and a load of chips, I was so full, then afterwards I had a delicious chocolate cookie, the chocolate was all gooey. It was yum!"

I have never heard my child excited about school dinners!





DPS Notices



Primary Family Support Group

Empowering parents to
build healthy relationships
with their children

When: Mondays at 12.45-2pm

Venue: Limes College, Sutton West Site, Robin Hood Lane, Sutton SM1 2SD

Entrance: Via Blue Gates to the left-hand side of the ball court

Dates:

02/10/23: Introductions, ground rules, parenting styles

09/10/23: Parent's mental health and well-being

16/10/23: Contextual Safeguarding

23/10/23: No Group

30/10/23: No Group

06/11/23: Promoting positivity in children

13/11/23: Rules, boundaries, sanctions, rewards, bedtimes, conflict

20/11/2023: Online Safety

27/11/23: Supporting children's mental health, anxiety, self-esteem /Zones of regulation

04/12/23: Review ending, what next, evaluation

All welcome

Whilst we know that some parents may not be able to attend every session, we do encourage parents to attend as many sessions as possible. As the group develops with each session, trust and relationships will build and parents will hopefully feel more supported by each other and grow in confidence.

Once you have signed up to the group, we ask that parents contact Georgia or Nibby if for some reason you are unable to attend that week

We would like to extend this invite to all parents of a primary aged child in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation to learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

Parents will:

Feel more empowered and confident to trust their own judgements when supporting their children

Build self-esteem and confidence

Share ideas and tips with each other

For more information and to register your interest and to discuss any queries please call or email either: Nibby, Jackie or Georgia

Nibby: 07984 757878

nibby.withers@cognus.org.uk

Georgia: 07590 807949

gedwards@thelimescollege.org

Jackie: 07736 338809

jlawrence@thelimescollege.org



DPS Notices



MONEY GUIDES FOR CHILDREN

We believe it's really important for young people to have the knowledge, skills and confidence to manage their finances well.

With this in mind we've worked with charity Young Money, to create a series of money guides. These will help your children learn about:

- Managing money and personal finance
- The concept of bank and savings accounts
- Value for money
- Budgeting
- Borrowing and credit
- And much more...

As parents, grandparents and carers of our children, we all want to build the best future for them. Our guides will help them learn about money in a fun and engaging way, and are full of great tips and fun activities for children of all ages.

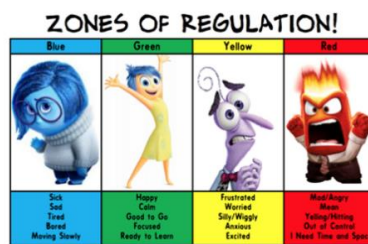
DOWNLOAD OUR GUIDES FOR FREE AT:
familybuildingsociety.co.uk/children-and-money



Class Notes

How can we help get back into school life again?

Everyone has settled really well into Year 1 and adjusted well to their new classes and routines. This week we have been focusing on getting our children back into learning to read, with phonics lessons going really well. Please practise reading and talking about books and stories as much as possible with your children at home! We have also been talking regularly about the Zones of Regulation and identifying different emotions. We have been looking at ways to deal with our emotions and recognising that it is okay to feel these, and are talking often about how to get ourselves back in the green zone. In Maths, we have been revising numbers 0-10 and how to make numbers within these numbers too.



What is a noun?



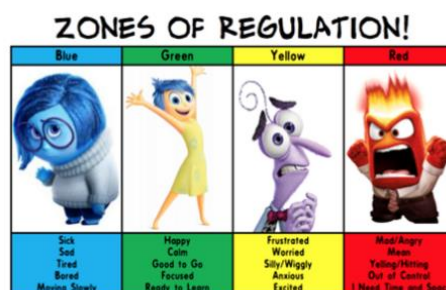
We have had a brilliant first week in Year 2. The children have been amazing, adjusting to being in their new classrooms, and have resiliently worked through the heat as well. We have spent a lot of our afternoons having some PSHE time to check in with our own feelings by using the zones of regulation. It has also helped us understand each other's feelings more, and we have talked about tools we can use to regulate ourselves when we need to be calm. We have also spent time making and learning our new classroom rules, and talking about our personal goals for the year. In our English time, we have been investigating what a noun is. The children have written some wonderful sentences, and have really impressed us with their effort when adding lots of detail. As well as this, we have been revising Phase 5 phonics from last year. In our Maths time, the children have been showing us their knowledge of numbers up to 20, and have also been exploring how to partition numbers into tens and ones. Well done Year 2 for a great start to the year.

What makes us happy?

The children have had a fantastic first week back and we are really enjoying getting to know all of them. They have settled really well into Year 3 and adjusted well to their new classes and routines.

This week we have been focusing on the Zones of Regulation and identifying what things make us feel happy, sad, anxious and angry. We have been looking at ways to deal with our emotions and recognising that it is okay to feel different emotions.

In Maths, we have been looking at place value of numbers up to 100 and have been using base ten and place value counters to support our learning. We have also had our first Spanish lesson with Mrs Mills and our first ukulele lesson with Mrs Cucharo and look forward to learning these new skills throughout the year.





Class Notes

Which internal organs would you argue are the most vital?

We have had a fabulous start to the year in Year 4! There has been lots of work on mental health and how we can look after ourselves and others - within that we have discussed the zones of regulation and how to use these to support ourselves during difficult times. In Science, we have started looking at the roles of the different organs within the body which was really interesting. In English, we have started reading the book *Julias Zebra* as a part of our new literacy topic, with a focus on using conjunctions correctly. In Maths, we have been revising and practising place value with numbers with some partitioning too.

What a wonderful first week back!

What has been your highlight of Week 1 in Year 5?

What an amazing week we have had! The children have all settled in beautifully and are already hard at work. We have been going over routines and high expectations and introducing our new topics of North America, The Titanic and Hinduism. On Friday, we had Titanic Day, where the children dressed up as first and third class passengers, ready to board the ship. The third class passengers were very disappointed to find out they did not get Fizzy Vimto in the dining room experience! Check out Facebook to see some pictures of our wonderful day together.



In 'The Great Kapok Tree', which creature has the most convincing argument against deforestation, in your opinion?

What a great start to the new school year! The children have settled extremely quickly into their new classes and are already bonding with each other well and with the Year 6 staff. They have begun work with enthusiasm and are trying very hard in all lessons. In English, we are using 'The Great Kapok Tree' as a stimulus for writing, which links perfectly with our Geography topic about Brazil. This will be the focus of our first Star Writing next week too. It allows us to unpick some of the reasons against deforestation and discuss our opinions respectfully. In Maths, we are learning about numbers up to 10,000,000 and place value. The children have been practising their shading skills in Art and have been using them to recreate the second half of a rainforest animal's face and are working hard to improve.



Safeguarding

Top 10 tips for supporting children back to school

We want all our parents and carers to feel confident in ensuring their children feel safe, supported and ready to go back to school. Here are our top 10 tips for supporting the wellbeing and emotional health of your children during this transition into the Autumn term.

A good night's sleep

Try to get back to a normal bedtime routine. Listening to calming music to help them settle and having a bath or shower before bed can help, too. Sleep helps us all so much. It's easy to forget that sleep has such a cyclical effect on our mental health... especially for our children who might be worried about something as big as going back to school.

Limit the news around your children

So much changes all the time in the world, and children absorb everything, which can be unhealthy for their young minds. Try to be more mindful now and try and catch up on news after bedtime.

The nights before school days

Being organised helps and helps everyone sleep better, knowing there's not stress awaiting us the next day. Try to get packed lunches made the night before, get the uniforms out and plates ready on the work top for breakfast. When we are organised, we can give more attention, particularly to younger children in the mornings, while also not getting stressed ourselves before getting out for the school run.

Exercise and fresh air... even if it's raining!

Getting to the park for a walk or a bike ride or scooters really helps. It naturally helps to relieve stress and helps them settle better at night. It also helps to get away from screens for a bit. Research tells us that stepping outdoors for as little as two hours each week is enough to help us feel better. You can get the kids to have a mindful moment and really connect with nature.

Hugs

So simple, but so important always for everyone!

Gratitude

Try practising showing gratitude to yourself and to others - just telling each other some positive things that have happened or what you are grateful for.

Talk to other parents

Do you have friends you can speak to? How are their children coping? Can you support each other or share ideas? Your class reps will soon setup class whatsapp groups which can be a great forum for parental discussions.

Arts and crafts

It might not be fancy, but getting creative is a nice way of passing the time and taking minds off worries. It can be drawings or colouring for home, or pictures to take to school when they return.

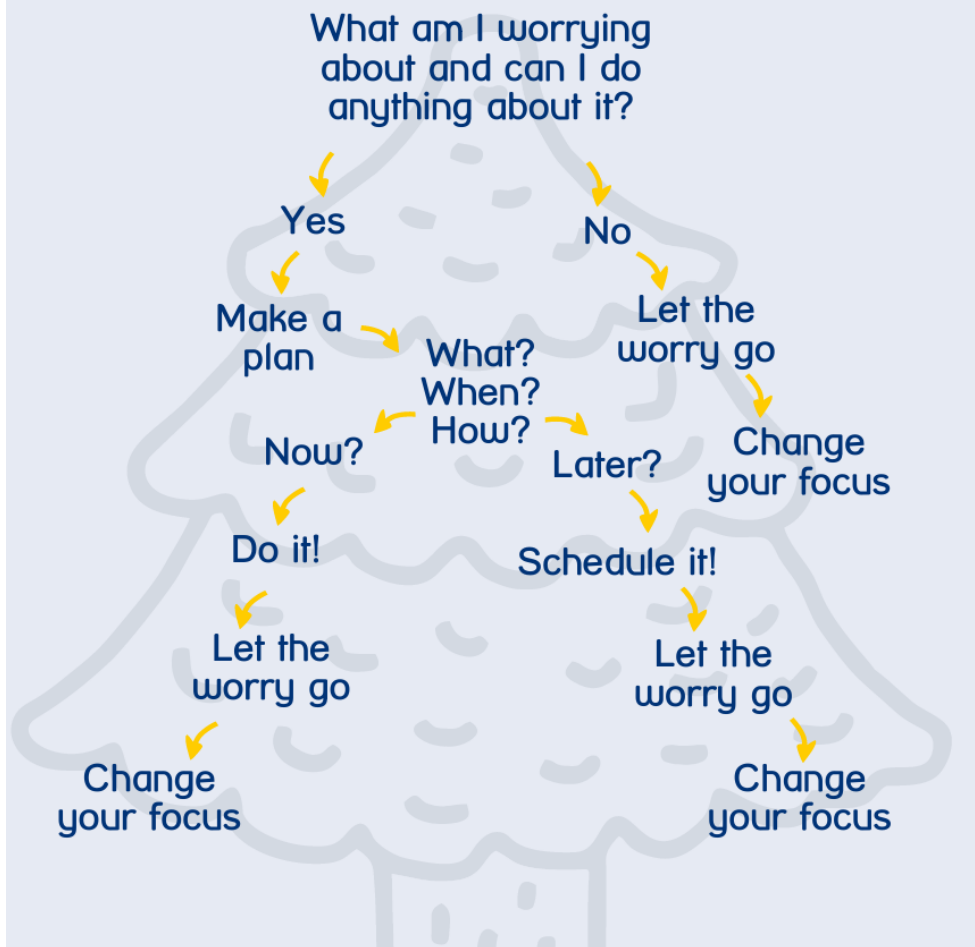
Reassure and normalise

It's important to tell children that it is perfectly normal to feel anxious at times - it's essential to let them know that talking about problems, rather than keeping them inside, makes them easier to deal with. Having a catch up chat after dinner can be useful so anything that is bothering them has been dealt with.



Safeguarding

The Worry Tree



Finally...Talk to us at school

We are all here to support children and families through anything they may be going through, and we want everyone to be as happy and healthy as possible. Please to speak to us as we are here to help ☺

Are you worried about a child?

<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)

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 value for this term is Responsibility

It's only when you take responsibility for your life, that you discover how powerful you truly are!

Allanah Hunt



This is the menu for next week's school dinners

[WEEKLY MENU] Week 2

Weeks Commencing: Mon 11th Sept - Mon 2nd Oct - Mon 30th Oct - Mon 20th Nov - Mon 11th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Roasted Vegetable Lasagne (E*, G, MK)	Meat Feast Pizza (G, MK)	Roast Beef & Gravy	Butter Chicken Curry & Rice (G*)	Battered Fish & Chips (F, G)
Vegetarian Dish of the Day	Tomato and Basil Pasta (CE, G)	Cheese and Tomato Pizza (G, MK)	Winter Vegetable Tart (E, G, MK)	Vegetable Curry & Rice (CE, G*)	Homemade Vegan Sausage Roll & Chips (G)
Vegetable Choice	Garlic Bread and Green Salad (G, MK)	Seasoned Potato Wedges & Sweetcorn	Rustic Roast Potatoes & Seasoned Vegetables	Seasonal Vegetables	Beans or Peas
Dessert of the Day	Apple Flapjack (G)	Fruit Jelly	Jam Sponge & Custard (E, G, MK, SO*)	Selection of Fruit Mousse (MK)	Chocolate Orange Sponge with Chocolate Sauce (E, G, MK, SO)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit



Dorchester Primary School

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds
* = May Contain



Willow Club our Wrap Around Care Provision, which includes Breakfast Club, Morning Club, After School Club and Holiday Club can be contacted in the following ways:

- Places are available for after school club for this term on Schoolgateway.

The contact number for the club is 07597-382949.

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