



DPS News

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"Pale amber sunlight falls across the reddening September trees that hardly sway before a breeze. As soft as summer: summer's loss seems little, dear! On days like these." Ernest Dowson

22nd September, 2023

Dear Dorchester Families,

It has been another busy and action packed week in school this week.



We were delighted to be able to start our Forest School sessions this week – Riad (our amazing Forest School teacher) has been keeping the children active and out in the fresh air whilst learning about the environment. He has also added a new canopy to the Forest School classroom made from an old cargo parachute. I'm sure you'll agree it looks amazing, and has survived the torrential rain this week. The Reception children enjoyed meeting our school chickens this week too!

Our prefects also had the opportunity to really step up this week, as they showed our first group of prospective parents around the school as part of our Open Morning on Monday. Once again, the parents were full of praise about the pride the children showed in their school and the articulate way they answered parents' questions. Well done Prefects – we are very proud of you. See just who they are in the

newsletter's 'DPS Info' section further down.

On Wednesday we had a visit from Sean Trimble, who is the recently appointed Director of Quality Assurance for the Sutton Education Trust (SET). The SET comprises 8 schools in the local area who have joined together to form a co-operative trust in order to facilitate better opportunities for children, families and staff in our schools, by, for example, running coffee afternoons, parent support courses, sporting events and joint training for staff. It was wonderful to be able to show Sean around our school and to discuss our strengths and 'even better ifs' with him – we always strive for improvement and it is great to have these external evaluations to support this.

We are excited that our Net4All programme is starting again this Sunday. We were fortunate enough to be awarded funding from the DfE for this initiative, which brings together mums (or other family female role models) and daughters in years 4, 5 and 6 can come and play netball together and be active. The programme began in the summer term and brought together lots of girls and women with a wide variety of previous netball experience – you don't have to have played before to attend, or have any particular level of fitness – the idea is to bring the women and girls in our community together to inspire each other to be

active and have fun. If you have a daughter in Year 4, 5 or 6 and would like to get involved complete the form [here](#) and we look forward to seeing you at school at 9:30am on Sunday. It is completely free of charge to take part.



Also, this weekend will be your last chance to sign up to the **Junior Duke awards** so that your children may receive their booklets and get started on their challenges just before half term, as the big order must go in on Monday 25th at the very latest. Registering after Monday means their booklets may arrive later in Autumn 2, so if your children want to start the awards with everyone else, kindly follow this link [here](#) to register and avoid disappointment when the initial bulk order arrives.



Thank you for your very generous donations for Jeans for Genes day today. The children watched a video in assembly explaining what genes (and jeans!) are, and outlining the impact that genetic disorders can have on peoples' lives. We will let you know how much we have raised in next week's newsletter.

Have a great weekend.

Cathy Bell
Headteacher

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



DPS Info

Introducing our shiny new set of Year 6 Prefects!



Jake



Evie



Vivaan



Salmana



Emilia



Vihaan



Minha



Maahnoor



Paige



Elsie



Matheo



Taylor



Harshith



DPS Notices

Scrapstore Playpod Installation has begun!

Your children may have mentioned the huge excitement surrounding the building of the Scrapstore Playpod this week. The Playpods are being filled with our first round of scrap play materials over half term, and the big launch of the playpod for all to use will be during the first week of term in Autumn 2. Our Junior Leadership Team and staff will also be discussing next week how to introduce new play zones to our playground, which will start to revolutionise play times for all!

What is a Scrapstore PlayPod?



- Children's Scrapstore provides a huge range of scrap materials (cardboard tubes, tyres, netting, ropes, crates, bins, fabric, clothing, boxes, carpet tiles, foam, keyboards, phones... the list is varied and endless!) to extend the possibilities of play for all children.
- These materials are not prescriptive, they come with no set purpose.
- Children's inventiveness and creativity results in them using the items in endlessly different and imaginative ways.
- Playing with loose parts on a large scale, enables children of all ages, genders, and abilities to play together.



Scrapstore Playpods Benefits

Installing a Scrapstore PlayPod can have numerous benefits for children and adults including:

- Improvements in behaviour and a reduction of incidents and accidents
- Utilisation of the resources for positive classroom learning
- Children's perceptions of the school day improve
- Through consultancy, training, and ongoing mentoring, Scrapstore will empower and support staff to create an environment that balances risk and challenge with the many benefits children get from play.

Our Scrapstore Playpod is being built in the space between the two sheds on the KS2 playground. It will be stocked up in half term for its grand launch in Autumn 2! 😊

<https://www.playpods.co.uk/>





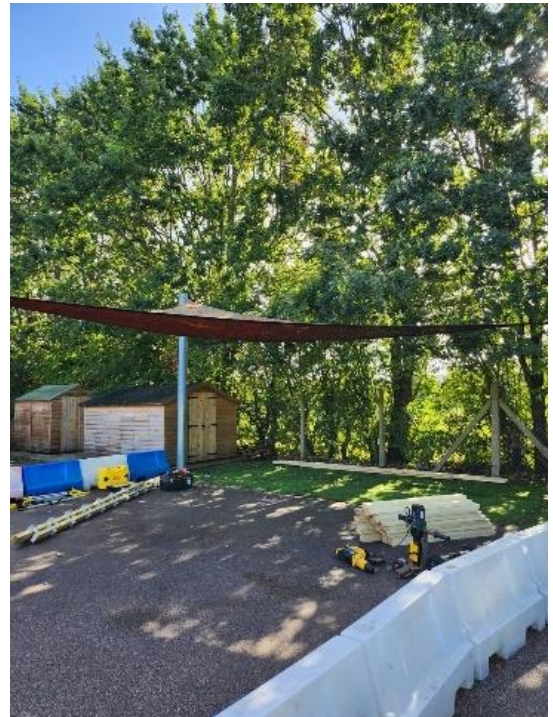
FODS

FODS would like to thank those of you who attended this week's meeting. We had a very productive meeting and have lots of exciting things planned. Please watch out for future updates. If you haven't already, please follow our Facebook page, you can find us at [Friends Of Dorchester PTA](#).

For those who are new to the school, the FODS committee is a group of school parents, both working & stay at home. We organise & run events for the children of Dorchester to enjoy while raising money for the school. We appreciate any help parents & carers can provide. This can be done in a variety of ways to suit whatever you wish to help out with. For example, you can come along to a meeting to help plan with us, volunteer to help set up/tidy up at an event, help with running an event or even if you just wanted to donate something, everything counts and everything is appreciated.



We are very pleased to announce that this week building has begun for the children's play pod. We're super excited and can't wait for the children to be able to enjoy it. We want to say a massive thank you to all the parents & carers for your continued contribution & support at all the events we've had for the children over the last year!



Our next meeting will be held [7.30pm on the 4th October](#), everyone is welcome so please come along if you can. If you're able to attend, please meet us at the school's office so one of us can greet you. In the meeting, we will be discussing upcoming events we have planned which you can add your views to. You will also be able to have a talk with us if you'd like to learn more about FODS, how you can help support the school, or even if you just want to have a chat. Helping FODS is a lovely way to get involved with the children's school & we hope to see some of you there.

If you'd like to help, ask anything or would just like to share your views, please don't hesitate to email us at dorchesterpta@gmail.com



Class Notes

Can you tell your family about your new class?

This week we have read the book 'Our Class is a Family' by Shannon Olsen. The book explores community and how, because we all spend so much time together, our class can feel like a family too. The children have painted self-portraits to display in the classroom to show what their new family looks like. We have taken part in some circle time activities, where we talked about our favourite things, respecting each other and being kind. We have also painted/drawn pictures of things we like to decorate the class with. We started Phonics this week, which is very exciting! The children are practising reading and writing the new sounds they have learnt.

What is your favourite thing about yourself and why?

This week, we have been reading a new story called 'Dear Dinosaur' where a little boy called Max writes to a T-Rex in a museum to find out more about him. We have been practising writing our own letters this week in preparation for our first star write next week! In Maths, we have been comparing numbers to find out which ones are greater or less than the other. We have started learning all about dinosaurs and how we know they existed. We searched in the sand for bones and fossils and also learnt about how their teeth and poo can tell us a lot about them. In RE, we looked at how we can show that we are thankful to the people that we care about. We have also developed our confidence by thinking about all the things we like about ourselves.

What can we learn from the stories of Jesus?

Throughout the week in English, the children have been showing us how detailed they can be in their use of adjectives in sentences, as well as adding extra details by using the conjunctions 'and, but, so'. In Maths, they have been applying their knowledge of tens and ones numbers to estimate using a number line, and to compare whether their numbers are greater or less than each other. In Geography, we used the compass points 'north, south, east and west' to describe where parts of the UK are in relation to each other. In Computing, the children were sent an email attachment from Mrs. Bell, which we agreed as safe to open, containing key information towards our mystery of who stole cake from the staff room! The children had to record the information, and think of questions to ask Mrs Bell, which we will be sending in an email reply. In RE, we listened to some of the parables from the Bible, and thought about the messages Jesus was trying to give to his followers. The children particularly enjoyed the Good Samaritan story, as it was about showing kindness to others. We have been using lots of teamwork and listening skills in PE, which has been helpful in the classroom when working with our learning partners. Well done Year 2.

How are different types of rock formed?

The children have all really impressed us this week with how hard they have worked in English. They have learnt how to use conjunctions to extend their sentences and join two sentences together. They then worked really hard on their Star Writes on 'How to Wash a Woolly Mammoth'. In History, we learnt what life was like in the Stone Age and how they sourced their food. In RE, we learnt about Guru Nanak and his life. We also read stories about how he spread his teachings. In Computing, we decomposed the Magic Carpet game and investigated how it worked. The children really enjoyed learning about how different rocks are made through our Starburst investigation. They turned the starbursts into sedimentary rocks, igneous rocks and metamorphic rocks.





Class Notes

What rules do you remember for rounding numbers up or down?

This week we have introduced the children to completing their Star Write in a slightly different way. After writing and editing in their English books, they were able to publish their final diary entry into their Star Write books. They were very proud of their work. In Maths, we have concentrated hard on rounding to the nearest 10, 100 and 1000.

'What happens to our food once it has been eaten?' was the main focus of this week's Science lesson. Using our RRS, we thought about how to best take care of the ukuleles in Music. Spoiler alert - we have designed our Christmas cards that you will be able to purchase very soon!

Why might we switch between present and past tense in a diary entry?

This week in Year 5, we have been learning about place value in Maths and we have started our Star Write draft for 'Below Deck'. We have been exploring high quality vocabulary linked to The Titanic, to explore the experiences of Grace on board the famous vessel. In RE we have been continuing to learn about Hinduism and we have explored properties of materials in Science. Blue Class finally made it Swimming after it was cancelled last week and all three classes have continued to practise their basketball skills.

What excited you most about Music Technology?

Brand new for this week, was the start of Music Technology! With a specialist from Sutton Music Service, Mr Radley, the children have begun exploring an aspect of Music which is new to Dorchester but very much links with Music-teaching at high school. This is part of a new and exciting venture for the school and the children were very excited for their subsequent lessons on Tuesdays. In Geography this week, we have been looking at the different economic situations within Brazil and comparing images of the types of housing. It proved to be a fascinating discussion where the children were surprised to find out how close together some of them were. In Maths, we have been focusing on the difference between common factors and common multiples, as well as prime numbers. Some of our warm-ups at the start of Maths lessons have involved revising Year 5 knowledge about short division before we launch into long division next week. In Science, we have been considering how different species adapt to live in certain environments.



Safeguarding

Parenting Support – How to manage changes to our mental health

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

What are mental health problems?

When we talk about mental health problems we mean conditions like:

- anxiety disorders, bipolar disorder, depression, obsessive-compulsive disorder, personality disorders, post-traumatic stress disorder or schizophrenia.

This is not a complete list. There are many types of mental health problems, and if yours isn't listed, there is still support available.

How can mental health problems affect parenting?

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. If you, or someone you know is struggling, [there's support available](#).

Being a parent can be challenging, and taking care of your mental health is important. There are a variety of problematic situations which can arise and lead to putting pressure on families. And if you're struggling, it's okay to reach out for support from school, friends, families and certain organisations that are here to help.

Changes to our mental health can sometimes affect children and their well-being. They may pick up on your anxiety or low mood. This doesn't mean you should hide or minimise your feelings. You can try to explain them using phrases like, "It's ok to get big feelings, everyone gets big feelings but it's still the grown up's job to look after the children" or "If grown-up's get big feelings it's not your fault - we can ask other grown-ups for help with our feelings."

It's important to give children reassurance and support. Looking after your own mental health is vital to their well-being so don't be afraid to try new things together or feel worried about doing something for yourself to take care of your own well-being. And reach out if you need help. NSPCC helpline counsellors are here, whatever your worry. You can call them on [0808 800 5000](tel:08088005000) or email help@nspcc.org.uk.

Where else to find help? 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 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

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

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

Sutton Education Trust website <http://www.suttoneducationtrust.com/>

Our value for this term is
Responsibility



This is the menu for next week's school dinners

[WEEKLY MENU] Olive dining Week 1					
Weeks Commencing: Mon 4th Sept - Mon 25th Sept - Mon 16th Oct - Mon 13th Nov - Mon 4th Dec					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Veggie Sausage + Crushed Potato with Gravy (G, MK)	Beef Burger + Seasoned Potato Wedge (G, SE*, SU)	Roast Chicken + Gravy	Spaghetti Beef Bolognese (G)	Fish Finger + Chips (F, G)
Vegetarian Dish of the Day	Veggie Sausage + Crushed Potato with Gravy (E, MK)	Vegetable Bean Burger + Seasoned Potato Wedge (G, SE*)	Vegetable Wellington (CE, E, G)	Vegetable Bolognese with Spaghetti (CE, G)	Vegan Nuggets + Chips (G)
Vegetable Choice	Seasonal Greens	Baked Beans or Coleslaw (E, MU)	Rustic Roast Potatoes + Medley of Seasonal Vegetables	Garlic Bread + Green Salad (G, MK)	Beans or Peas
Dessert of the Day	Banana Sponge with Vanilla Sauce (E, G, MK)	Fruit Jelly	Apple Crumble + Custard (G, MK)	Lemon Drizzle Cake (E, G, SU)	Chocolate Chip Cookie (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

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereal: Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya.



*, MK = Milk, MO = Mould, SE = Sesame Seeds * = May Contain

Dorchester Primary School





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.