



### Trust, fresh air and the simplest exercise – walking for wellbeing

This week in assembly we explored our half-term value of Trust – and reminded the children that trust isn't only about others; it's also about trusting ourselves and our feelings. We asked the children simple questions: "Put your hand up if you walked to school today," "Did you go for a walk over the holidays?" and "Who has ever gone for a walk when they felt upset, worried or cross?" From those conversations we talked about how a short a simple walk can help a child feel calmer, clearer and happier.

Fun facts the children enjoyed

- Did you know race walking is an Olympic sport? (We weren't training for the Olympics today – just for calm and wellbeing!)
- Just 10 minutes of walking can lift mood and improve concentration.
- Walking outside helps the brain make "happy chemicals" such as serotonin and endorphins.

Why walking matters for mental health

Walking:

- helps children feel calmer and less worried;
- clears busy thoughts so they can think more clearly and learn better;
- supports better sleep and overall wellbeing;
- builds connection when done with family or friends, which strengthens trust.

#### Mindful walking

We practised slowing down and noticing what we can see, hear and feel. This "mindful walking" tells the brain: "I am safe. I can slow down." It's a simple, powerful way for children to trust their senses and their emotions.

How families can add more walking to the day

- Walk to school when you can.
- Walk around the playground at break time.
- Walk the dog (or a family walk after tea).
- Take the stairs instead of the lift.
- Encourage a short walk when a child feels cross, worried or overwhelmed.

Walk together – talking and listening builds trust and support.

### A Short Challenge for Everyone

Try adding one extra 10-minute walk with your child. Notice any small changes – in mood, sleep or focus – and share them with us if you like.

A thought to finish

"Sometimes the best medicine for our minds isn't a screen, a game, or a toy... sometimes it's trusting ourselves to take a simple walk, get fresh air, and breathe."

"The most ancient exercise and still the best modern exercise."

Thank you for supporting our value of Trust – and for helping children discover how powerful a small walk can be for their wellbeing.

### Important Safety Reminder: Gates, Parking and Access

We would like to remind all parents and carers of several important safety rules to help keep our school site safe for everyone.

#### Vehicle Gates - No Pedestrian Access

The vehicle gates are strictly for cars and authorised vehicles only. They are in **constant use** throughout the day and pedestrians must not use these gates at any time. Using them on foot creates a serious safety risk, as drivers may not expect pedestrians in this area.

#### Keep Vehicle Gates Clear

Please ensure that no vehicles stop or block the vehicle gates at any time. These gates must remain fully accessible at all times to allow safe entry and exit for vehicles.

#### No Parking on Zig Zag Lines

Parking on the zig zag lines outside the school is strictly prohibited. These markings are there to ensure that drivers exiting the school have a clear and unobstructed view of the road. Parking in these areas puts children, families and drivers at risk.

We kindly ask all members of our school community to follow these rules and use designated pedestrian entrances.

Thank you for your continued support.



# 2026 DATES FOR THE DIARY



## APRIL

Sustainability Calendar [LINK](#)

[LINK TO WEBSITE CALENDAR...](#)

April



Sat 18<sup>th</sup> **FOD** - Boot Fair  
**Mon 20<sup>th</sup> - Fri 24<sup>th</sup> Year 4 Ladybird Swimming - ALL WEEK**  
 Mon 20<sup>th</sup> **CLUBS START**  
 Tues 21<sup>st</sup> **Year 1** Phonics Workshop  
 Weds 22<sup>nd</sup> **Year 3** trip to Thornton Heath Library  
 Mon 27<sup>th</sup> **Joey's Birthday week**  
 Weds 29<sup>th</sup> **Year 3** Natural History Museum Trip

May



Fri 1<sup>st</sup> **Joeys' Birthday BBQ**  
**Mon 4<sup>th</sup> Bank Holiday - SCHOOL CLOSED**  
 Thurs 7<sup>th</sup> **Year 5** - Come Dine with Me!  
**Year 1 Squirrel** - Trip to Pizza Express  
**Mon 11<sup>th</sup> - Fri 15<sup>th</sup> Year 4 Dragonfly Swimming - ALL WEEK**  
**Mon 18<sup>th</sup> - Thurs 21<sup>st</sup> Year 4 Goldfinch Swimming - ALL WEEK**  
 Weds 20<sup>th</sup> **Year 2** - Come Dine with Me!  
 Thurs 21<sup>st</sup> **Dare to be Different Day**  
**Fri 22<sup>nd</sup> May - INSET DAY - SCHOOL CLOSED**

June

Weds 3<sup>rd</sup> **Year 1** Fox to Pizza Express  
 Weds 10<sup>th</sup> **Sports Day** - N & R (am) - Yrs 3 & 4 (pm)  
 Thurs 11<sup>th</sup> **Sports Day** - Yrs 1 & 2 (am) - Yrs 5 & 6 (pm)  
 Fri 12<sup>th</sup> Father's Day assembly N-Y2  
 FOD Father's day gift shop  
**Mon 15<sup>th</sup> - Fri 19<sup>th</sup> Year 5 Wren Swimming - ALL WEEK**  
 Mon 15<sup>th</sup> FOD Circus  
 Fri 19<sup>th</sup> FOD Mufti day Summer Fair  
**Mon 22<sup>nd</sup> - Fri 26<sup>th</sup> Year 5 Raven Swimming - ALL WEEK**  
 Fri 26<sup>th</sup> **Year 5** Trip to Harris Beulah  
**FOD** - Re:cycle Event (3.15pm)  
 Mon 29<sup>th</sup> **LAST WEEK OF CLUBS**

## Term Dates

SUMMER

13<sup>th</sup> Apr - 22<sup>nd</sup> May 26

Half Term: 25<sup>th</sup> - 29<sup>th</sup> May

1<sup>st</sup> June - 20<sup>th</sup> July 26

Inset days: 22<sup>nd</sup> May 26 & 20<sup>th</sup> July 26

Bank Holiday: 4<sup>th</sup> May 26

Autumn

2<sup>nd</sup> Sept - 23<sup>rd</sup> Oct 26

Half Term: 26<sup>th</sup> Oct - 30<sup>th</sup> Oct

2<sup>nd</sup> Nov - 18<sup>th</sup> Dec 26

Inset days: 2<sup>nd</sup> & 3<sup>rd</sup> Sept

Spring

4<sup>th</sup> Jan - 25<sup>th</sup> March 27

Half Term: 15<sup>th</sup> - 19<sup>th</sup> Feb

Easter holidays:

26<sup>th</sup> March - 9<sup>th</sup> Apr 27

Inset day: 4<sup>th</sup> Jan 27



# NURSERY

SPACES STILL AVAILABLE FOR SEPTEMBER 2026

# ADMISSIONS

TO APPLY PLEASE CLICK [HERE!](#)

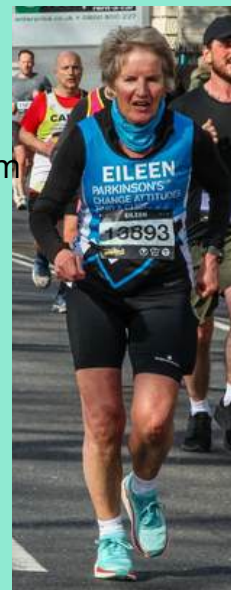
CHECK OUT OUR REEL [HERE!](#)

DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA  
CLICK ON THE ICONS BELOW!



## Is it ever too late to try something new?

An 82-year-old runner, Eileen Hieron, has shown that age hasn't stopped her trying something new. She only started running in her 70s and ran her first marathon at the age of 74. Since then, she has completed nearly 10 marathons and even won her age group at the London Marathon. This Sunday, runners from all over the world will take part in the 2026 London Marathon, and stories like Eileen's are inspiring others to think about whether it's ever too late to try something new.



[\*\*CLICK HERE\*\*](#)

Things to talk about at home:

- Have you ever tried something new that felt difficult at first? What helped you keep going?
- Do you believe age should matter when trying something new? Why or why not?
- Is there someone you know who has tried something new later in life? What have they done?
- Why do you think people take part in challenges like the London Marathon?

## Positive NEWS

### Coming soon: solar panels in the supermarket aisle



Plug-in solar panels will be available in the middle aisle of British supermarkets within months, the UK government has announced.

The devices allow people without rooftops to benefit from the solar revolution on their balconies. They are popular in Europe, but have faced regulatory hurdles in the UK.

The move is part of government efforts to ramp up "clean homegrown power to get the UK off dependency on fossil fuel markets in response to the Iran war". Other measures include mandating solar panels and heat pumps in all new homes in England from 2028.

Campaigners have long lobbied for solar to be compulsory on new houses, arguing that doing so would cut bills as well as emissions. However, some developers warned that it could increase house prices and have raised concerns about the scale of solar required.

The government announcement came as the UK energy firm Octopus reported a 27% surge in solar installation enquiries since the start of the Middle East conflict. Queries for EV leasing, it added, had surged by 36% over the same period.

[\*\*CLICK HERE\*\*](#)

Goal 7:

Ensure access to affordable, reliable, sustainable and modern energy for all.



# Dance Team!

On Tuesday 14th April, 30 pupils from our KS2 Dance Team represented Downsview at the regional competition held at the stunning Cadogan Hall. Performing in such a beautiful and prestigious venue was an incredible experience, and one we felt very lucky to be part of.

The day began with rehearsals that went brilliantly, building excitement and anticipation for the evening ahead. We thoroughly enjoyed watching the other teams perform, and, as always, Downsview pupils demonstrated outstanding sportsmanship—cheering others on with genuine enthusiasm and respect.

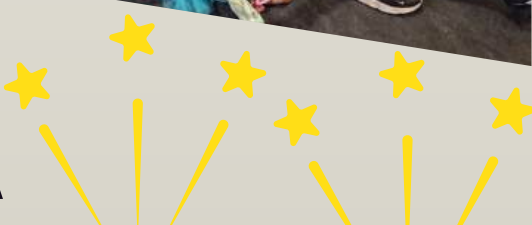
Our routine was a vibrant fusion of cultural dance styles, celebrating Soca, Bollywood and Afro-beats. The energy from the audience was electric, and we were especially proud to receive a special mention from the host for our impressive “big lifts.”

**Downsview were seen. Downsview were heard. Downsview will be remembered.**

We achieved an incredible 7th place out of 20 schools in the South London heat—a fantastic accomplishment at this level of competition. Even more impressively, one judge placed us 2nd overall, and we received a perfect score for audience enjoyment. High scores of 9/10 were also awarded for our technique, enjoyment, facial expressions and the complexity of our routine.

A huge congratulations to our talented dancers:  
**Phoebe, Ayo, King, Uraz, Alice, Cali, Zephyr, Joshua, Cameron, Austin, Rae Rae, Olivia Rose, Folashade, Lincoln, Pavlin, Malik, Valentina, Sara, Petra, Kyra, Ella Faith, Raegan, Mya, Luna, Lyndon, Aden, Ellis, Nia, Ruby and Evie.**

We are incredibly proud of you all—what an amazing achievement!



# LONDON WATER AND STEAM MUSEUM

On Wednesday, our Year 1 children enjoyed a fantastic educational visit to the London Museum of Water & Steam. This trip was carefully linked to our STEM learning giving pupils the opportunity to explore how water is used, transported and cleaned. The children took part in an engaging workshop where they learned about how water is cleaned before it reaches our homes, developing their understanding through hands-on practical experiences.

Throughout the day, the children explored the interactive museum, discovering fascinating steam engines and engaging with a range of exciting exhibits. They also had the opportunity to explore the museum gardens where they enjoyed outdoor learning and play in an inspiring environment. It was a wonderful day filled with curiosity, exploration and meaningful learning.

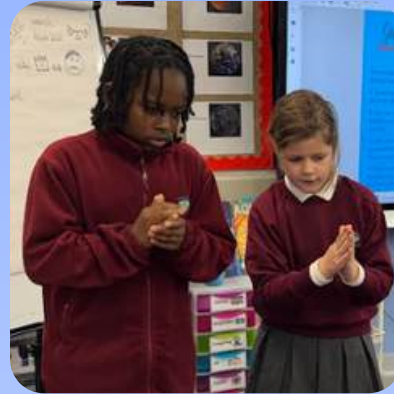
We would like to thank all parents and carers for their contributions towards the trip, as well as our parent volunteers who supported us on the day. Your support made this experience possible for the children.



# Y5

Year 5 music day was brilliant! First, we learnt about looping and created our own loops using body percussion. We then listened to remixes of famous songs and the original that they had sampled. The children had a fantastic time dancing to dance music and conducting classical pieces.

Finally, we got out the glockenspiels! We brought together all we had learnt during the day by creating loops from the song 'Somewhere over the Rainbow' with a funky backbeat.



## Before the Easter holiday, Year 5 visited the world famous London Eye.

This trip links to our Reading book this term 'the London Eye Mystery'. Many of the children had never visited this landmark before so there was much excitement!

Each class got on their own pod and got to view London's iconic sky line. The children were able to see Houses of Parliament, Westminster Abbey, the OXO Tower, St Paul's Cathedral and the Shard. We spent 30 minutes not only looking at the sight but also looking at ways Salim (boy who is missing in our book) could have gone missing.

Before we went on the Eye we had the opportunity to walk along the South bank and have a look at the graffiti in the skate park. The children loved this because we had studied graffiti in our art lessons.

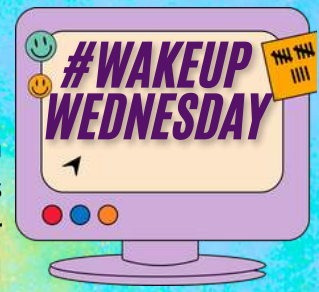
After our flight we had lunch in the Jubilee Gardens to have lunch and a quick play on the adventure playground before catching the train home.



# Image Altering Filters

Image-altering filters are now embedded in everyday online interactions, from playful effects to more subtle appearance-enhancing tools. This guide examines how these features can influence perceptions of beauty and reality, particularly for children and young people navigating social media. It highlights how filtered content can quietly shape expectations and online behaviours.

Focusing on risks such as low self-esteem, social pressure and hidden advertising, the guide also addresses more serious concerns like sexualised edits and blurred boundaries between real and altered images. It provides supportive, practical advice to help parents and educators build media literacy, encourage confidence and promote healthier relationships with online content.



[WAKE UP WEDNESDAY LINK](#)

## Vaisakhi

Vaisakhi, a major Sikh celebration held on the 13th or 14th of April each year, was originally a spring harvest festival but later also came to mark the birth of the Khalsa in 1699. The Khalsa is the term given to Sikhs who have been baptised.

The Khalsa began when five men entered a tent and only the Guru emerged with blood on his sword. This sight made the crowd around the tent very worried. Soon after, the five men came out of the tent wearing turbans and looking unharmed. They became known as the Punj Pyare (the Beloved Five). They were then sprinkled with holy water by the Guru, and this became the tradition of baptism in the Sikh faith.

Vaisakhi is celebrated by Sikhs all around the world, and many will go to the Gurdwara for worship. People also dress in bright, colourful clothing. Parades and processions take place in the streets, with the wider community joining in. Many Sikhs use this opportunity to be baptised into the Khalsa, continuing the tradition of the original Punj Pyare.

Vaisakhi also remains a day to give thanks for the year's harvest.

On behalf of everyone at Downsview, we wish all those celebrating a happy Vaisakhi.

# FOD NEWS



**FUN!**



**15th JUNE**

EARLY BIRD - £11.50 each (after £13.50)

EARLY BIRD SINGLE AND ALL FULL PRICE TICKETS STILL AVAILABLE

REMEMBER - This event is open to the whole community so please invite friends/family! Select adult/guest when booking system asks for class.

**BOUNCY CASTLES INCLUDED IN TICKET PRICE PLUS MANY STALLS AND GAMES**

Gates open: 4.45pm Showtime: 6-8pm



## CAR BOOT SALE!!!

**18th April 9am-12pm**

Please pop in and find treasures you never knew you needed. See you all

**On the day: tomorrow!!!**

FREE COLOURING ACTIVITIES FOR KIDS

FACE PAINTING

POKEMON CARD LUCKY DIP



FOOTBALL CARD SWAP/SALE

CANDY FLOSS

ICE CREAM



SWEETS



BBQ



CAN YOUR BOSS HELP RAISE FUNDS FOR DOWNSVIEW?



Does your employer have a match funding scheme? Are they willing to match fund any of our events?

Turn over for more info.

MATCH FUNDING

We would be grateful if you could find out if your employer has a match funding scheme. If they are willing to match fund any of our events this could be a really large source of income for Downsview and help us raise money to support the school.

It won't cost you a penny!

HOW DOES IT WORK?



And just like magic your volunteering becomes twice as important!

If your employer can help please contact Mrs. [Name]



**JOIN US AT EASYFUNDRAISING**

We're registered with easyfundraising, so you can support us for FREE. Over 8,000 retailers donate when you shop through them - at no extra cost to you.

Just sign up and use easyfundraising when shopping online. If you join this month, the school gets £2 plus bonus donations for every new supporter.



For any events, Pay at:

[www.pta-events.co.uk/dvps/](http://www.pta-events.co.uk/dvps/)

## RECENT FOD PURCHASES!!!

£514

Every year group got a big bundle of games to play with at Golden time on Fridays.

Kids were all very excited to take their games back to the classes!



£2,962.98

Funded by the Santa Run fundraiser we did last December!

Our playground got some exciting new games added!

2 table tennis tables (with bats and balls) and 1 foosball table.

There are more items coming in a few weeks, so watch this space for more updates!



# TOY AMNESTY

## WE ACCEPT DONATIONS AGAIN!

We are accepting used and new toys for our future FOD events. Please make sure they are all clean and in good working condition.

Also, any **NEW** Unwanted Gifts, items (for adults, and kids) for hampers and prizes

### AND ANY NEW TOYS!

Key rings  
Small toy figures  
Lego

New hair accessory  
Fidget toys

Small unused craft sets/bits  
Teddy's, soft toys  
Party bag fillers  
Girls jewellery



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# Celebrations

## Values

N - Luca  
R - Shahzain  
R - Amayra  
R - William  
Y1 - Bella  
Y1 - Rose  
Y1 - Amareon  
Y2 - Jayden John  
Y2 - Mehari  
Y2 - Osian  
Y3 - Myiel  
Y3 - Thomas  
Y3 - Phoebe  
Y4 - Annalisa  
Y4 - Remy  
Y5 - George  
Y5 - Creamea  
Y5 - Fabian Ray  
Y6 - Akashi  
Y6 - Aliyah  
Y6 - Amari

## Effort

N - Thomas  
R - Kawthar  
R - Felix  
R - Athena  
Y1 - Maison  
Y1 - Yusuf  
Y1 - Murtaza  
Y2 - Ayva  
Y2 - Zahra  
Y2 - Sulaimaan  
Y3 - Nassim  
Y3 - Sam  
Y3 - Noah  
Y4 - Natalia  
Y4 - Barin  
Y5 - Naif  
Y5 - Jival  
Y5 - Aryan  
Y6 - Eden  
Y6 - Luna  
Y6 - Elijah

# PE



## Yellow House Winners



Zachary

### Attendance

Infant: Daffodil

KS2: Lizard

## Good-bye

At the end of the spring term we said farewell to Ms Challacombe, who is leaving to undertake specialist training to support children's mental health and wellbeing and to Ms Riley, who is continuing her studies with the aim of becoming a teacher.

We wish them both every success and look forward to hearing about their future journeys.

## Good-luck!

We are reaching out to our Downsview community to see if anyone may be able to help us celebrate someone very special... **Joey, our school dog**

For the past 7 years, Joey has been at the heart of Downsview, supporting hundreds of children, as well as staff and parents. His calm, gentle presence has made a real difference to wellbeing, confidence and emotional support across our school community.

Joey was one of the original pioneers of dog therapy in schools, and through our journey, Downsview has also supported a number of other schools in successfully introducing their own therapy dogs. We are incredibly proud of the impact this work has had, not just within our school, but beyond.

We feel that Joey - and the **work around dog therapy** at Downsview - truly deserves wider recognition. With that in mind, we are keen to explore opportunities to share Joey's story more broadly.

If you, or someone you know, has any connections within the media (local news, newspapers, television, radio, or online platforms), we would love to hear from you. Any support or introductions would be hugely appreciated. Please email me at [head@downsview.croydon.sch.uk](mailto:head@downsview.croydon.sch.uk)  
Thank you, as always, for your continued support.