

ZONES OF REGULATION



As part of our school **priorities this year**, we are continuing to strengthen our work around Inclusion for All and developing the whole child. An important part of this is helping children to understand themselves, **recognise their emotions and develop the skills** they need to manage them.

At Downsview, we have always encouraged children to **talk about their feelings** and supported them in developing strategies to manage different emotions. This half term, we are building on this through the **Zones of Regulation**, giving children, staff and families a more **consistent language to use when talking about feelings and regulation**.

The Zones help children to **notice what is happening in their body**, name how they are feeling and **think about what might help them**. For example, a child who is worried might notice butterflies in their tummy, recognise that feeling as worry and use a breathing strategy to help settle their body so they are able to move forward with what they need to do.

Importantly, there are no 'good' or 'bad' Zones and the aim is not to always be in the Green Zone. **We all experience different emotions at different times**. A child might still feel worried, excited, tired or frustrated but learn strategies that help them to manage that feeling and continue with their learning or what they need to do.

The Zones are **not a behaviour system and being in a particular Zone is never an excuse for inappropriate behaviour**. How a child is feeling may help us to understand why a behaviour has happened, but it does not make that behaviour acceptable. Children remain responsible for their actions and our expectations around behaviour remain the same. Our role is to help them recognise what they are feeling and develop strategies so that they can manage those feelings without negatively affecting themselves or others.

Ultimately, we want our children to become increasingly able to recognise their emotions, notice the signals their body is giving them and know what might help them to manage themselves. **This supports not only their learning but also their independence, resilience and wellbeing**.

Over the coming weeks, we will introduce the coloured Zones gradually through assemblies and class activities. Each week, we will share a little about what the children have been learning, along with some simple ideas and language that you can use at home too.

Our classroom Zones display

Children will use this display to help them notice how they are feeling, name the emotion and think about strategies that might help. Children are not 'put into' a Zone — the colours are simply a shared language for recognising and talking about emotions.



2026

Dates for the Diary

[Link to School Calendar](#)

[Sustainability Calendar LINK](#)



Mon 14th Clubs start
Fri 18th Whole School BBQ
Weds 23rd **Year 6 Trip** to Imperial War Museum

October

Thurs 1st **WHOLE SCHOOL** - Bring in food for Harvest festival
Tues 6th Harvest festival assembly
EYFS/KS1- bring your Grandparents (RE)
Fri 9th Come Dine with Me- Reception
Fri 16th **Just one Tree - Mufti day**
Thurs 22nd 1.30-7pm: Parent's Evening
Fri 23rd **October - Half Term**

NOVEMBER

Mon 2nd **Return to School for ALL children**
Tues 3rd **Year 1** Come Dine with Me
Weds 4th **EYFS** Prospective parents talk 9-10.30 am
Fri 6th **FOD Mufti Day**- Winter fair
Mon 9th PGL Week
Tues 10th **EYFS** Prospective parents talk 9-10.30 am
Weds 18th **EYFS** Prospective parents talk 9-10.30 am
Thurs 19th **Year 6** Come Dine with Me
Fri 20th **Mufti day** - Children in need

Term Dates

AUTUMN

2nd Sept - 23rd Oct 26
Half Term: 26th Oct - 30th Oct
2nd Nov - 18th Dec 26

SPRING

4th Jan - 25th March 27
Half Term: 15th - 19th Feb
Easter holidays:
26th March - 9th Apr 27
Inset day: 4th Jan 27

SUMMER

12th Apr - 22nd May 27
Half Term: 31st - 4th June
7th June - 23rd July 27
Inset days: TBC
Bank Holiday: 3rd May 27



Apply for free school meals - [HERE!](#)

★ Could Your Child Be Eligible for Pupil Premium? ★

We are encouraging all parents and carers to check whether their child may be eligible for Pupil Premium funding – including families with children in Reception, Year 1 and Year 2 who already receive free school meals through the Universal Infant Free School Meals scheme.

Why is Pupil Premium so important?

Pupil Premium provides additional funding directly to the school to help us support children's learning, development and wellbeing.

This additional funding is extremely valuable to Downsview and can help us provide further opportunities, resources and support for our pupils. Every eligible child who is registered helps to bring additional funding into our school community.

Even if your child already receives a free school meal, it is therefore really important to complete an eligibility check, as the school does not automatically receive Pupil Premium funding through the universal free school meal offer.

What will you need?

To complete the eligibility check, parents/carers will need to provide:

- Name
- Parent Date of Birth
- National Insurance or NAS number
- Your child's name and date of birth
- The school your child attends – Downsview Primary and Nursery School

Please take a few minutes to check

Even if you are unsure whether you qualify, we would encourage you to check. Registering an eligible child can make a real difference, helping Downsview access valuable additional funding that supports our children.

Every successful registration counts!



Uniform Survey Response

→ Click Me ←

DOWNSVIEW PRIMARY & NURSERY SCHOOL

ARE YOU LOOKING FOR A RECEPTION PLACE 2027?

02087644611 or sec1@downsview.croydon.sch.uk

- ✓ Do you want to be part of a community school who cares about the whole child?
- ✓ Are you as passionate about sustainability as we are?
- ✓ Are you looking for a school that has fantastic facilities and massive grounds with green spaces and wooded areas to explore? We have an exceptional Forest School where all teachers have Level 3 Forest School's accreditation.
- ✓ Do you want to be part of a school who celebrates diversity and inclusion?



We even have our
own School Dog-
Joey!



Here is what some of our Nursery and Reception parents have said:

"I highly recommend Downsview . The structure and their ethos is amazing. The children have a wide variety of learning resources which are always fun for them. The staff are amazing with the children and the school has so much to offer."

"We are incredibly pleased that we chose Downsview for our child. She has settled well, loves her teachers and has made a lovely group of friends. She is thriving at Downsview, and is boosted by the encouragement that is given to all children - effort is rewarded daily, and the children are taught to celebrate their own successes as well as those of their friends, however big or small. The enthusiasm, friendliness and kindness of the teachers are seen across the school from the Headteacher through to the Support team. The grounds and facilities are also fantastic - a huge grass playing field and playground, set back from the road - not seen within many London schools! I can't recommend Downsview enough."

[Click here for more...](#)

WEDNESDAY 4TH NOVEMBER 2026 AT 9.00AM -10.30 AM
TUESDAY 10TH NOVEMBER 2026 AT 9.00AM - 10.30 AM
WEDNESDAY 18TH NOVEMBER 2026 AT 9.00AM - 10.30 AM
WEDNESDAY 2ND DECEMBER 2026 AT 9.00AM - 10.30 AM



NURSERY

SPACES STILL AVAILABLE FOR SEPTEMBER 2026

ADMISSIONS

To Apply please click [here!](#)



SUPPORT OUR SCHOOL!

Schools are constantly having to work to very tight budgets and we rely greatly on the kind generosity and support of our parents.

Each school year we ask parents if they are willing to contribute to the School Fund. This voluntary contribution allows the school to purchase additional resources for the children and this year we would love to purchase some additional equipment for our outdoor learning areas.

We would like to suggest a minimum contribution of £30 per family.

Your contributions are greatly appreciated and can be made on-line using the Magicbooking website.

Please log into your account, go the E-Shop and select the item School Fund 26-27



Parent Expectations Page

- Children should not arrive on site before 8.45am unless attending an organised club, music practice or school event, as there is no supervision before this time. Doors open at 8.45am and children make their own way to class.
- Nursery parents/carers may accompany children to the classroom door. Reception parents/carers may come onto the school grounds until Friday 25 September; after this, children should be dropped off at the school gates. If your child is finding independent drop-off difficult, please contact their class teacher so we can support them.
- The register closes at 9.05am. Children arriving after this time must report to the school office and sign in using InVentry.
- Older sibling collection: Y5 and Y6 children who walk home independently cannot collect younger siblings unless parents/carers have completed the appropriate consent form. Secondary-aged siblings may collect with parental permission. Where we have concerns about an arrangement, particularly for EYFS or KS1 children, we will contact parents/carers.
- Please contact the school office to arrange or update older sibling collection arrangements.

Absence Reporting

- Parents/Carers **must contact** the school office, using the attendance@downsview.croydon.sch.uk mailbox no later than 9.00am reporting their child's absence. Please ensure you specify the reason for absence, along with your child's class.
- The office follows “**first day calling**” procedures contacting parents/carers who have failed to inform the office of any absence. A text will be sent and if we haven't had a response **by 11.00 am** a follow up phone call will be made, to parents and then to emergency contacts if necessary.

Keeping Your Contact Details Up to Date

- A reminder to all parents and carers that if any of your contact details change, please let the school office know as soon as possible.
- This includes changes to your mobile or telephone number, email address, home address or emergency contact details.
- It is important that we have your most up-to-date information so that we can contact you quickly should we need to regarding your child.
- Please email any changes to secl@downsview.croydon.sch.uk.

Celebrations

Thank you!

Values

R - Amaya
R - Solly
R - Marta
Y1 - Athena
Y1 - Isabel
Y1 - Nia
Y2 - Aisha
Y2 - Freya
Y2 - Alexandra
Y3 - Mehari
Y3 - Melissa
Y3 - Amelia
Y4 - Viola
Y4 - Preston
Y4 - Ayden
Y5 - Ambra
Y5 - Eryk
Y5 - Natalia
Y6 - Zechariah
Y6 - David
Y6 - Isabelle

Effort

R - Leo
R - Iris
R - Zainab
Y1 - Felix
Y1 - Ryan
Y1 - Ray
Y2 - Noah
Y2 - Annabelle
Y2 - Jamie
Y3 - Nancy
Y3 - Kalonji
Y3 - Charter
Y4 - Thomas
Y4 - Reuben
Y4 - Yashwin
Y5 - Adnan
Y5 - Hanaa
Y5 - Muhammad
Y6 - Antonia
Y6 - Austin
Y6 - Razia

We would like to say a **huge and heartfelt thank you to all of the families**, extended families and friends who have so generously donated to the **GoFundMe** set up to support our Forest School.

This was not something the school asked for or expected. Some of our families took it upon themselves to **organise the fundraiser** after hearing about the damage caused to our Forest School area out of school hours. They knew how much **time, care and effort** had gone into building up these resources for our children and wanted to do something positive to help.

Forest School equipment can be costly and, at a time when school budgets are incredibly tight, your **generosity really does make a difference**. We have been genuinely touched by the response and by the sense of community that has come from something so disappointing.

We promise that every penny raised will be put to good use. Our **first priority** will be to organise secure storage for our Forest School equipment so that our valuable resources can be safely locked away and **protected**.

The vandalism caused has been very upsetting, but the response from our community has reminded us of something far more important: when something happens to Downsview, our community comes **together**.

Thank you for going above and beyond for our school and, most importantly, for our children.



PE



WELCOME BACK to SCHOOL

We hope you and your families had a wonderful summer break, whether you went away, enjoyed some local adventures, or simply had a well-deserved rest. It's always lovely to see the school come back to life with the buzz of children, families, and staff settling into the new term.

Here at Friends of Downsview, we're feeling refreshed and ready for another exciting year of community, connection, and fundraising. We've got a fantastic line-up of events planned for this school year from fun-filled fundraisers and family favourites to brand-new ideas we can't wait to introduce.

As always, every bit of support whether it's volunteering, attending events, or spreading the word helps us make a real difference. We're looking forward to working together again to create memorable moments for the children and raise vital funds for the school.

Here's to a great year ahead!



Coffee Morning, Chat with Pastry

Join us on **26th Sep 9-10am.**

For a coffee and a pastry, and become a member of Friends of Downsview!

Location: the Lake Room, but the meeting point is in the office area.

*We
WANT
you*

WE NEED YOUR DONATIONS!

For the coming year's events, we would love to have your unwanted items in new or used, good, working condition.

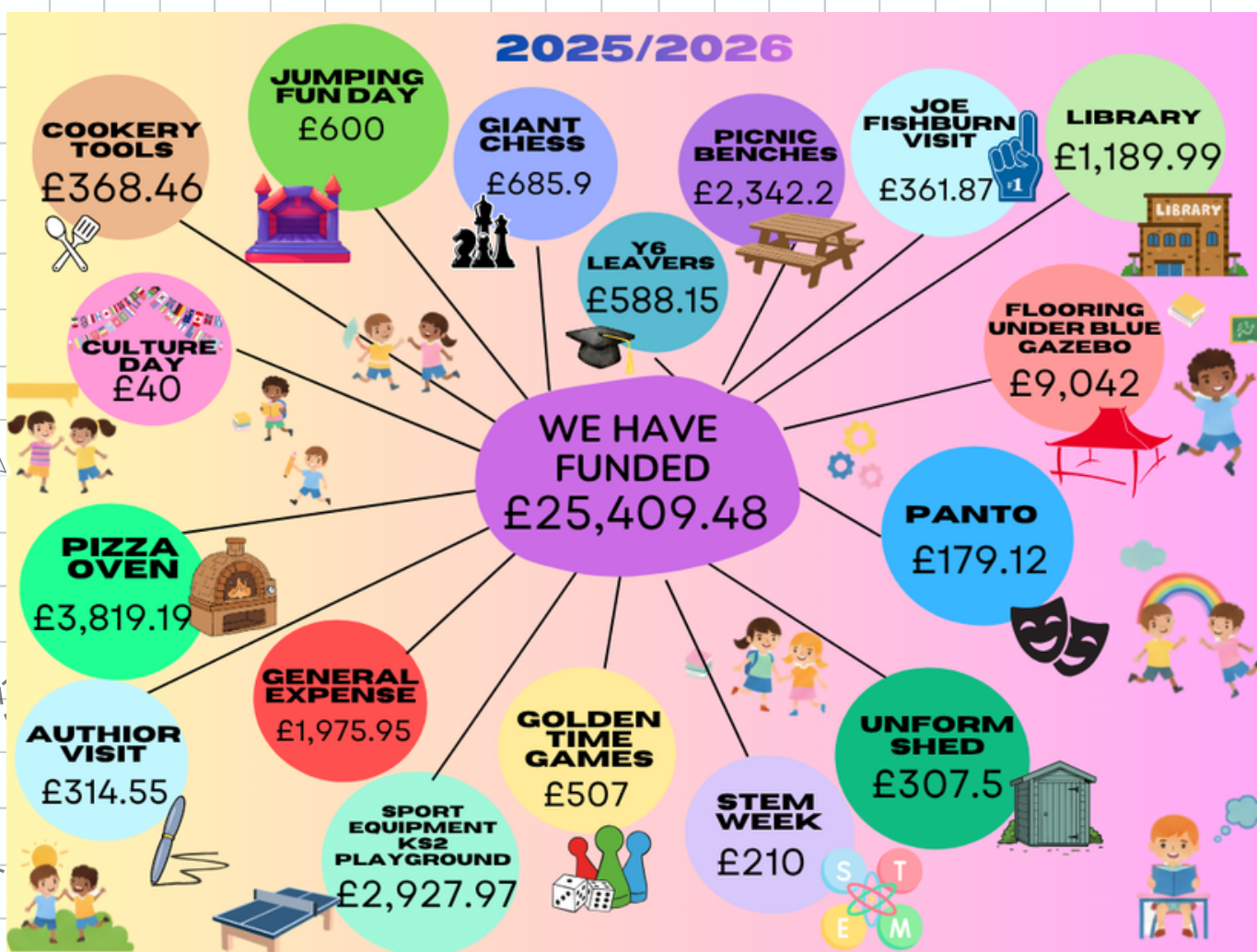
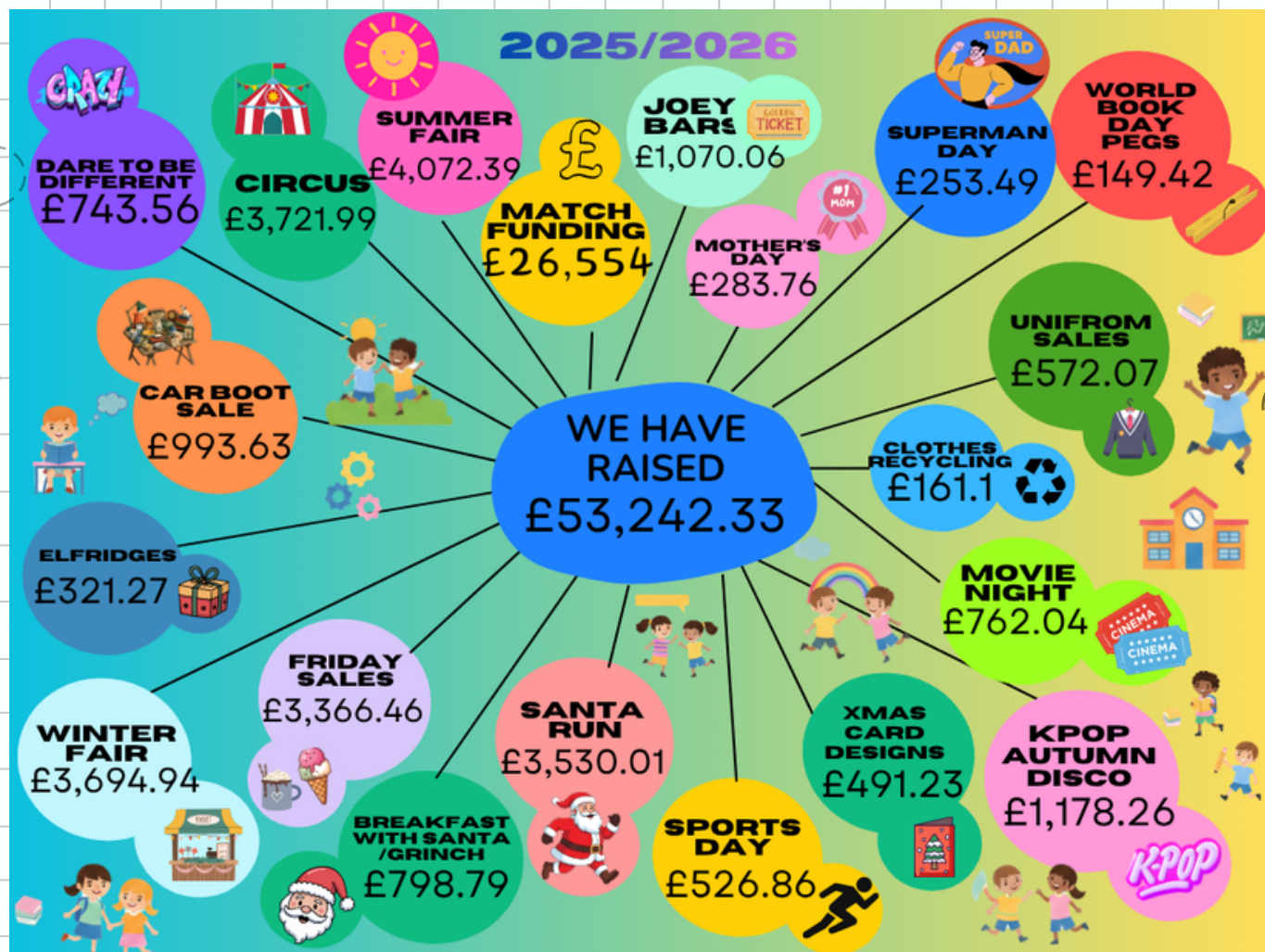
Also, any **NEW** Unwanted Gifts, items (for adults, and kids) for hampers and prizes

AND ANY NEW TOYS!

- Small toy figures
- Party bag fillers
- ANY** toys (age 4-12y)
- Fidget toys
- Books** (age 4-12y)
- Teddies, soft toys
- Gift Bags
- Girls jewellery
- Key rings
- Small unused craft sets/bits
- Lego



Look what we raised and funded this year



For any events, Pay at:

www.pta-events.co.uk/dvps/

WELCOME TO New Reception Families!

A special welcome to all our new Reception families!

Starting school is such a big milestone, and we're so happy to have you as part of the Downsview community.

We hope your little ones are settling in well and that you enjoyed the small welcome gift from us at Friends of Downsview (PTA), just a little something to say hello and let you know we're here to support you.

We'd love to get to know you better, so please do join us at our **first Coffee Morning on Friday 25th September**.

It's a great chance to meet other parents, chat with the PTA team, and find out more about the events and initiatives we run throughout the year. Whether you'd like to get involved or simply pop by for a cuppa and a friendly face, you're so welcome.

We look forward to meeting you soon!



Why Join?

7 REASONS TO JOIN OUR PTA!

1. YOUR CHILD BENEFITS

Our PTA (Friends of Downsview - FOD) helps to improve school life for all children by funding different projects like playgrounds, library, outdoor gym, books, and many more.

2. TO MAKE A DIFFERENCE

As well as fundraising, we organise fun events. Fairs, discos, movie night, Dragon encounters, Joey bar, Inflatable day, and many more. These events also help building our community.

3. IT IS TOTALLY FLEXIBLE

Everyone is welcome to our meetings. We love to see new faces so please come along! Whatever your situation is, anyone can get involved. It is less commitment than you think. No need to attend all meetings and help with every event. Do as much as you can.

4. IT IS FUN

Be part of the team which organises fun events while raising essential funds for the school. Suggest a crazy idea and watch it in action at the next event. We laugh and cry together. We are there for each other.

5. BE BETTER CONNECTED

Get to know your headteacher, teachers and fellow parents better. Learn how the school works and become part of the FOD and school community.

6. NOT JUST FOR MUMS

Everyone is welcome! Dads, uncles, grandpas can bring different skills, different perspective and even other dads.

7. KEEP THE PTA MOVING

When parents move on, the PTA risks disappearing. Join the team and help keep it alive for future families.

PLEASE GET IN TOUCH:
friends@downsview.croydon.sch.uk
OR COME TO OUR NEXT
COFFEE MORNING AND MEET
THE TEAM!

NEW DATES FOR 2026! LIVINGSTONE ROAD PLAY STREET

A CHANCE FOR
CHILDREN TO
PLAY HAPPILY
AND SAFELY
IN A STREET
CLOSED TO
CARS!

1.30 PM -
3.30 PM

- SUN 8TH FEB
- SUN 8TH MARCH
- SUN 12TH APRIL
- SUN 10TH MAY
- SUN 13TH SEPT
- SUN 11TH OCT

CYCLE
CHALK
SKIP
CHAT
COMMUNITY

KIDS MUST BE
SUPERVISED BY AN ADULT!



<https://bit.ly/3YZGk3b>
LRplaystreetCR7

CROYDON
www.croydon.gov.uk

SEPTEMBER

- 26th - Friends Of Downsview Coffee Morning, come and join us!

Every Friday, we have a ice cream sale and a Minimal Eco Refill shop 3:15 pm

COMING
"SOON"

Where Confidence takes centre stage



Build
Confidence



Develop
Talent



Industry
Ready



Future
Focussed

What is Seren Arts?

Seren Arts brings together expertise from London and Hollywood to create a new kind of performing arts academy.

Through small class sizes and expert training in singing, dance and acting, students build confidence, develop technical skills and learn to express themselves creatively—whether their ambitions are on stage, on screen or simply in life.

Harris City Academy Crystal Palace
Maberley Rd, London SE19 2JH

Saturday Mornings

Pre-Prep
(Pre school* to Year 2)
90-minute classes
introducing singing, dance
and drama

Children build confidence
and core performance skills
through fun & engaging
classes

All abilities welcome

*We welcome pre-school children aged
3+ who are ready for independent
learning

Prep (Year 3 to Year 9)
Structured 2.5 hour training
across singing, dance and
drama

Industry recognised
qualifications

Focus on developing
technique and performance
quality.

Senior (Year 10+)

Focused 60-minute
sessions designed to
complement UK public
exams (GCSE / A Levels).

Advanced training with
clear exam and higher
education pathways.

No previous formal training is required. We look for enthusiasm,
commitment and potential, creating an environment where motivated
young performers can thrive.

Qualifications

From year 3 onwards students work towards graded
qualifications through Mountview Academy of
Theatre Arts.

Exam grades map to the UK Regulated
Qualifications Framework (RQF) and compare to UK
GCSE grades and UCAS tariff points.



SerenArtsAcademy.com



London@SerenArtsAcademy.com



07944 685016



@SerenArtsLondon

**DRAMA
*KIDS***

SCHOOL WORKSHOP PROGRAMME A FREE Day of Drama Workshops for Your School!



Inspire. Engage. Build Confidence.

We'll bring a full day of fun, energetic and confidence-building drama workshops
directly to your school — completely FREE of charge!

Our experienced drama teachers can deliver up to 8 x 30-minute workshops
throughout the school day, giving pupils a fun and accessible introduction to drama.

What can the workshops offer your pupils?

- **Build confidence & self-expression**
- **Develop communication and teamwork skills**
- **Encourage creativity and imagination**
- **Provide a fun, memorable learning experience**

Workshops can be adapted for different year groups and abilities, making them
suitable for pupils with little or no previous drama experience.

Want to link drama to your curriculum?

We can also create tailor-made workshops around a topic, theme or area of learning
your pupils are currently studying for an additional £60.

Interested in bringing Drama Kids to your school?

We'd love to hear from you and arrange a day that works for your school.

For more information and to book a workshop day, please contact:

Simon Long, Principal
Drama Kids

Tel: 020 8667 9812

Email: croydon@dramakids.co.uk

www.dramakids.co.uk



**DRAMA
*KIDS***

£10 per
lesson

Developing
Confidence,
Creativity and
Communication
Skills through
Drama!

LOCAL CLASSES
Banstead, Beckenham,
Chipstead, Croydon (Park Hill),
Penge, Purley, Reigate,
Sanderstead, Selsdon,
Thornton Heath,
Upper Norwood, Waddon,
Wallington and
West Wickham.



Imagine your child growing in confidence, making new friends and discovering their full
potential—all while having an amazing time.

At Drama Kids, we believe confidence is one of the greatest gifts we can give a child. Our award-
winning developmental drama programme helps children and teenagers aged 5-18 build self-belief,
communication skills and creativity in a fun, supportive and inclusive environment.

Every weekly class is packed with imaginative drama games, role play, improvisation, storytelling and
performance activities that encourage children to express themselves, work together and develop
valuable life skills. While they're laughing, creating and making friends, they're also developing
abilities that will benefit them both in school and beyond.

Our pupils develop:

- Confidence and self-esteem
- Clear communication and public speaking skills
- Creativity and imagination
- Teamwork and leadership
- Concentration and listening skills
- Social confidence and lasting friendships
- Resilience and independence
- Clearer speech and expressive language

Find out More!



Two Week Trial!



You don't need a confident child to join Drama Kids—we help children become confident. Whether
your child is naturally outgoing or a little shy, our experienced teachers nurture every pupil at their
own pace, helping them feel safe, included and proud of their achievements.

Many parents tell us they're amazed by the difference they see—not just on stage, but at home, in
school and in everyday life. Children become more willing to contribute in class, communicate with
others, try new challenges and believe in themselves.

Whether your child dreams of performing or simply wants to develop confidence that will last a

DRAMA: