

NOTICE

Zones of Regulation THIS WEEK'S LEARNING

This week, we began introducing the Zones of Regulation to the children. Our first step has been all about noticing- helping children recognise their feelings, notice the amount of energy they have and pay attention to the signals their bodies are giving them.

We explored how our bodies give us clues. When we are worried, for example, our tummy might feel funny, our heart might beat faster or we might become very quiet. When we are excited, we might have lots of energy and want to move or talk more quickly. When we are tired, our bodies may feel heavy and our energy may be much lower. We also learnt that the same feeling can look and feel different for different people.

We also introduced the four Zones and shared one very important message:

Every Zone is okay and there are no 'good' or 'bad' Zones. We all experience different feelings and move between the Zones throughout the day.

👁️ This Week's Challenge: BE A NOTICER!

At school, we are encouraging the children to pause at different points and notice what is happening inside their bodies.

You can help us by using the same language at home.

Try asking:

- What are you noticing in your body?
- How much energy does your body have right now?
- What might you be feeling?

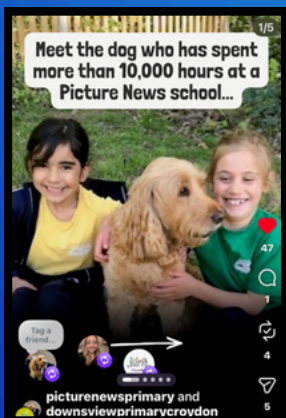
You can be a noticer too!

Model it aloud: "I'm noticing that my heart is beating quickly and I've got lots of energy in my body. I think I might be feeling excited."

The important bit: you don't need to immediately change or 'fix' the feeling. This week, we simply want children to become curious about what their bodies are telling them.

Everybody feels. Everybody has different energy levels. Everybody's body gives them signals.

This week, our job is to **NOTICE**.



🐾 **WOW... Joey made the headlines this week!**

Our very own little school dog has been getting some well-deserved attention! Picture News got in touch with us after hearing all about Joey and the amazing things he does to support the children of Downsview. They were also rather impressed by his writing talents and how he has been sharing some of his special experiences through his very own books! 📚🐶

We are incredibly proud of our little four-legged member of Team Downsview! 💙

Make sure you click on the link to see Joey's feature – and don't forget to follow us on Instagram and Facebook to keep up with all his adventures!

LINK to Facebook post

LINK to Insta Post

A warm welcome from the Chair of Governors

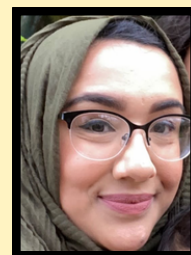
A very warm welcome to all our new families joining Downsview Primary and Nursery School, and welcome back to everyone returning for another year. The start of a new school year is always an exciting time, and it has been lovely to see the children settling into their new classes and routines. From everything I have seen and heard so far, everyone seems to be getting into the swing of things really well, and we are looking forward to the year ahead.

You may sometimes wonder what the Governing Board actually does! In simple terms, we work alongside Ms Pugh and the school leadership team to support the school and provide constructive challenge, always with the children's best interests at the heart of what we do. At our meetings, we regularly discuss everything from children's learning and wellbeing to safeguarding, staffing, finances and the school's plans and priorities for the future.

As Chair, and alongside our other parent governors (Shamila Ali, Muireann McSwiney-O'Rourke and Rachelle Hearsey), I am always keen to hear parents' perspectives and to understand their experience of the wider school community. We know that parents have a unique perspective, and we really value that. If you see me in the playground or at a school event, please do come and say hello – I am always pleased to meet other parents and hear their thoughts. Individual questions or concerns are best raised through the school's usual channels, so that they can be dealt with by the right people and in the right way.

Wishing all our children, families and staff a happy and successful year ahead. I look forward to seeing what the year brings for the Downsview community.

With best wishes,
Andy Walters
Chair of Governors



Shamila Ali



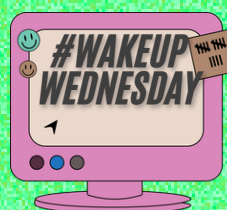
**Muireann
McSwiney-O'Rourke**



Rachelle Hearsey



Andy Walters



What Parents & Educators Need to Know about Toxic Gaming

Online multiplayer games can be brilliant places for children to play, socialise and share interests, but some gaming communities can become hostile or harmful. This guide explores toxic gaming behaviours including bullying, deliberate sabotage, discriminatory abuse, threats and doxing, as well as the ways these experiences can affect a young person's wellbeing both online and offline.

Parents and educators can play an important role in helping children navigate these challenges. The guide highlights practical steps such as using privacy and communication settings, blocking and reporting abusive players, choosing safer gaming communities and encouraging children to play with trusted friends. Above all, it explains why open conversations about harmful behaviour can help young gamers recognise problems and seek support.

[WAKE UP WEDNESDAY LINK](#)

2026

Dates for the Diary

[Link to School Calendar](#)

[Sustainability Calendar LINK](#)



Weds 23rd

Fri 25th

Mon 28th

Year 6 Trip to Imperial War Museum

FOD Coffee Morning

Re:Cycle - Bike maintenance workshop 3:15 - 4:00pm

Reception Children to come up on their own

Thurs 1st

Fri 2nd

Tues 6th

Fri 9th

Mon 12th

Fri 16th

Weds 21st

Thurs 22nd

Fri 23rd

WHOLE SCHOOL - Bring in food for Harvest festival

9.15am PGL Assembly & parent Meeting - **Year 5**

Harvest festival assembly

EYFS/KS1- bring your Grandparents (RE)

Come Dine with Me- **Reception**

Reception welcome service with Y5

FOD - Christmas Cards

Just one Tree - Mufti day

Year 4 Roman Visit Day

FOD Spooks Disco

1.30-7pm: **Parent's Evening**

October - Half Term

Mon 2nd

Tues 3rd

Weds 4th

Thurs 5th

Fri 6th

Mon 9th

Tues 10th

Weds 18th

Thurs 19th

Fri 20th

Mon 23rd

Weds 25th

Thurs 26th

Fri 27th

Return to School for ALL children

Year 1 Come Dine with Me

EYFS Prospective parents talk 9-10.30 am

Bookfair Starts

FOD Mufti Day- Winter fair

PGL Week

EYFS Prospective parents talk 9-10.30 am

EYFS Prospective parents talk 9-10.30 am

Year 6 Come Dine with Me

Bookfair Ends

YR6 Linh Son Temple

Mufti day - Children in need

Last Week of Clubs

FOD Santa / Grinch breakfast

FOD Santa / Grinch breakfast

FOD Santa / Grinch breakfast

October

NOVEMBER

Term Dates



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

Bicycle Workshop

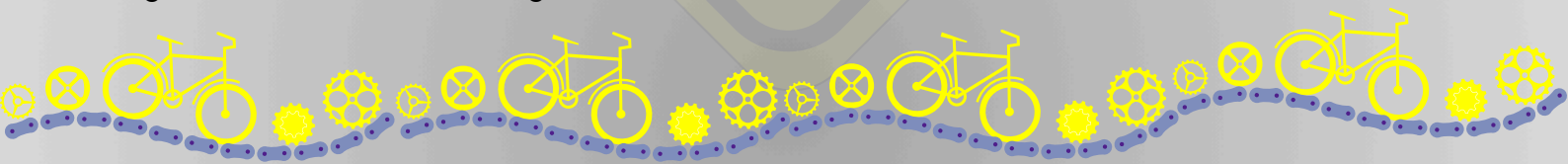
25th September
(After School for 45mins)

Join us after school near the Blue Gazebo on the 25th September for a hands-on bicycle workshop!

Children (and parents) are invited to learn the basics of bike maintenance, including how to check brakes, cables, chains and tyre pressure to keep bikes safe and road-ready.

If your bike needs a little TLC, bring it along – subject to time and parts availability, we'll take a look and carry out minor repairs where we can.

We look forward to seeing you there and helping everyone ride safely and confidently!



★ Small Things Make a BIG Difference

📖 Read together • 💬 Talk

together • ? Ask questions

💪 Let them struggle a little • 🌍

Talk about the world • ❤️

Model kindness and respect

'Remarkable results' at restored English wetland

[LINK to the Article](#)

Aerial imagery of a restored wetland in England “shows what climate resilience could look like across the UK”, a leading conservation charity has said.

From above, the Holnicote Estate in Somerset (pictured) appears lush and green, in stark contrast to the parched landscape around it.

According to the **National Trust**, that's because ecologists at the estate have reconnected rivers, restored wetlands and reintroduced beavers in a bid to retain water. At the end of what is expected to be the hottest summer on record in the UK, the approach appears to have worked.

“For generations, as a nation we've drained wetlands, straightened rivers and moved water off the land as quickly as possible - here we've reversed that approach and the results are remarkable,” said Ben Eardley, project manager at the National Trust, which runs the estate.

The UK has lost around **90% of its wetlands over the last century**. Restoring them could help it to become more climate resilient, the trust argues.

“Evidence shows that nature-based solutions can reduce flood risk, improve water quality, increase biodiversity and build resilience to drought,” said Eardley. “Nature shouldn't be viewed as a cost of climate adaptation. It should be seen as one of our greatest allies.”



National
Trust

Do wild animals have as much right to the land as we do?



Nepal has announced that its wild tiger population has more than tripled, rising from 121 tigers in 2010, to 429 today. Officials say the turnaround is the result of years of protected wildlife corridors and local communities working hand-in-hand with conservationists to protect the big cats.

With tiger numbers now increasing, more encounters between tigers and nearby villages are leaving experts asking how people and wildlife can safely share the same land going forward.

Things to talk about at home...

- Do you think it's fair that wild animals need the same land that people want to use? Why?
- If you lived near a forest with tigers, would you feel excited, nervous, or both? What would help you feel safe?
- Is there an animal, plant, or wild space near where you live that you believe deserves more protection? What would or could you do to help it?

[LINK to the learning for the children at home](#)

Parent Expectations Page

Clubs - Collection Arrangements

Please ensure that you **do not enter the school grounds when collecting your child from a club**. Children attending clubs will be dismissed to parents/carers from the school gates.

This is an important safeguarding procedure and we ask that all parents and carers follow it.

Thank you for your cooperation and understanding.

Lost Property

- If your child has lost an item, please check the large black lost property box outside the main school entrance in the first instance - **no uniform is kept in the school office**.
- Glasses and valuables are kept safely in the School Office.
- Please remember to label all belongings with your child's name.

Arrival & Collection Reminders

- Children should not arrive 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.**
- **Nursery: Parents/carers** may accompany children to the classroom door.
- **Reception:** Parents/carers may enter the school grounds **until Friday 25th September**. After this, children should be dropped off at the school gates. Please speak to your child's teacher if they need support with this transition.
- **Late arrivals:** The register closes at 9.05am. Children arriving after this time must report to the School Office and sign in via InVentry.
- **Sibling collection:** Y5/6 pupils who walk home independently may only collect younger siblings where the appropriate consent form has been completed. Secondary-aged siblings may collect with parental permission.

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.



CALLING ALL CHILDREN IN YEAR 3

PLAY LEARN GROW TOGETHER

FOOTBALL TRAINING SESSIONS WITH WALLINGTON WARRIORS

CURRENTLY IN YEAR 3

STARTING OCTOBER

HARRIS ACADEMY PURLEY WAY
Kendra Hall Road, South Croydon, CR2 6DT

TUESDAY EVENINGS 6.30PM - 7.30PM

BUILDING CONFIDENCE SKILLS • FRIENDSHIPS

CONTACT US TO REGISTER YOUR INTEREST AND FOR MORE INFORMATION

EMAIL: wallingtonwarriors@gmail.com | MOBILE: 07771 685423 | INSTAGRAM: @wallingtonwarriors

WALLINGTON WARRIORS

Holiday Fun!



Junior Adventures Group

HOLIDAY HQ

OCTOBER HALF TERM HOLIDAY CAMP

LAUNCHING OCTOBER 2026

- ✓ Action-packed activities every day – sports, games, crafts, challenges & more
- ✓ Mission Starlight this October – a new space-themed adventure every day
- ✓ Make, create & take it home – including our Solar System Planetarium
- ✓ Great-value holiday childcare – with offers & discounts available

SCAN TO FIND YOUR HOLIDAY HQ & BOOK NOW



Eco Living Fest!

A bi-monthly event run for the community by the community

SAT 19TH SEPTEMBER 1-4PM
HOLY INNOCENTS CHURCH HALL
SOUTH NORWOOD
192A SELHURST ROAD SE25 6XX

free entry

ELECTRICAL REPAIR • KIDS ZONE •
LEARN CLOTHES MENDING • BICYCLE REPAIR
SWEET & SAVOURY VEGAN FOOD & DRINKS
ENERGY ADVICE • ETHICAL FINANCIAL SERVICES RANKINGS • CLOTHES SWAP
CLEANING & BODY CARE REFILLS • FOOD GROWING INFO & ADVICE • PLANT-BASED DIET INFO & ADVICE • DROP OFF TERRACYCLE ITEMS

CONSUME LESS

CREATE MORE!



FREE WORKSHOP WILD FOOD DETECTIVES – THE HEDGEROW EDITION WITH CLARE TILEY
THE HEALING SPACE WESTERHAM

learn more about our events and how to get involved at sustainth.org or email sustainablethorntonheath@gmail.com

ADVENTURE in CRYSTAL PALACE PARK THIS AUTUMN

WILD PLAY HOLIDAY CLUB

10.00-4.00 School Years 1-6 £59/day
Crystal Palace Park
Thicket Road, London SE20 8DS

Activities can include:

- Den building
- Track & trail
- Survival skills
- Ninja frisbee
- Wide games
- Rope courses
- Craft skills
- Storytelling

We take childcare vouchers

www.wild-learning.net

FOD NEWS



*Let's have a chat and
a delicious pastry*

Join us on **25th Sep 9-10am.**

For a coffee with a slice of cake and become a member of Friends of Downsview!

Location: the Lake Room, but the meeting point is at 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

**SHOP ONLINE.
SUPPORT OUR SCHOOL.
IT COSTS YOU NOTHING!**



Did you know you can raise money for our school simply by doing your normal online shopping?

We're registered with easyfundraising, which means you can help us for FREE. Over 8,000 retailers will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself!

With easyfundraising, retailers such as **Amazon, M&S, John Lewis, Argos, Booking.com, Currys and thousands more** donate a percentage of what you spend to our school – at no extra cost to you.

All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations really mount up, so please sign up to support us NOW.

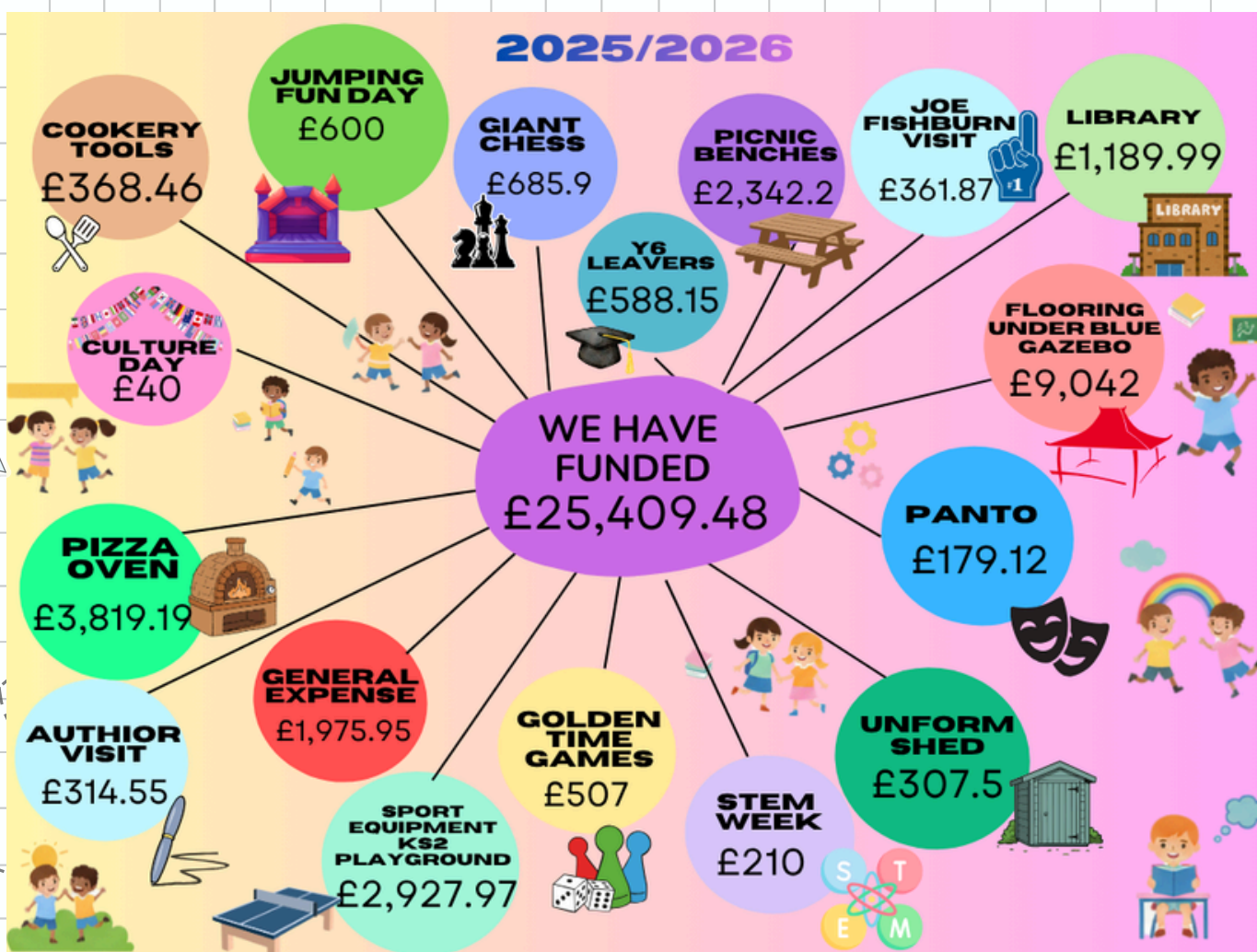
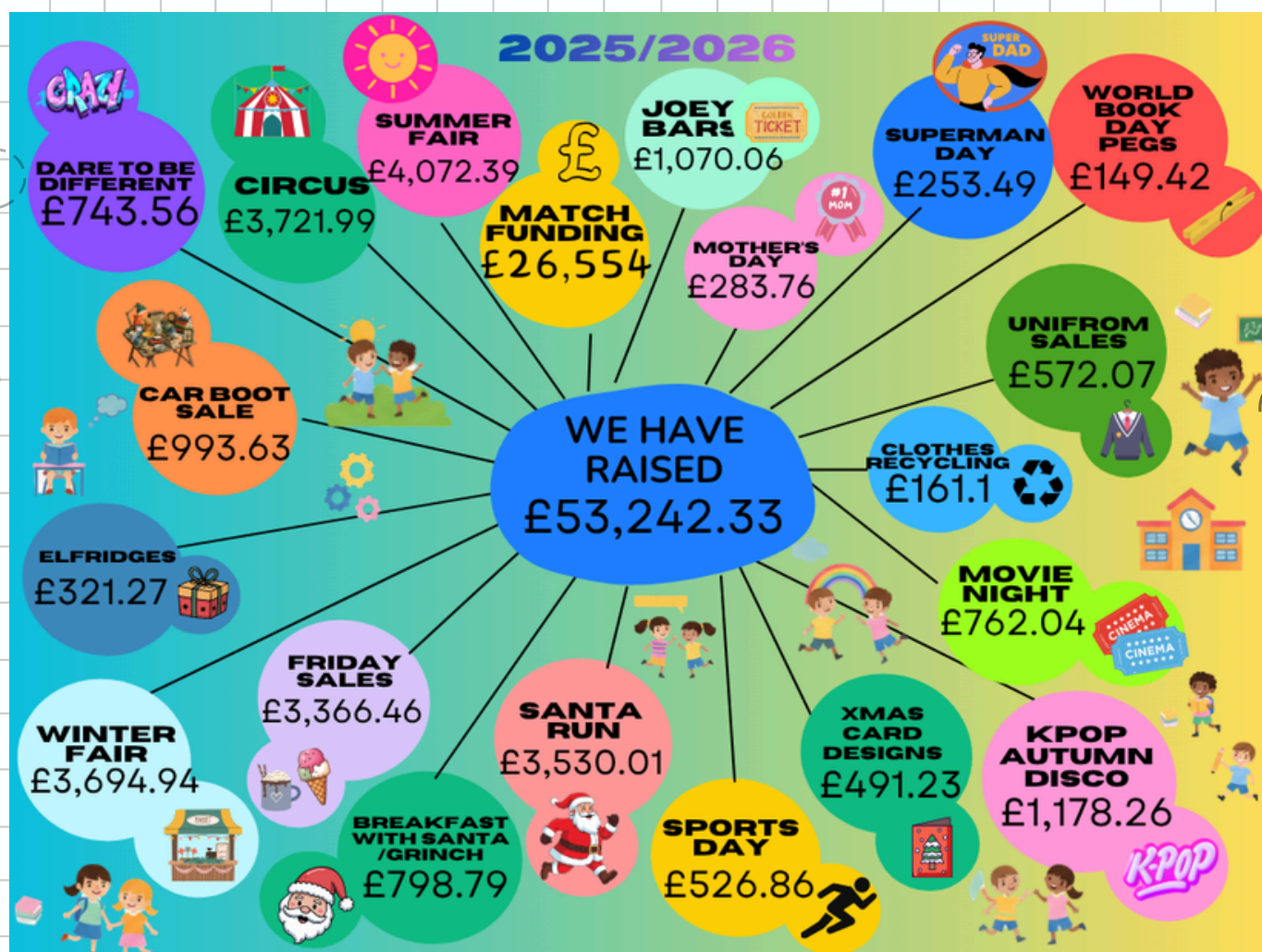
Just shop and help our school at the same time!

**JOIN US AND START RAISING
FREE FUNDS FOR OUR SCHOOL:**

EASYFUNDRAISING

CLICK HERE!

Look what we raised and funded this year



For any events, Pay at:

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



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!

**FRIENDS OF DOWNSVIEW
PRIMARY SCHOOL**

**Annual
General
Meeting**

**13th
October
8.30pm
ZOOM/online**

Stay informed and
get involved

Everyone Welcome

Come and see what we have
been doing

See details in attached letter

email: friends@downsview.croydon.sch.uk



SUPPORT OUR LOTTERY

It's A
WIN-WIN
Situation!

★ **BOOST School Funds**
★ **WIN up to £25,000**



To start supporting, visit:

YourSchoolLottery.co.uk/play

and search for: Downsview Primary

Supporters must be 16 years of age or older.

TICKETS
£1 EACH

**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?

The employer matches it by donating £128

The employer can claim this charitable donation as an expense.

The employee runs the ice cream stall at the summer fayre

The stall makes £128 profit

And just like magic your volunteering becomes twice as important!

If your employer can help please contact Mrs. Gray

FRIENDS OF DOWNSVIEW

SEPTEMBER

- **25th** - Friends of Downsview Coffee Morning, come and join us!

OCTOBER

- **13th** - Annual General Meeting FOD

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

**COMING
"SOON"**

Celebrations

Values

R - Sienna
R - Mia
R - Amayah
Y1 - Felix
Y1 - Brielle
Y1 - Isaac
Y2 - Zuriel
Y2 - Dan
Y2 - Leo
Y3 - Wren
Y3 - Hannah
Y3 - Layla
Y4 - Wren
Y4 - Belle
Y4 - Naiya
Y5 - Suhani
Y5 - Yousuf
Y5 - Aya
Y6 - Olivia
Y6 - Faouly
Y6 - Sara

Effort

R - Cassius
R - Otis
R - Felix
Y1 - Ruby
Y1 - Kaiden
Y1 - Ada
Y2 - Sophia
Y2 - Maidah
Y2 - Jalilah
Y3 - Hussnain
Y3 - Osian
Y3 - Nela
Y4 - Asiya
Y4 - Ethan
Y4 - Izzy
Y5 - Astley
Y5 - Harry
Y5 - Bianca
Y6 - Millie
Y6 - Nathan
Y6 - Dayna



Aya & Canaan took part in a Taekwondo competition over the summer holidays. They have worked incredibly hard at their club, showing fantastic discipline, commitment and determination while developing their Taekwondo skills and techniques. **They represented their club brilliantly and achieved amazing GOLD & BRONZE MEDALS!** What a fantastic achievement! Well done, to you both! We are very proud of you!

NURSERY

ADMISSIONS

SPACES STILL AVAILABLE FOR SEPTEMBER 2026

To Apply please click [here!](#)