



Zones of Regulation THIS WEEK'S LEARNING

BLUE ZONE

This week, the children have been learning about the **Blue Zone**.

We might be in the **Blue Zone** when our **body feels slower or lower in energy**. We might **feel tired, sad, lonely, regretful, bored, unwell or disappointed**.

One of the things we have noticed at Downsview is that many of our children are becoming good at naming a feeling and can often suggest something that might help them. What is much harder is the step before this- noticing and describing what is actually happening inside their body.

This is an important part of developing self-awareness.

So, rather than only asking, "How do you feel?", we are helping children to **pause and notice**:

What is my body telling me?

Does my **tummy** feel different? Are my **shoulders** tense or heavy? Is my **heart** beating quickly? Am I fidgeting? Do my **eyes** feel heavy? Has my **breathing** changed? Do I have lots of **energy** or very little?

We want children to become curious about their own individual signals, because everybody's body can respond differently.

At Downsview, we are practising:

- 👁️ **NOTICE** – *What is my body telling me?*
- 💬 **NAME** – *What might I be feeling?*
- ❤️ **IT'S OKAY** – *I'm allowed to feel this.*
- ❓ **WHAT MIGHT HELP?** – *What could help me manage this feeling?*
- ★ **HAVE A GO** – *What do I need to do next?*
- 🏠 *How can you help at home?*



Rather than immediately trying to solve the feeling, try helping your child to notice first.

You could ask:

- "What are you noticing in your body?"
- "Where can you feel it?"
- "What is your body doing?"
- "What do you think that might be telling you?"

There isn't a right answer. The aim is simply to help children become more aware of their own bodies and begin to find the words to describe what they notice.

🌱 This is where **resilience** comes in...

At Downsview, resilience doesn't mean that we don't feel tired, sad, lonely, worried or frustrated. It doesn't mean simply telling ourselves to "get over it".

Resilience is learning to recognise how we feel, understand what might help us and then take our next step.

A child might still feel lonely and find someone to play with.

They might still feel tired and find a way to have a go.

They might still feel worried and ask someone for help.

We don't need to make every uncomfortable feeling disappear.

We are learning to **FEEL THE FEELS**, understand ourselves a little better and develop the strategies that help us manage them.

That's resilience. 💙

2026

Dates for the Diary

[Link to School Calendar](#)

[Sustainability Calendar LINK](#)



October

Mon 28th	Reception Children to come up on their own
Thurs 1st	WHOLE SCHOOL - Bring in food for Harvest festival
Fri 2nd	9.15am PGL Assembly & parent Meeting - Year 5
Tues 6th	Harvest festival assembly
	EYFS/KS1- bring your Grandparents (RE)- 10.30am
Fri 9th	Reception welcome service with Y5- 10.30am Come Dine with Me- Reception
Mon 12th	FOD - Christmas Cards
Fri 16th	Just one Tree - Mufti day
Weds 21st	Year 4 Roman Visit Day FOD Spooks Disco
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
Thurs 12th	Bookfair Starts
Weds 18th	EYFS Prospective parents talk 9-10.30 am
Thurs 19th	Year 6 Come Dine with Me Bookfair Ends YR6 Linh Son Temple
Fri 20th	Mufti day - Children in need
Mon 23rd	Last Week of Clubs
Weds 25th	FOD Santa / Grinch breakfast
Thurs 26th	FOD Santa / Grinch breakfast
Fri 27th	FOD Santa / Grinch breakfast

Term Dates

AUTUMN

2nd Sept - 23rd Oct 26
Half Term: 26th - 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

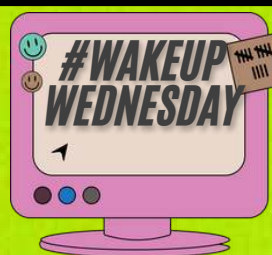
12th Apr - 22nd May 27
Half Term: 31st - 4th June
 7th June - 23rd July 27
Inset days: TBC
Bank Holiday: 3rd May 27

On **Sunday 20th September**, **Frank O'R and Charter G** from **3 Lizard**, **Jasmine O'R** from **Duckling** plus Charter's mum, **Downsview's** very own **Mrs Golding** took part in the **Steps for Change Children's Challenge**.

They **jogged, walked and scooted 10k** along the river Thames from Kingston Bridge to Hampton Court Palace and back! It was an amazing effort! They were really determined to finish in style, spurred on by **raising over £1000** between them for **Able Child**.

The charity supports children with disabilities in countries across Africa to access school and **be safe from harm and abuse**. Their aim is for no child to be left behind and **Frank, Charter and Jasmine** definitely went **above and beyond to help! We are so proud of them!**

There is still time to donate if you can to the Golding's fundraising page here [Steps for Change - Just Giving Link](#)



What Parents & Educators Need to Know about DISCORD

Discord is a hugely popular communication platform where young people can chat, play games and join communities built around shared interests. This #WakeUpWednesday guide explores some of the risks that can come with using it, including contact with strangers, inappropriate content, harassment and the potential for gaming and socialising to become a distraction from everyday life.

The guide also offers practical advice for parents and educators, from using Discord's Family Centre and checking privacy settings to talking openly about suspicious behaviour and reviewing spending controls. It also encourages families to agree on clear expectations around screen time, helping young people enjoy the platform while making safer and more informed choices online.

[**WAKE UP WEDNESDAY LINK**](#)

London's Ulez helped children breathe easier

Children in London whose lungs were damaged by air pollution have seen a significant improvement in lung function since the city's ultra-low emissions zone (Ulez) came into effect, a new study has found.

The study monitored 3,400 schoolchildren before and after the introduction of the Ulez, which charges motorists of more polluting cars to drive in the capital.



Researchers found that, pre-Ulez, children in the capital had significantly smaller lungs compared to children living in nearby Luton. However, five years after the Ulez, their lungs were comparable in both size and function with the those of Luton's children.

The study, led by Queen Mary University of London, noted that the proportion of children with impaired lung function fell from 14% to 9% in London following the introduction of the Ulez, compared with a fall from 9% to 7% in Luton.

"We already knew that the Ulez reduced air pollution but now we know that children's lung health has improved at the same time, which is a really important finding," said lead author Dr Helen Wood, research fellow at the university. However, she warned that air pollution in both London and Luton, plus other UK cities, remains above guideline levels. "There is still work to be done," she said.

[LINK to the Article](#)



The **Bayeux Tapestry** is a nearly **1,000 year old** very long piece of cloth covered with pictures sewn in colourful thread that tells the story of a very famous event called the **Norman Conquest of England**.

The almost **70metre** long piece of art has travelled from its usual home in France, to go on display at the **British Museum in London**. It shows the events leading up to the **Battle of Hastings in 1066** and depicts soldiers, horses and ships.

How can we share our stories?

Things to talk about at home...

- Which stories are important to your family and how have these stories been passed from one person to another?
- Do we have any photographs or objects that tell part of our family's story?
- What do you think we can learn from different types of stories? e.g. written, photos or ones we retell.



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

Parent Expectations Page



Dangerous Parking – Please Be Considerate

We have received further concerns from our local residents regarding inconsiderate parking during school drop-off and collection times.

Please ensure that you **do not block residents' driveways, entrances or dropped kerbs, even for a short period of time**. Residents must be able to safely access and leave their properties at all times.

We also ask all parents and carers to be **polite, respectful and courteous** to our neighbours and other members of our community if concerns are raised.

We regularly remind our children about the importance of **kindness, respect and consideration for others** and we ask our whole school community to demonstrate these same values.

Thank you for helping us to be good neighbours.

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.

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.

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.

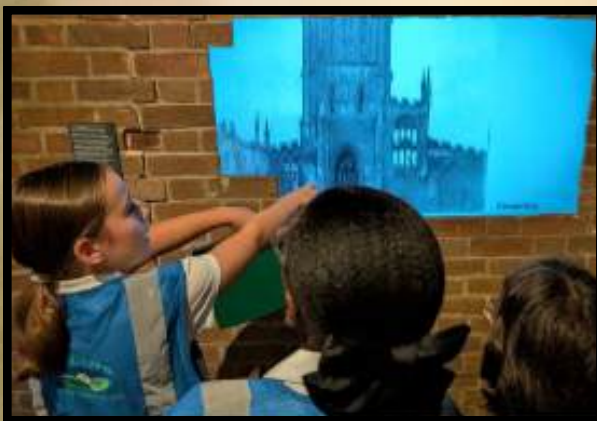
Yr 6

Year 6 had an exciting and memorable trip to the Imperial War Museum, where we brought our learning about conflict and wartime history to life.



The children explored fascinating exhibitions, examined real artefacts and discovered more about the experiences of people living through times of war. The pupils were particularly interested in the stories behind the objects on display and had plenty of thoughtful questions to ask.

They enjoyed seeing how life changed for families, soldiers and communities during wartime and were able to make connections with what they have been learning in class.



It was a fantastic opportunity for the children to deepen their historical knowledge while developing their curiosity and understanding of the past.

A big thank you to the parent helpers who helped make the day such a success!



YR 2

In **Music Day** this week Year 2 were looking at call and response songs and rhythms in music. The children learnt a **Kenyan song called Che Che Kooley** and performed it practicing their call and response skills.

Then the children created their own call and response songs based on an **African safari!** They chose their own steady rhythm pattern, created their own lyrics and then **performed it for the class!**



YR 2...



YR 3

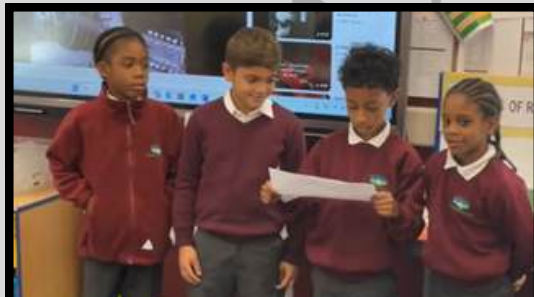
What a **fantastic** music day year 3 had. We learnt all about **ballads**.

We started by listening to some ballads and discussing the similarities and differences before reaching the conclusion that ballads are songs that tell a story.

We then focused on **Space Oddity by David Bowie**, discussing the lyrics and structure whilst creating actions to go with the story. I hope you enjoy the videos of this.

In the afternoon, we watched a short wordless story in which a young girl meets a tiny lady in a flying machine. It is called Soar if you would like to watch it.

The children then split into groups and created lyrics for different parts of the story set to the backing track of **Shine Bright Like A Diamond by Rihanna**.



Celebrations

PE



Values

R - Rael
R - Rowan
R - Zayarn
Y1 - Israel
Y1 - ibrihim
Y1 - Dua
Y2 - Hugo
Y2 - Zara
Y2 - Hana
Y3 - Jayden
Y3 - Elios
Y3 - Kivein
Y4 - Raffi
Y4 - Luqmaan
Y4 - Ondrej
Y5 - Elson
Y5 - Kartah
Y5 - Ximena
Y6 - Ada
Y6 - Florence
Y6 - Petra

Effort

R - Ivy
R - Travis
R - Louis
Y1 - Bodhi
Y1 - Harley
Y1 - Shahzain
Y2 - Ayla
Y2 - Grace
Y2 - Osheli
Y3 - Ayva
Y3 - Innes
Y3 - Musta
Y4 - Sonny
Y4 - Machai
Y4 - Kevin
Y5 - Sam
Y5 - Vignesh
Y5 - Leonardo
Y6 - Aaliyah
Y6 - Creamea
Y6 - Olivia



Adnan

House
Points

GREEN
HOUSE



Thistle- 961 coins

Bluebell- 1436 coins

Wren- 4258 coins

Goldfinch- 3801 coins

Juniper- 4518 coins

Daffodil- 1308 coins

Forest School
Celebrations:
Bodhi & Ambra



ATTENDANCE

Infant: Thistle KS2: Wren

After School Assistant - Vacancy Link

JOIN THE FUN!
After School Club Assistant

Our popular club is growing — and we need another assistant to join the team!

Tuesday to Thursday
3–6pm or 3.15–6.15pm

Enjoy working with children?
Bring your enthusiasm and help us make afternoons full of smiles!

Apply using the link in this post

Downsview Primary School
Biggin Way, SE19 3XE

WE ARE HIRING



NURSERY

ADMISSIONS

SPACES STILL AVAILABLE FOR SEPTEMBER 2026

To Apply please click here!



Reception & Nursery OPEN MORNINGS

Meet our
staff

Explore our
classrooms

Discover our
outdoor spaces

See Downsview
in action

**Come and discover what
makes Downsview unique!**

At Downsview, we provide a safe, happy and respectful learning environment where everyone is encouraged to do their best.

Come along to one of our open days and discover what makes Downsview a special place to learn and grow.

Our headteacher will give a welcome talk at 9.15am at each open day.



**Wednesday 4th November
2026 at 9am**



**Tuesday 10th November
2026 at 9am**



**Wednesday 18th
November 2026 at 9am**



**Wednesday 2nd
December 2026 at 9am**

NO REGISTRATION REQUIRED



Biggin Way, Upper Norwood, London, SE19 3XE



020 8764 4611



www.downsview.croydon.sch.uk



[downsviewprimarycroydon](https://www.instagram.com/downsviewprimarycroydon)



Downsview Primary and Nursery School

Live it to Learn it



COME AND SEE WHAT WE ARE ALL ABOUT

ST. JOSEPH'S COLLEGE

OPEN EVENING

Thursday 1st October
2026

4:30pm–8:00pm
Last entry at 7:30pm

Co-Headteachers
presentation at 6:30pm in
the College Chapel



SCAN HERE!

OPEN MORNINGS

Tuesday 6th October
2026

Tuesday 13th October
2026

Thursday 15th October
2026

9:30am – 10:30am



SCAN HERE!

FAITH

LEARNING

OTHERS

COMMUNITY

SELF

HARVEST FESTIVAL

HARVEST FEST 26.09

10 AM-2PM | Free entry

LOCAL PRODUCE TASTING
KIDS ACTIVITIES
FOOD & DRINK
COMPETITIONS
PRIZE DRAW

Saturday 26th September, 10am- 2pm, at the
Norbury Park Lawn tennis club.

There will be lots going on, including:

- 🍓 Competitions for the best jam or pickles
- 🥕 Children's competitions, including creating
sculptures from vegetables
- 🎨 Face painting and craft activities
- 🌱 Plant and seed swap
- ☕ Cakes and coffee available throughout the
day

There will be an opportunity to join the
waiting list for a Norbury Park allotment.

Everyone is welcome. If you'd like to come
along, please use the link below to sign up.

We hope to see you there! 🌻🎈

[Norbury Harvest Festival - Link](#)



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



New members

Thank you so much for attending our first coffee morning of the year. We have had a great number of parents/carers attending our meet up and we hope you enjoyed learning about what we do. Hopefully we have gained some new members too!

SPOOKS &

Sparkles
DISCO

Get ready for an afternoon of music, dancing, sparkles, spooky fun and fancy dress!

21 October - Wednesday



£6



KS1 — YEARS 1 & 2

3:15PM – 4:15PM

KS1 children:

You can wear your costume to school all day!



KS2

4:30PM – 5:30PM

KS2 children attending ASC/Club:

Bring your costume to school and you can get changed at school before the disco.

EVERY TICKET INCLUDES:

- A bag of crisps
- A halal/vegan sweet bag
- Unlimited squash

Fancy dress is completely optional — children can wear whatever they like!

KDRESS UP YOUR WAY:

- Be a spooky ghost
- Become a Halloween Queen

- Show off your Diwali sparkle
- Come as a witch, wizard or anything you fancy
- Or simply come in your favourite outfit!

The only rule? Keep it school-friendly and make sure you can dance!

ONLINE SALE OPENS @5PM ON 25TH SEP. FRIDAY.

LIMITED SPACES AVAILABLE MAKE SURE YOU BOOK YOURS ASAP! <https://www.pta-events.co.uk/dvps/>

PTA Events:

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



For any events, Pay at:

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

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?

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.

It's super simple: sign up to easyfundraising, choose our school, then shop as normal through the easyfundraising website, app or Donation Reminder. The retailer makes the donation, and it all adds up to help us fund more for our children.

No extra spending. No extra effort. Just shop and help our school at the same time!

CLICK HERE!

JOIN US AND START RAISING
FREE FUNDS FOR OUR SCHOOL:

EASYFUNDRAISING

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

CRAFTS AT DOWNSVIEW CHURCH

All children up to 12 years are welcome to attend our free session with a responsible adult.

13TH OCTOBER 3:30-5:00PM

THEME: AUTUMN/HARVEST

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 £320

The employer can claim this charitable donation as an expense.

The stall makes £320 profit

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

OCTOBER

- 13th - Annual General Meeting FOD
- 21st - Spooks & Sparkles Disco

Every Friday, we have a ice cream sale 3:15 pm

COMING SOON