



Zones of Regulation THIS WEEK'S LEARNING

GREEN ZONE

One of our key priorities this year is **The Whole Child**.

An important part of this is helping our children **develop their emotional literacy** – recognising how they are feeling, **noticing** what is happening in their bodies and beginning to understand what they might need to **regulate their emotions, engage in their learning and thrive at school**.

This week, our Zones of Regulation assembly focused on the **Green Zone**. We talked about feelings such as **calm, content, focused and comfortable**, but our main focus was on something we are finding a little trickier: **noticing the signals our bodies give us**.

We explored some of the clues we might notice when our bodies are calm and settled:

- **our face might feel relaxed**
- **our heart might beat steadily**
- **our breathing might be slow and comfortable**
- **our hands might feel relaxed**
- **our tummy might feel settled**
- **our brain might find it easier to think, listen and concentrate**
- **our body might have a comfortable amount of energy**

We reminded the children that all Zones are okay. The is **not** the “good” Zone, and we do not expect children to be **Green** all day. We are teaching children to become noticers, to recognise the clues their bodies are giving them and gradually make connections between their body signals and their emotions.

How you can help at home

Using the same language at home will really help. Rather than immediately asking “How are you feeling?”, try asking:

- **“What is your body telling you?”**
- **“What do you notice about your breathing?”**
- **“What does your tummy feel like?”**
- **“How much energy does your body have?”**

There does not always need to be a solution or a strategy. Sometimes the most important first step is simply **learning to notice**.

The more we use this shared language between home and school, the more we can help our children understand themselves and, over time, become increasingly **independent** in managing their emotions.

The more I practise listening to my body, the better I become at responding with care and kindness – to myself and to others.

2026

Dates for the Diary

[Link to School Calendar](#)

[Sustainability Calendar LINK](#)



Tues 6th Harvest festival assembly
EYFS/KS1- bring your Grandparents (RE)- 10.30am
Fri 9th Reception Phonics Workshop 9.15am.
 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 YR 4 Roman Visit Day
 FOD Spooks Disco
Thurs 22nd 1.30-7pm: Parent's Evening
Fri 23rd October - Half Term



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
Fri 20th YR6 Linh Son Temple
Mon 23rd Mufti day - Children in need
Weds 25th Last Week of Clubs
Thurs 26th FOD Santa / Grinch breakfast
Fri 27th FOD Santa / Grinch breakfast



Weds 2nd EYFS Prospective parents talk 9-10.30 am
Fri 4th FOD Winter Fair
 Christmas Lunch
 Christmas Jumper Day
Mon 7th FOD Santa Run
Tues 8th EYFS/KS1 Winter performance -9.30-10.45am & 1.45-2.45pm
Weds 9th KS2 Winter performance 9.30-10.45am & 1.45-2.45pm
Fri 11th FOD winter gift shop
Weds 16th FOD Xmas movie night
Fri 18th School breaks up at 1.15 pm

Term Dates



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



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



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

Parent Expectations Page

Gates at Downsview - IMPORTANT NOTICE

You may have noticed that we have had engineers on site recently carrying out work on both our pedestrian and vehicle gates.

There have been a number of issues with the gates, some of which have been beyond our control. However, following the engineers' investigations, one of the main issues identified is that the gates have not always been allowed to open and close automatically and independently as designed.

To help us protect the gates and prevent further damage, please can everyone follow these important reminders:

- **Once a gate begins to open or close, please allow it to complete the movement automatically, regardless of how slowly it may appear to be moving.**
- **Please do not push, pull, hold or force the gates to make them open or close more quickly.**
- **Please ensure that children do not climb on, swing from, push, pull or play with the gates.**
- **Children should not touch or interfere with the gate mechanisms in any way.**

The gates and their operating systems are extremely expensive to repair and replace and it is important that we all help to look after them so that they remain safe and operational for everyone using the school site.

We would really appreciate parents and carers reinforcing this message with their children.

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.

Supporting Pupils with Medical Conditions - [Link to Policy](#)

A Reminder – No Nuts in School 🥜🚫

- We would like to **remind all** parents and carers that nuts and products containing nuts **should not** be brought into school.
- We have children within our school community who have **serious nut allergies** and exposure to nuts can cause a severe and potentially life threatening allergic reaction.
- Please take extra care when preparing packed lunches and snacks and check food labels carefully. Items containing nuts, including products such as **peanut butter, chocolate or cereal bars containing nuts, nut based spreads and snacks containing whole or chopped nuts, should not be sent into school.**
- We also ask families to be particularly mindful of foods where nuts may be a less obvious ingredient.

This applies to packed lunches, snacks, birthday treats and any food brought into school for events or activities.

No Dogs on School Premises - [Link to FAQ's about Joey The School Dog](#)

A **reminder to all** parents, carers and visitors that **dogs are not permitted anywhere on the school premises.** This includes the playgrounds, field and all other outside areas, as well as inside the school.

We know many of you will have seen Joey, our school dog. **Joey is the exception** to this rule and has a specific school **policy and risk assessment in place**, with his time in school **carefully managed and supervised.**

Help Downsview!

PLEASE



HELP



We are very lucky to have such a **supportive school community** and we are always incredibly grateful for the generosity of our Downsview families.

As schools continue to work within **increasingly tight budgets**, each year we invite families who are able to do so to make a voluntary contribution to our School Fund.

These contributions help us **provide additional resources** and **opportunities for the children**.

This year, we would love to raise funds for additional equipment for our outdoor learning areas, **helping us to make these spaces even more exciting and engaging for our children**.

We suggest a voluntary contribution of £30 per family, although any contribution you are able to make would be very gratefully received.

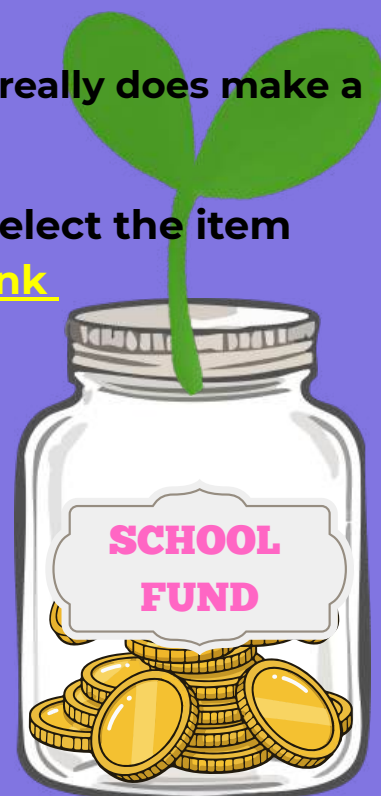
Contributions can be made online through **Magicbooking**.

Thank you for your continued support – **every** contribution **really does make a difference!**

Please log into your account, go the E-Shop and select the item
School Fund 26-27 - [MagicBooking - Link](#)



LEARN AND GROW

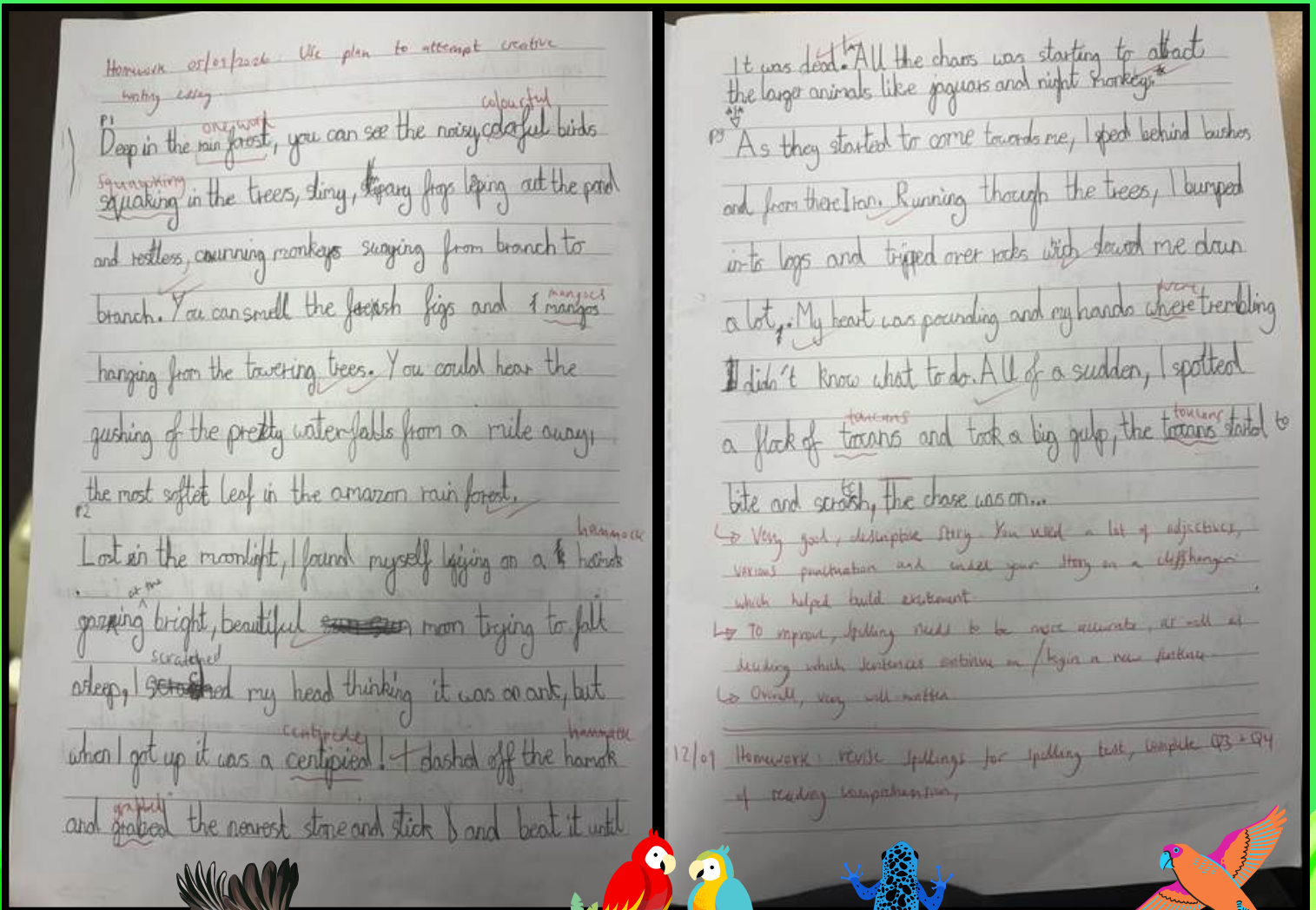


Wonderful Writing from Aya in Raven-Class!

We are delighted to celebrate Aya from Raven Class, who has been working incredibly hard on her writing outside of school. Aya has been attending a tutoring centre in her own time and has independently produced a fantastic piece of creative writing based in the Amazon rainforest.

Her writing is full of imagination and includes some wonderful descriptive language, ambitious vocabulary and exciting action. It is lovely to see Aya putting so much effort into developing her skills and taking such pride in her learning.

Well done, Aya - what a fantastic achievement! We are very proud of you. 🌟👍📚



On **Tuesday**, our children had the exciting opportunity to vote for their new Class Representative **Junior Governor!**



After listening to some fantastic and **well-prepared speeches**, the children carefully considered who they felt would best represent their class and **make sure their voices were heard**.



And the winners are...

- 🌼 **Daffodil: Naila**
- 🌿 **Thistle: Dan**
- 💙 **Bluebell: Taalia**
- 🐸 **Frog: Melissa**
- 🥈 **Lizard: Aniya-Leigh**
- 🐍 **Adder: Nancy**
- 🦋 **Dragonfly: Wren**
- 🐞 **Ladybird: Harvey**
- 🦗 **Cricket: Preston**
- 🐦 **Goldfinch: Suhani**
- 🐦 **Raven: Zach W**
- 🐦 **Wren: Rose**



A **huge well done to everyone** who put themselves forward and worked hard to prepare and deliver such amazing speeches.

We are **so excited** to see our new Junior Governors in action and look forward to hearing their ideas and seeing how they help make a difference across our school!



Congratulations to all of our new Junior Governors!



YR5

On Tuesday, **Year 5** had a great afternoon of **Computing**! We explored different web browsers and learnt how to search safely online using specific keywords. We then put our skills into practice by researching **Greek gods and creating our own informative posters**. The children enjoyed finding out interesting facts and presenting their research creatively. Well done, Year 5!



"I enjoyed learning about how to tell if a video is real or not and searching on different search engines!" - Leo

"I will remember all the fun I had testing new search engines to learn about Ancient Greeks" - Zach R





This week in **Year 1** has been very exciting as we welcomed **Edward's Grandad** who talked about his favourite toy from the past which was an **"Action man"**. This term in Year 1 we have been learning about **'Toys from the Past'** as part of our history topic. We have been finding out about what toys from the past were made from and compared them to toys we have now.

The children were able to find out lots of **interesting facts** about toy and games from the past from our visitors and got to ask lots of questions. A **HUGE** thank you for bringing the **learning to life!**



Whales sightings surge 40 years after hunting ban

Four decades after nations agreed to a moratorium on commercial whaling, there has been a big increase in sightings of the **world's two largest whale species**.

So finds a new study that coincides with the 40th anniversary of the 1986 whaling moratorium. Chronicling sightings of **Antarctic blue whales and fin whales off the southern coast of Africa**, it **shows that 95% of viewings for the two species occurred since 2012**.

"Although the total number of sightings of each subspecies was relatively low, sightings appear to be steadily increasing as these whale populations recover," the study, led by the University of Cape Town, South Africa, noted.

Despite the moratorium, Japan, Norway, Iceland and the Faroe Islands still hunt whales. Nevertheless, the number of whales killed globally hit a historic low in the last decade, figures from Our World In Data show.

[**LINK TO THE WEBSITE**](#)

Looksmaxxing encourages people – particularly young men – to 'improve their appearance' through everything from grooming, skincare and exercise to far more questionable techniques. As this trend becomes increasingly visible on social media, our **#WakeUpWednesday** guide explores how appearance-focused content can affect boys' confidence, self-worth and body image, while exposing them to misleading or potentially dangerous advice.

The guide also examines how looksmaxxing content can become increasingly extreme, with links to obsessive behaviours, mental health difficulties and harmful online communities. It offers practical advice for parents and educators on spotting changes in behaviour, recognising looksmaxxing terminology, understanding what young people may be seeing online and opening supportive conversations about appearance, influencers and unrealistic expectations.

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

The Government has announced plans to make food served in schools across England healthier from September 2027. Under the proposed rules, schools would serve more fruit, vegetables and fibre-rich foods, while deep-fried foods and foods containing lots of fat, sugar or salt would be restricted. Schools would still offer familiar meals, but they would use healthier in

Who should decide what we have for school lunch?

Things to talk about at home...



- Who usually decides what your family eats at home? Do you take turns? Does everyone help choose meals?
- What are some of the things you think are important to consider when choosing what we eat?
- If you could suggest one new school meal, what would it be?

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

Celebrations

P

E



Values

R - Cillian
R - Inaya
R - Alicja
Y1 - Albee
Y1 - Leyanah
Y1 - Leon
Y2 - Emilia
Y2 - Ameera
Y2 - Naila
Y3 - Jasmine
Y3 - Isobel
Y3 - Zahra
Y4 - Sam
Y4 - Huxley
Y4 - Zabit
Y5 - Zahra
Y5 - Rose
Y5 - Lana
Y6 - Oscar
Y6 - Kyra
Y6 - Malik

Effort

R - Indigo
R - Ryan
R - Elliot
Y1 - Zainab
Y1 - Theo
Y1 - Mila
Y2 - Rory
Y2 - Clara
Y2 - Yusuf
Y3 - Dylan
Y3 - Ayaan
Y3 - Aylla
Y4 - Olive
Y4 - Leonardo
Y4 - Adam
Y5 - Remy
Y5 - Laurie
Y5 - Rhys
Y6 - Ella
Y6 - Dexter
Y6 - Jival



1st - 6 Hawthorn - 3056

2nd - 5 Wren - 2585

3rd - 5 Goldfinch - 2074



House Points

GREEN HOUSE

ATTENDANCE

KS2: Ladybird

Infant: Thistle



we are
HIRING!

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



NURSERY

ADMISSIONS



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



MUFTY DAY 16th Oct

Our school will be taking part in **JUST ONE Tree Day.**

Each child is encouraged to 'wear something green' and donate £1 to plant a tree – uniting children, parents and schools across the world in taking positive action for our climate.

Together let's plant a future for our children.



JUST ONE Tree is an award winning non-profit removing CO2 from the atmosphere and reversing biodiversity loss through global reforestation.

JUST £1 plants 1 Tree



JUST ONE Tree supports reforestation projects in Brazil, Madagascar, Haiti, Indonesia, Mozambique, Nepal, Kenya, Zambia, Mexico, Argentina, Chile, Bolivia, Ecuador and Peru.

www.justonetree.life

And in the process helps to provide training, agricultural education and stable, fair incomes....



...reducing extreme poverty within local communities.

 **JUST ONE TREE.**

Family Films & Creative Fun at Croydon Harvest

Looking for something fun to do with the family this weekend? Small World Cinema will be joining Croydon Harvest at the David Lean Cinema, Croydon Clocktower, on Saturday 3rd and Sunday 4th October.

There will be films and hands-on creative activities for children of different ages:

- **Cinemini – Saturday & Sunday at 10.30am (ages 2–5)**

A FREE, playful first cinema experience featuring short films, sensory play, light and movement. No booking required.

- **Saturday – Oink, 12.00–2.30pm (PG, recommended 6+)**

A funny family film followed by a free farm animal workshop, where children can create recycled animals and bring them to life through time-lapse animation.

- **Sunday – Animal Short Films, 12.00–2.30pm (all ages)**

A collection of playful, dialogue-free short films followed by a free creative workshop making miniature animal habitats using natural materials and found objects.

The film and workshop sessions are ticketed, with the workshops included in the ticket price.

 Find out more and book: [Ticket Link](#)

A lovely opportunity for Downsview families to enjoy film, creativity and some hands-on fun this weekend! 🧩🍁🐻

FREE TASTER SESSIONS!

ARE YOU INTERESTED IN LEARNING TO PLAY AN INSTRUMENT?

Learn to play one of these amazing instruments! Try out the bassoon, double bass, french horn, oboe, trumpet, trombone, clarinet, or cello. Hear them played and find out what happens in lessons!

SCAN ME



BOOK YOUR FREE PLACE TODAY

Years
3 - 7



SATURDAY
OCTOBER 10TH



9:15 - 10:00AM



OASIS ACADEMY
SHIRLEY PARK CR9 7AL



Students can learn to play these instruments in our Endangered Species Centre, Brass and Clarinet Star Class, and Cello Star Class on Saturday mornings as part of our Saturday Centre.

Please sign up using the QR to take part!



GENERAL INFORMATION

When can I start?

After we have received your application, we will contact you as soon as a place is available.

Rehearsals

We rehearse at Oasis Academy, Shirley Park most Saturdays during term time, from 9:15 - 10am. Dates will be issued at the beginning of each term.

For more information about our Saturday Sessions, please contact the CMA office via email at musicandarts.education@croydon.gov.uk or visit croydonmusicandarts.co.uk



CELEBRATING BRITISH FOOD FORTNIGHT AT PABULUM

Monday 28th September - Friday 9th October

British Food Fortnight is an annual celebration of Britain's farmers, growers, producers and the fantastic food they provide.

At Pabulum, we're proud to serve fresh, seasonal and responsibly sourced ingredients every day. This British Food Fortnight, we're shining a spotlight on some of the British produce featured across our menus and the farmers, growers and suppliers who help bring it from farm to fork.

What's in Season This Autumn?

Autumn brings an abundance of British produce, including:

- Apples
- Potatoes
- Butternut squash
- Cauliflower
- Carrots
- Pears
- Onions

By choosing seasonal ingredients, we can maximise freshness and flavour while supporting British agriculture.

This autumn, seasonal favourites such as potatoes, carrots, cauliflower and butternut squash can be found across our menus, from roast dinners and vegetable sides to pasta dishes and even some of our desserts.



British Produce on Our Menus

Keep an eye out for some of these British-grown ingredients appearing in your child's meals over the coming weeks:

Crispy Roast Potatoes

Many of the potatoes we serve are grown at Fairfields Farm in Essex, providing the perfect accompaniment to our roast dinners.

Spiced Roasted Cauliflower

Our cauliflower is often sourced from Boundary Farm in Wingham, Kent, where grower Trevor Bradley produces quality seasonal vegetables.

Pasta with Squash & Tomato Sauce

The butternut squash used in this popular dish is frequently grown at Green Lane Farm in Kent by Dickie Ovenden.



Supporting Local Growers

Much of our fresh produce is supplied by Foodart, a Canterbury-based produce specialist serving London and the South East.

Foodart prioritises local and seasonal produce wherever possible, helping to reduce food miles and support British growers. Around 55% of their suppliers are based in Kent, with a further 20% located elsewhere in the UK, depending on the season.

Sourcing locally means produce reaches our kitchens quicker, arriving fresher and with fewer transport-related emissions.

Quality British Meat

British produce plays a vital role in the meals we serve to children every day. At Pabulum, we are proud to source Red Tractor assured beef and chicken ensuring it's British and produced to high standards of animal welfare, food safety, responsible production and traceability.

As the UK's largest food and farming assurance scheme, and Love British Food's Lead Assurance Partner for 2026, Red Tractor provides confidence that the beef and chicken on pupils' plates has been independently verified and is fully traceable back to British farms.

Our meat is supplied by British Premium Meats, based in Welwyn Garden City. Working with suppliers who share our commitment to quality British produce allows us to support British farmers and food producers while delivering nutritious, balanced meals to school children across the country.



Did You Know?

The same supplier that helps provide fresh fruit and vegetables for our school meals has been awarded a Royal Warrant by His Majesty King Charles III.

That means many of the vegetables featured in our roast dinners, seasonal sides and pasta dishes come through a supplier trusted by the Royal Household, making our produce quite literally fit for royalty!



Our Commitment to Good Food

All Pabulum primary school menus have achieved the Bronze Food for Life Award.

This recognises our commitment to:

- Using seasonal ingredients where possible
- Sourcing meat that can be traced back to the farm
- Working with local suppliers
- Preparing at least 75% of meals fresh on site each day



From Farm to Fork

This British Food Fortnight, we're proud to celebrate the farmers, growers, suppliers and catering teams behind every school meal. By choosing seasonal ingredients and supporting British agriculture, we're helping pupils enjoy fresh, nutritious food while learning more about where it comes from. We look forward to sharing the best of British produce with our pupils throughout the fortnight.

pabulum
NUTRITIOUS
HAPPY



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

