

DOTHILL NEWS



7.11.25

Don't forget to check the school website for regular updates.

www.dothillprimaryschool.co.uk

Check out our Facebook page: Dothill Primary School, Telford

Contact school on 01952 386870 or
by email on dothill@taw.org.uk

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This Week's Dazzling Dotties!



It was hard for teachers to choose this week as so many children have been working so brilliantly across school.

This fantastic group of children were today picked for many reasons; but maturity and resilience were prevalent.

Well done to all of you, we are very proud.

News and highlights this week

It has been a real pleasure to welcome everyone back after the half-term break. The school has been a hive of activity over the holidays, with some exciting improvements taking place. Most classrooms are now equipped with brand-new interactive whiteboards, new doors have been installed in our hall areas, and the boiler upgrade is nearly complete - just in time for the colder months!

Today, we were delighted to welcome our school advisor for a visit. She was incredibly impressed by what she saw: every classroom was filled with children engaged in purposeful learning, and the whole school had a calm, focused atmosphere. It was a real privilege to witness such a positive and productive start to the new half term.

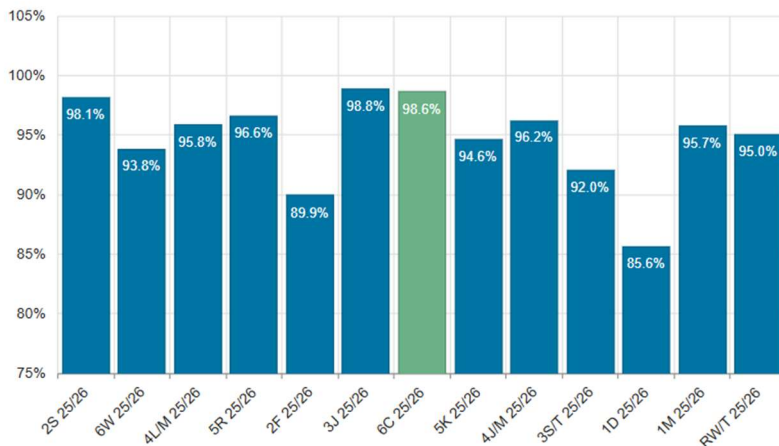
Notices

We're looking forward to welcoming families into school next week for our **Parent Consultation Meetings**, taking place on **Monday and Tuesday**. If you haven't yet booked an appointment, please get in touch with your child's class teacher as soon as possible. As always, please enter the school via the **main entrance**.

On **Friday**, we'll be supporting **Children in Need** with a special **Dress Down Day**. Our School Parliament recently held a whole-school vote, using the official Children in Need theme suggestions. The winning choice was for everyone to come to school in their **pyjamas**! Children are invited to wear their comfiest PJs in exchange for a small donation to this important cause. We can't wait to see everyone getting involved!



Attendance



Whole school attendance for this week is 94.7%

Well done to all those classes that have attendance about 96% and a huge shout out to those that have attended school each day.

Parents Evening

Teachers look forward to seeing you all next week to celebrate how well your child has settled in and discuss learning and progress. They will also share attendance data for your child.

Role and Responsibility

Parents

Where we refer to a parent, it refers to the adult the school and/or local authority decides is most appropriate to work with, including:

- All natural parents, whether they are married or not
- All those who have parental responsibility for a child or young person
- Those who have day-to-day responsibility for the child (i.e. lives with and looks after them)

Parents are expected to:

- Make sure their child attends every day on time
- Call the school to report their child's absence before 9am on each day of absence
- Provide the school with more than one emergency contact number for their child
- Ensure that, where possible, appointments for their child are made outside of the school day
- Seek support, where necessary, for maintaining good attendance, by contacting Mrs Harvey (Attendance Champion), Mrs Love or Mrs Sturme (pastoral team)

Mental Health and Wellbeing



Darkness—especially during the shorter days of fall and winter—can significantly affect mood and mental health. Here's a breakdown of how darkness impacts us and what you can do to feel better during dark mornings and nights:

Disruption of Circadian Rhythms

Darkness signals the body to produce melatonin, the sleep hormone. When exposed to prolonged darkness or artificial light at night, your internal clock can become misaligned, leading to fatigue, low mood, and sleep disturbances.

Seasonal Affective Disorder (SAD)

SAD is a type of depression triggered by reduced sunlight. Symptoms include low energy, sadness, sleep issues, and loss of interest in activities. It affects millions, especially in late fall and winter.

Emotional and Cognitive Shifts

Extended darkness can lead to increased self-reflection, sensory deprivation, and even hallucinations in extreme cases. The brain craves sensory input, and lack of light can alter perception and mood.

Vitamin D Deficiency

Less sunlight means less vitamin D, which is crucial for mood regulation and immune function. Deficiency is linked to depression and other health issues.



What You Can Do to Improve Mood During Dark Mornings and Nights

Morning Boosters - Get Light Exposure Early

Step outside within an hour of waking or use a sunrise alarm clock or light therapy lamp to simulate daylight. This helps reset your biological clock and reduce melatonin levels.



A Consistent Sleep Schedule - Go to bed and wake up at the same time daily to stabilize your circadian rhythm.

Use Energizing Scents - Aromatherapy with rosemary or citrus oils can boost alertness and mood.

Move Your Body - Morning walks or gentle yoga can energize you and improve mental clarity.

Limit Artificial Light at Night - Dim lights in the evening and avoid screens before bed

Create a Cozy Environment - Warm lighting, soft textures, and calming music can help you relax and feel safe.

SEND

SEND Coffee Afternoon – Friday 21st November, from 1:45pm

It was great to meet with so many families at our previous SEND coffee morning. Our next meet-up will be on Friday 21st November. The PODS team will be with us from 2:15pm for another session. Why not join us?

PODS Fundraising: Book a Table at the PODS Christmas Fete

Do you enjoy arts and crafts? Do you have any handmade items you would love to showcase and sell?

Why not book a table at PODS Christmas Fete? The event is on Saturday 29th November 2025 from 10am-12pm at PODS Hub, 1 Hawskworth Road, Central Park, Telford, TF2 9TU.

Email Jo: events@podstelford.org for further information and to book your table!



EYFS

Supporting your child with oral blending is a vital step in learning to read.

In Read Write Inc., we use 'Fred Talk'—saying sounds like "c-a-t" and encouraging children to blend them into "cat."

You can try this at home using simple words made up of Set 1 Speed Sounds such as "m-a-t" (mat), "p-i-n" (pin), "d-o-g" (dog), or "s-u-n" (sun).

Say the sounds slowly and clearly, then ask, "What's the word?"

Use this technique during everyday routines—at snack time with "j-a-m" or playtime with "h-a-t."

Keep it fun and relaxed and praise every effort. This builds confidence and prepares children for reading books with they can decode independently.

If you'd like to learn more or see examples in action, we'll be happy to talk about this further during parents evening.

Read Write Inc.
Phonics



Dates for your diary

Autumn Term 2025

Parent Consultation Meetings (Mon / Tues)	10 and 11.11.25
Y6 Bikeability (4 days)	10.11.25
Year 3 and 4 Be Bright Be Seen Workshops	11.11.25
Children in Need Dress Down Day	14.11.25
Open Afternoon for 26/27 EYFS intake 2pm	18.11.25
PODS Coffee Afternoon 2:15	21.11.25
Movie Night (Friends Event)	24.11.25
Open Evening for 26/27 EYFS intake 5pm	3.12.25
Year 4 Family Event: Christmas Crafts 2pm	8.12.25
Year 3 Family Event: Christmas Crafts 2pm	9.12.25
Year 5 Family Event: Christmas Crafts 2pm	10.12.25
*EYFS Christmas Nativity Performance 9:30am	11.12.25
Rainbow Room Christmas Crafts 2pm	12.12.25
Year 6 Family Event: Christmas Crafts 2pm	16.12.25
*KS1 Christmas Performance 2:15pm	17.12.25
*KS1 Christmas Performance 9:30am	18.12.25
Festive Yes Day (Friends Event)	19.12.25
Last day of Autumn term (Christmas Holidays)	19.12.25

***Parents will need to book tickets via ParentPay in due course**

Spring Term 2026

PD Day (No children in school)	5.1.26
Return to school (Spring Term)	6.1.26
Young Voices	8.1.26
Wear what you love day (Friends Event)	13.2.26
Last day of Term (half term)	13.2.26
Return to School (Spring 2)	23.2.26
PODS Coffee Morning 9:30	24.2.26
Easter Raffle Draw (Friends Event)	27.3.26
Last Day of Spring Term (Easter Holidays)	27.3.26

Summer Term 2026

Return to school (Summer Term)	13.4.26
Fund 'Raisin' (Friends Event)	Month of May
Bank Holiday	4.5.26
Last day of term (half term)	22.5.26
PD Day (No children in school)	1.6.26
Return to school (Summer 2)	2.6.26
Class Group Photos	11.6.26
Non-uniform for Summer Fair (Friends Event)	26.6.26
Summer Fair (Friends Event)	3.7.26
End of Term (Summer Holidays)	17.7.26



**Ready
Respectful
Safe
BE YOUR BEST**