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Contact the school on 01952 386870 or by email on <u>a3368@taw.org.uk</u>

Weekly update Attendance Dazzling Dotties Important Dates Mental Health Reminders

04.10.24

This week's Dazzling Dotties



Just look at this wonderful lot! These are the children who have been chosen by their teachers for having a fabulous week. We are very proud of them all.

Dates for your diary



9.10.24 EYFS RWI (phonics) Parent Meeting 2:30pm
14.10.24 Christmas cards order deadline
25.10.24 Halloween Afternoon in school
25.10.24 Break up for half term
4.11.24 PD Day (no children in school)
5.11.24 Back to school
11.11.24 Parent Consultations 3:30-6:00pm
12.11.24 Parent Consultations 3:30-6:00pm
18.12.24 Christmas Dinner Day
20.12.24 Last day of term
6.1.25 PD Day (no children in school)
7.1.25 Spring Term begins

Reminders

Please remember to label all your child's clothes, so we can help return items to the right child. We are already collecting a pile of lost property. Attendance The class with the highest attendance this week are **Miss Dhariwal's year 1 class** with an amazing 99% - that is fantastic!!!

What have we been up to ...?

This week I had the great pleasure of visiting each class and seeing all the hard work that both the children and the teachers are putting into school life. Not only are children working hard to impress their teachers with their handwriting and presentation, I could see everyone following our school values of 'Ready, Respectful, Safe'. Wishing you all a lovely weekend.

The class who has this week won the Dothill Cup are **Mrs Longland and Mrs Renshaw's Year 4 class**: they have been working so hard all week and showing real determination to do their very best. They take real pride in their work and listen to ways they can improve it with enthusiasm. They are willing to help each other and support each other to be their best which is great to see.

Ready, Respect and Safe

Mental Health and Support

2. Be physically active



can

Being active is not only great for your physical health and fitness. Evide also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- ✓ causing chemical changes in your brain which can help to positively change your mood

Things you can do:

- read about running and aerobic exercises to help get you moving and improve your fitness
- read about strength and flexibility exercises to increase muscle strength, improve balance and reduce joint pain

BE YOUR BEST

✓ if you're a wheelchair user, read fitness advice for wheelchair users