

# DOTHILL NEWS



20.06.25

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

[www.dothillprimaryschool.co.uk](http://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](mailto:dothill@taw.org.uk)

**Dazzling Dotties** **Weekly Update** **Attendance** **Reminders** **Mental Health** **SEND** **EYFS** **Internet Safety** **Important Dates**

## This Week's Dazzling Dotties!



These are some of our fabulous children who were chosen to receive the class certificate this week, for being fabulous friends, great learners, and always ready, respectful and safe. Well done, we are very proud of you.

## What have we been up to...?

Today was our first Sports Day of the season for Year 3 and 4 and I would like to express a huge thank you to Mr Furey and the rest of the Y3/4 team for organising the event. I would also like to thank all the families who were able to attend – this makes these events so special for the children.

Next week, we look forward to the rearranged Year 5 and 6 event on Tuesday morning; the Reception event on Wednesday morning; and the Year 1 and 2 event on Thursday morning.

With this current hot weather, please remember to continue to send your child to school with a hat, suncream and their water bottle.

### National Sports Week

It's been an exciting week in school as we have taken part in National School Sports Week. A nationwide celebration of the role of sport and play in young people's lives. This has seen children across school in active wear all week and being involved in physical activity. The planning of shorts and t-shirts for the week fit in perfectly with the glorious sunshine.

## Reminder

### Driving and Parking Outside School

We kindly remind all parents, and visitors to drive carefully and responsibly near the school, especially during busy drop-off and pick-up times. Please be mindful of speed limits, watch out for children crossing, and avoid blocking driveways or access points. When parking, use designated areas where possible and ensure your vehicle is not causing an obstruction. Your cooperation helps keep everyone safe and ensures a smooth and respectful environment for our school community.

## Summer Water Safety

*The Health Protection Hub at Telford & Wrekin Council have asked us send out some information to you on summer water safety. With the current hot weather, children, particularly older children, may look to go swimming in open water to cool down and have fun. This comes with various risks – cold water shock, currents, hidden underwater dangers and diseases such as Weil's disease. 46% of drownings occur in the summer months and this rises to 75% amongst 13 – 17-year olds. Educating children on these dangers is important in preventing tragic incidents.*

*The Royal Life Saving Society and the Canal & River Trust have some good resources with more information on this to discuss with your children:*

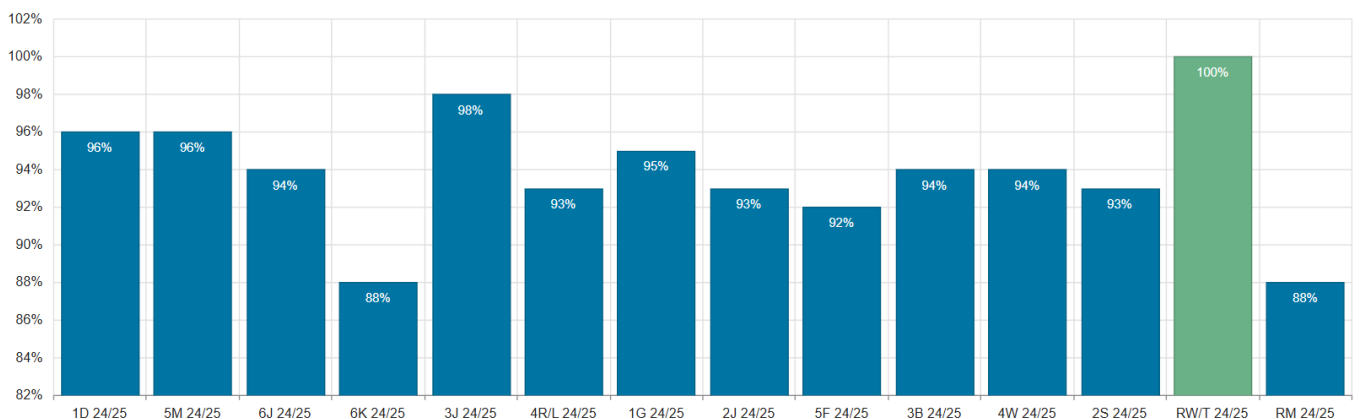
**General:** <https://www.rlss.org.uk/Pages/Category/water-safety-information>

**For secondary school and primary junior-age children:** <https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/summer-water-safety>

**For early years and primary infants:** <https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/water-safety-tips-for-parents>

## Attendance

A huge well done to RWT for 100% attendance this week. All of the children in that class have been learning lots and having fun! 😊



## Why is it important for children not to miss school?

All parents want the best for their children and for them to get on well in life. Having a good education is important to ensure that they have the best opportunities in their adult life. They only get one chance at school and your child's future may be affected by not attending school or alternative provision regularly.



If children do not attend school regularly they may:

- Struggle to keep up with school work. In a busy school day, it is difficult for schools to find the extra time to help a child catch up on missed learning.
- Miss out on the social side of school life. Poor attendance can affect children's ability to make and keep friendships; a vital part of growing up.

Setting good attendance patterns from an early age, from nursery through primary school, will also help your child later on in their life. Children who have a poor school attendance record may have less chance of securing a job when they are adults.

## Mental Health and Wellbeing

### 2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can 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

Read about exercise guidelines and workouts to help improve your fitness and wellbeing

## 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
- ✓ if you're a wheelchair user, read [fitness advice for wheelchair users](#)

## Don't

- ✗ do not feel you have to spend hours in a gym. It's best to find activities you enjoy and make them a part of your life

## SEND

### Visual Stress



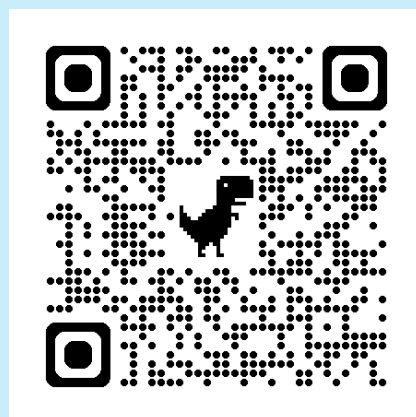
Meares-Irlen Syndrome, also known as Irlen Syndrome or Visual Stress, is a processing disorder that affects how the brain interprets visual information. It can cause difficulties with reading, resulting in words appearing to move, jump, or blur, and can also lead to eye strain, headaches, and difficulties with depth perception. For an idea of what that may look like for your child, the Irlen Institute has released a video here at <https://www.youtube.com/watch?v=zuLDMoc-uVE> - you can also scan the QR code below (warning – lots of distortion and movement in this video).

Black text on a white background can be problematic for many learners, as can fonts with too many added serifs. Learners with Meares-Irlen Syndrome may experience words moving, blurring, or appearing to jump. This makes reading challenging, leading to slower reading speeds, poor comprehension, and difficulty staying focused on the text.

The syndrome can also cause eye strain, headaches, sensitivity to light, and difficulties with depth perception. While it can be associated with dyslexia, it is a separate condition and can occur independently.

Coloured overlays or tinted lenses can be used to alleviate some of the symptoms by filtering the visual information before it reaches the brain. A formal assessment can be used to gauge the best colours for your child and – while standard eye tests do not identify the condition – some local opticians can offer a colorimetry test to support with this. It's worth asking your optician if they can help.

Irlen Syndrome Simulation  
**Warning – lots of distortion  
and movement in this video**

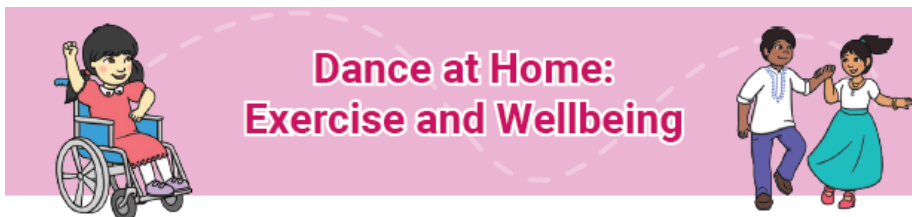


If you suspect that your child may be affected by Meares-Irlen Syndrome, please speak to their class teacher or to Miss Brotherton so that we can decide upon the next steps.



## Early Years Foundation Stage (EYFS)

Here are some dance games you could try...



### Dance at Home: Exercise and Wellbeing

It's so important to encourage your early years child to move and dance is a brilliant way to do just that! Dance can be enjoyed no matter the weather; you can dance in your house, out in the garden or even while out and about. Don't forget to join in too, even if you feel a little bit silly. You're never too old to enjoy some fun dance movements and your child will appreciate having you as their dance partner too!



#### How does dance support exercise and wellbeing?

Dancing with your little one is the perfect bonding activity. Enjoy some quality time together while letting loose and perhaps allowing yourselves to be a little bit 'silly'!

Dance is a great physical activity that encourages the movement of different parts of the body. It will help your child develop strength, flexibility and coordination in all parts of their body.

Many dance moves encourage your child to practise important skills such as coordination, spatial awareness and balance. These are skills that will also help to boost your child's confidence when taking part in other types of sports and physical activities.

Your child can learn how to link movements through dancing – this will support them in lots of other physical activities too.

Movement is great for your child's mental wellbeing (and yours too!). It's a natural mood lifter – add in some music and you'll soon see the benefits of dancing for your whole family's wellbeing.

It's fun! Introducing your child to fun ways to exercise from a young age is a great way to encourage them to live a healthy lifestyle long-term.



#### How can I prepare for some dancing fun with my child at home?

One of the great things about dancing? It can be enjoyed with little to no prep! If you're ever feeling spontaneous or needing a quick go-to form of entertainment, dance is a brilliant choice. Before you enjoy dancing with your child, remember to check your room or surroundings. Ensure that there's a big enough space to move around – you don't want you or your child bumping into anything! Remove anything that could be a potential hazard – e.g. you don't want toys lying around that someone could trip over.

### Mirror Dance

Face your child and explain that they need to be the 'mirror' image of you in this dance. Pop some on music and do some stationary dance poses to start. Once your child is confident with this, start putting poses and moves together for your child to follow. Make sure you take it in turns to be the leader of the mirror dance! The eye contact and mirrored movements in this dance will enhance your bond with your child, supporting their wellbeing (and yours too).



### Pass the Dance Move

This is great if you have a few children to occupy – and you don't even need to have any music on! One person chooses a dance move, then the next person has to copy it and add their own. Continue for as long as you can! This will get your child moving their body in lots of different ways and will also get them concentrating on the activity, which can have a calming effect.



### Emotions Dance

Explicitly explore emotions with this dance game. Display pictures of different emotions (make your own or print this [Feelings Art Gallery Scavenger Hunt](#) activity and cut the different emotions out). Play your child's favourite music and flash them the cards, encouraging them to dance creatively according to that emotion! You can also play music or songs that match the emotions themselves, such as slow music for 'sad' or upbeat music for 'happy'.



### Freeze Dance

As simple as it sounds – play some music and dance away but, when it stops, freeze in place! Try it with fast and slow songs, add in challenges to work on your child's physical skills (e.g. one hand must be up in the air in your freeze pose or one foot must be off the floor if you want a real challenge!) and experiment with different times of day to enjoy this dance – you might even find it's a good way to engage your child just before school!



## Internet Safety

This week's free online safety guide focuses on fitness trackers. The guide takes a look at how to tackle a range of potential risks such as unhealthy obsessions, unrealistic expectations and data leaks.

At the National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health, and digital change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, tips and facts, please visit [thenationalcollege.com](http://thenationalcollege.com).

# What Parents & Educators Need to Know about FITNESS TRACKERS

### WHAT IS IT?

#### FITNESS TRACKERS

A fitness tracker is a wrist-worn device that can measure your level of physical activity during the day. Each fitness tracker focuses on different things but in general, they tend to count steps taken, record sleep patterns and enable activity goals. They can also monitor heart rate, running distance and more. The first fitness tracker was created by Garmin in 2016 but Fitbit popularised fitness trackers for children by introducing the Fitbit Ace in 2018. Now they can be synced to children's smartphones and used to make physical activity fun for children by giving out virtual badges or encouraging family challenges.

### Advantages

#### INCREASE PHYSICAL ACTIVITY

Studies have shown that tracking physical activities can motivate people to change their behaviour. Children are motivated through virtual prizes, and online badges. They can set realistic goals for themselves and take part in physical challenges. All of this promotes positive behaviour in children.

#### HEALTH TRACKING

Fitness trackers can be a good way for you to understand a child. They can help you to encourage them to become more physically active if you have any concerns. It can also help you to monitor sleep patterns if you don't think a child is getting enough good sleep through the night.

#### HEALTHY MOTIVATION

Children may be encouraged by seeing all their data and keeping track of their progress. Children can also share their performance with their friends on social media and, just like how video games reward top the scores of the highest players, fitness trackers can provide the same level of motivation.

#### SPREAD KINDNESS

The UNICEF Kid Power band encourages compassion by encouraging children to earn their steps which can be converted to points which can then be used to provide food for children in need around the world.

### Disadvantages

#### UNHEALTHY OBSESSION

Just as much as fitness trackers can help to motivate exercise, they can also lead to children becoming obsessed with tracking themselves. Fitness trackers can cause an unhealthy focus on weight for example and instead of making something fun, it can lead to stress and lower self-esteem.

#### DEMOTIVATING

Children can lose the motivation to exercise if targets are set too high and they have unrealistic expectations, not being able to meet their goals can result in children losing the use of a device and giving up, so it's important to always try and make exercise fun as possible.

#### DATA AND PRIVACY LEAKS

Fitness trackers hold a large amount of information on our children, for example, their name, date of birth, location, sleep patterns and more. There are numerous companies who offer fitness tracking devices so it's important to research companies well before purchasing in order to ensure children's data will be kept secure and well protected.

#### CHAT TO STRANGERS

Most fitness trackers enable users to join online communities to share in fitness goals and challenges. These also allow users to add people as friends and chat privately, send or receive messages, therefore potentially opening children up to talk to strangers and people they don't know.

### Safety Tips

#### IMPLEMENT PARENTAL CONTROLS

Be sure that the fitness tracker for children comes with parental control features so you can prevent children from downloading unwanted apps or being contacted by strangers for a fitness challenge.

#### READ THE PRIVACY SMALL PRINT

You might be thinking, why would someone want children's sleep patterns or want to know how many steps they're taking during the day? Keep in mind that big companies like Google and Facebook make millions through people's data. Always read the privacy policy and if you don't like what the company is going to share a child's data, don't buy it.

#### DISCUSS FITNESS WITH YOUR CHILD

Have regular conversations with children about how they feel about wearing a fitness tracker. Talk to them about the pros and cons and if they are conscious about their weight, that fitness trackers can be used to help maintain them but shouldn't take the enjoyment out of exercise. Help to build their self-esteem and improve their confidence in being happy with they way they look and feel about themselves.

**Meet Our Expert**

Hannah Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks, a web resource that helps parents and children thrive in a digital world.

**#WakeUpWednesday**

**The National College**

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[Fitness Trackers | Free Online Safety Guide](#)

## Dates for your diary

### June

- 23.6.25 Year 6 Crucial Crew
- 24.6.25 Year 5/6 Sports Day (9:30am start)
- 25.6.25 EYFS Sport Day (9:30am start)
- 26.6.25 Year 1/2 Sports Day (9:30am start)
- 27.6.25 Friends Non-uniform day (donations for summer fair)

### July

- 4.7.25 Summer Fair (2:30pm – 4pm)
- 7.7.25 Secondary Transition Day
- 8.7.25 Secondary Transition Day



8.7.25	Whole School Transition Day
8.7.25	New Reception 1 <sup>st</sup> Transition Morning (9:30-12:00)
11.7.25	End of Year Reports to be sent out to parents
16.7.25	New Reception 2 <sup>nd</sup> Transition Morning (9:30-12:00)
15.7.25	Year 6 Production (1:30pm start)
16.7.25	Year 6 Production (9:30am start)
18.7.25	Year 6 Leavers Assembly (1:30pm)
18.7.25	End of school year
2.9.25	Return to School for New Academic Year

**Ready  
Respectful  
Safe**

**BE YOUR BEST**