

DOTHILL NEWS



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

www.dothillprimaryschool.co.uk

Check out our Facebook page: Dothill Primary School, Telford

19.9.25

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

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

This Week's Dazzling Dotties!



In our assembly on Friday, teachers talked about children going that 'extra mile'.

We heard about passion for learning, doing extra work, for great attitudes and maths and times tables were featured a lot today, as were being kind and respectful.

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

What have we been up to...?

Photo Day

It was wonderful to see so many smartly dressed children on photo day this week and we are sure you are looking forward to seeing the proofs which will come home on Tuesday.

Kindness

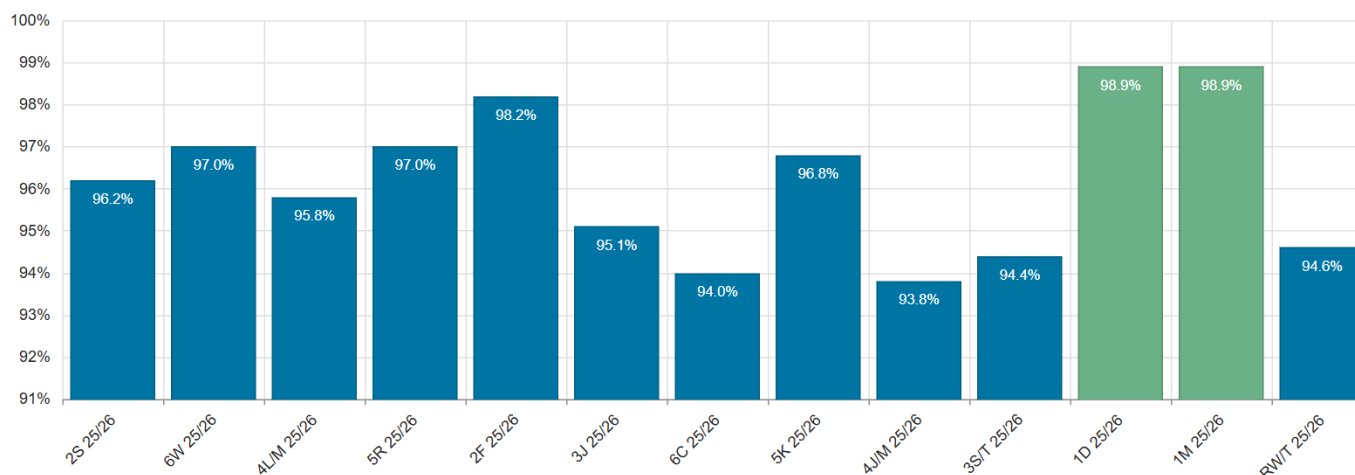
We are also incredibly proud of how well the children have been listening to our assembly messages about behaviour and kindness. Our whole-school *Kindness Tree* is quickly filling up with the names of children who have been nominated by their teachers for showing thoughtfulness, respect, and care towards others.



Items from Home

We kindly remind you that children are not to bring toys or personal items from home into school. These items can easily get lost or damaged, and they sometimes lead to disagreements between children. We appreciate your support in helping us maintain a focused and harmonious learning environment.

Attendance



This week we celebrate Year One with their amazing attendance – both classes have a fabulous 98.9%. Well done to all those classes with attendance over 96%. Being in school helps children to make good progress.

Legislation and Guidance

Our school attendance policy is based on the Department for Education's (DfE's) statutory guidance on [working together to improve school attendance \(applies from 19 August 2024\)](#) and [school attendance parental responsibility measures](#). The guidance is based on the following pieces of legislation, which set out the legal powers and duties that govern school attendance:

- Part 6 of the [Education Act 1996](#)
- Part 3 of the [Education Act 2002](#)
- Part 7 of the [Education and Inspections Act 2006](#)

We have lots of legislation and guidance that we must follow as a school. For more information, please refer to our policy which can be found on our website or the above links.

Mental Health and Wellbeing

Mindful Breathing

You might like to begin this mindful exercise by finding a comfortable position - whatever feels best for you. You could begin by noticing your body, and being curious about all the sensations it is experiencing. If you are seated, what does the connection with the chair feel like to your back or legs? Is it soft and giving, or firm and cool against your skin. Considering the weight of your body, how it is holding itself. Thinking about the areas that might be holding more tension or are feeling tight.

When you are ready, you might like to direct your attention to your breath. We are not here to change how we are breathing, just as observers for the natural inhales and exhales of our body. You could consider where you are feeling the breath in your body. Do you feel the cool sensation as it enters your nostrils, or an expansion of your chest or ribs? Think about all the different ways and places you are experiencing each inhale and exhale. This is a continuous process, considering each breath even as it ends and a new begins.

As you are noticing your breath, you might notice your mind begin to wander away from this focus. This is a natural and normal part of mindfulness. In recognising this attention shift - you are in itself practising mindfulness, the awareness of where your mind is at this present moment. You can gently take this as a cue to redirect and refocus on the breath. Continue this practice for as long as feels good to you. You might like to set a timer, for 5 minutes for example, or you can listen to your body and mind, and continue for as long as feels right to you in this moment.



SEND

Understanding Demand Avoidance:

Demand avoidance refers to a persistent resistance to everyday demands and expectations. In children, this can look like refusal, distraction, negotiation, or more extreme emotional responses. When this behaviour is intense and anxiety-driven, it may be part of a profile known as Pathological Demand Avoidance (PDA), which is linked to autism.

Children with PDA often:

- Avoid demands to maintain a sense of control.
- Experience high anxiety when faced with expectations.
- Use social strategies to deflect or distract.
- Show extreme mood swings and obsessive behaviours.

This behaviour is not defiance or manipulation—it's often a fight-or-flight response.

Support Groups for Parents of Children with PDA:

PDA Society

The PDA Society is the leading UK charity dedicated to PDA. It offers:

- Free personalised support services via email.
- Online support groups and peer connections.
- Extensive resources including "What helps?" guides and training for parents and professionals.
- Advocacy and awareness campaigns to improve understanding of PDA.

Website: pdasociety.org.uk

Positively PDA

Founded by a parent of a PDA child, Positively PDA offers:

- Online support groups and workshops.

- One-to-one coaching and therapeutic services.
- Resources tailored to parents, carers, and educators.
- A focus on anxiety-reducing, collaborative approaches.

Website: positivelypda.co.uk

Parenting Special Children – PDA Workshops

This Berkshire-based charity runs:

- Online workshops for parents/carers of children with PDA traits.
- Monthly face-to-face support groups.
- Specialist training led by neurodiversity-informed practitioners.

Website: parentingspecialchildren.co.uk

EYFS

Fine Motor Fun!

Fine motor skills help children do everyday things like holding a pencil, using cutlery, and getting dressed. In EYFS, we support these skills through playful activities that strengthen hand and finger muscles.



Playdough is a favourite!

Squishing, rolling, and shaping it builds strength and coordination. Scissors help children learn control and precision as they snip and cut safely. We use wiggly, zig zag and straight lines for children to cut along. Threading pasta onto string is great for hand eye coordination and concentration.

This type of play prepares children for writing, dressing themselves, and general independence.

We have lots of activity ideas to share with you for Fine

Motor Fun: please talk to Mrs Wood or Mrs Thackray if you would like some further support with this.

**BUILD
SKILLS**

Internet Safety

Social media has grown rapidly in popularity over the last few years and, despite the age restriction being 13 years for most platforms, it continues to be used by under-age children. Here are four, quick and simple tips for using social media safely and responsibly:

[Social media - parents and carers on Vimeo](#)

Dates for your diary

Multiplication check meeting Year 4	24.9.25
Phonic Meeting for EYFS	8.10.25

All the above meetings will start at 3:30pm and take place in the hall. Please enter school through the library (from the main playground)

Rainbow Room Stay and Play 2pm	10.10.25
EYFS Stay and Play (2:30-3:15)	14.10.25
Spooky Spectacular (Friends Event)	24.10.25
Break up for half term	24.10.25
PD Day (No children in school)	3.11.25
Return to school	4.11.25
Parent Consultation Meetings	10.11.25 11.11.25
Movie Night (Friends Event)	24.11.25
Year 4 Family Event	8.12.25
Year 3 Family Event	9.12.25
Year 5 Family Event	10.12.25
Rainbow Room Family Event	12.12.25
Year 6 Family Event	16.12.25



Family events are an opportunity to make Christmas Crafts with your child in school 😊
These events will all begin at 2pm on the day advertised above.

Festive Yes Day (Friends Event)	19.12.25
Last day of Autumn term	19.12.25
PD Day (No children in school)	5.1.26
Spring Term begins	6.1.26
Wear what you love day (Friends Event)	13.2.26
Easter Raffle Draw (Friends Event)	27.3.26
Fund 'Raisin' (Friends Event)	Month of May
Non-uniform for Summer Fair	26.6.26
Summer Fair (Friends Event)	3.7.26

**Ready
Respectful
Safe**

BE YOUR BEST