



### Weekly Newsletter Friday October 13th 2023

#### Message from the Headteacher

This week children were reminded about the **Zones of Regulation**. We teach children to identify their moods and feelings using colours. Children learn to explain how they are feeling; and how they can move from an **angry (Red)**, **sad (Blue)** or **worried (Yellow)** feeling to a calm and happy feeling (Green). See below.

#### Attendance

N- 86%

R- 94%

1- 96%

2- 97%

3- 98%

4- 97%

5- 99%

6- 99%

Well done to **Yr 5 and Yr 6** for achieving **99%** attendance last week. Well done as well to Reception too!

#### Parent Reader Needed

We need a volunteer reader to work with a KS 2 child new to the country. Ideally this volunteer would read with the child daily 9:00-9:30. See Annika or Siobhan.

#### WhatsApp

School will be making the move to messaging being delivered via WhatsApp after half term instead of via text. Messaging will be purely to communicate information; there will be no reply facility. We have made this decision due to financial costs being lower. Please see the office if you don't use WhatsApp.

#### Online Safety

Keeping children safe online is our joint responsibility. Make sure that you have parental controls in place; and that you know the sites and Apps that your children use. Check the school's online safety policy on the website. [Safeguarding and Child Protection - WILLIAM DAVIS PRIMARY SCHOOL](#)

#### Book Amnesty

Please return all school books to the class next week so that the book corners can be stored. There are lots of books missing.

#### Parent Conference Evening School Closed 1:30 17th October

#### Parent Sessions

**Coffee Morning** on Wednesdays 9-10 am in the Parents Rm run by Yasmin- all welcome  
**Toy Library** Thursdays Hoyam and Dilara  
**Felix Food Project** Friday 2:30-3:30 run by Yasmin, Hoyan, Muna.

We are very grateful for the time and energy that our parent volunteers offer the school.

#### Oracy Target

This week children have been working on:  
*I can choose words carefully to help people understand what I am saying.*

This oracy target was chosen this week because we revisited the **Zones of Regulation**; children are encouraged to use words to describe how they are feeling.

#### WD Wrap Around Care

Wrap Around Care ( childcare) is available for all children. Contact Bhumi or Ridhwan on the admin email if you want to book sessions. All information is on the website: [William Davis' Wraparound Care](#)

#### Evolving situation in the Middle East

The evolving situation in the Middle East is extremely concerning to all of us but especially for those **working directly with** or **living with children**. Please talk to us if you are concerned about the wellbeing of your child.

#### Roots of Empathy

This week I was privileged to take part in a three day training with **Roots of Empathy**. This project will run in Yr 5 later this term. A parent and child visit the class over a period of 6 months, Children observe the child and parent and reflect on what they observe and relate it to themselves. The mission of RoE is to build caring, peaceful and civil societies through the development of empathy in children and adults. This mission fits well with our WD ethos.

#### Stars of the Week



**Yr 5** for working hard on their art project based on the Austrian artist Friedensreich Hundertwasser  
**Muhammad Yr 3** for showing great effort with his reading; he read a whole book independently.  
**Arya Nursery** for being an excellent role model; and for being brave performing the autumn poem in front of the class by herself.

#### Important dates

##### Autumn term 2023

**Tue 17th Oct 1:30- 6:30 pm** Parent Conferences( school closed from 1:30)

**PSHE/ Online Safety meetings:**

**Oct 16th** 9:00 Yr 1; 2:45 Yr 2

**Oct 17th** 9:00 Yr 4

**Oct 18th** 9:00 Yr 3; 2:45 Yr 5

**Oct 19th** 9:00 Yr 6

**Mon 23rd Oct** half term holiday

**Mon Oct 30th** school starts

**Mon Oct 30th - Fri Nov 3rd-**

Magdalen Farm Yr 4 & 5

Nov 20th Open afternoon EYFS

Nov 23rd Open morning EYFS

**Thur 14th Dec** - Winter Fayre/  
Festival of Triangles

**Fri 22nd Dec** last day of term close 1:30 pm

#### EYFS Open Morning and Open Afternoon

**Do you have a child ready to start Nursery or Reception in September 2024?**

**Monday Nov 20th 3:45-4:45**  
**Open Afternoon EYFS**  
**Thursday Nov 23rd 10:00-11:00**  
**Open morning EYFS**  
**Please come and visit!**

### Is My Child Too Ill for School?

Please refer to these NHS guidelines when thinking about whether your child can go to school.

We need to reduce unnecessary absences from school.

[Is my child too ill for school? - NHS](#)

### Violence Against Women and Girls (VAWG) Team

The VAWG team have asked parents to complete this survey to inform their strategy: Here is the link to the online survey:

<https://forms.office.com/e/TUg7NsuNMZ>

Please complete by October 10th.

### Sight and Hearing Tests

Please get your child's hearing and sight checked if you have concerns about them. Unfortunately our school nurse does not routinely screen children. School and parents need to work together to identify when a child can't see the board or hear class instructions. Please talk to your child and contact your GP or optician if you need to book a screening.

You will have an opportunity to discuss this when you meet your child's teacher on October 17th.



### Magic Breakfast

Children are welcome to come into school for breakfast on a daily basis. Staff prepare toasted bagels or cereal and milk. Children must be in between 8:00 and 8:30 to be served breakfast.



## POETRY BY HEART

### A Howl About An Owl by Laura Richards (1890)

It was an owl lived in an oak,  
Sing heigh ho! the prowly owl!  
He often smiled, but he seldom spoke,  
And he wore a wig and a camlet cloak.  
Sing heigh ho! the howly fowl!  
Tu-whit! tu-whit! tu-who!

He fell in love with the chickadee,  
Sing heigh ho! the prowly owl!  
He asked her, would she marry he,  
And they'd go and live in Crim Tartaree.  
Sing heigh ho! the howly fowl!  
Tu-whit! tu-whit! tu-who!

"T is true," says he, "you are far from big."  
Sing heigh ho! the prowly owl!  
"But you'll look twice as well when I've bought you a wig,  
And I'll teach you the Lancers and the Chorus Jig."  
Sing heigh ho! the howly fowl!  
Tu-whit! tu-whit! tu-who!

"I'll feed you with honey when the moon grows pale."  
Sing heigh ho! the prowly owl!  
"I'll hum you a hymn, and I'll sing you a scale,  
Till you quiver with delight to the tip of your tail!"  
Sing heigh ho! the howly fowl!  
Tu-whit! tu-whit! tu-who!

So he went for to marry of the chickadee,  
Sing heigh ho! the prowly owl!  
But the sun was so bright that he could not see,  
So he married the hoppergrass instead of she.  
And wasn't that a sad disappointment for he!  
Sing heigh ho! the howly fowl!  
Tu-whit! tu-whit! tu-who!



### CHARGES

#### Reminders:

In order to replace books lost at home we will charge £5 for lost books.

EYFS parents will be charged £3 / term for perishable items.

Repeated late pick ups from ASC will incur an increased fine- see the **Charging and Remissions Policy** on the website.

#### Fathers and Male Carers

**Fathers Football** at Thomas Buxton Thursday mornings - see Russell. See poster below.

#### Sweets and Snacks

Please can I ask parents to help us promote healthy eating habits. If you want your children to have a snack at home time - **bring some fruit or a bagel.**

Please avoid sweets, crisp etc that are high in sugar and fat. Please encourage water or milk.

#### Reading for Pleasure

Are you a member at the Whitechapel Ideas Store? Why not join this weekend and be a regular visitor to borrow books for you and your children. Check out the website: [Idea Store Whitechapel](#)

#### Birthday Celebrations

Although we have stopped our custom of parents sharing birthday sweets in the playground at hometime, please be reassured that we still sing and give children a sticker and pencil when they celebrate their birthday.

#### Uniform Stall

Look out for the monthly uniform stall on a Friday afternoon run by parents, Hoyam and Dilara

## The ZONES of Regulation®

<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

What zone am I in?



sad  tired 	calm  I'm ready to work 	silly or wiggly  upset 	frustrated  mad 
sick  bored 	happy  I'm okay 	hyper  confused 	yelling  hitting 

Use tools to get in the green zone

drink of water 	count 	deep breaths 	squeeze and release 	wall push ups 	use fidgets 	draw 	write this 	talk with adults 
take a break 	self talk 	take a walk 	stretch 	volcano breath 	lift something heavy 	ask for a snack 	think of a calm place 	listen to music 





## 10 INTERNET SAFETY TIPS FOR PARENTS

- 1** Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2** Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4** Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5** Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6** Help your child learn to **filter** information online and navigate fact from fiction.
- 7** Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8** **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9** Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10** **Learn more:** Explore reliable resources for parents so you can educate yourself.

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**SCHOOL EACS PARTNER**

E1 Schools Partnership  
**FUDGE Football**  
(Father Figures, Uncles, Dads, Grandads Excellence)  
Friendly game for all skill levels

**Every Thursday Morning**  
**9.00am—10.45am**  
**(Come to main school entrance)**

Thomas Buxton Primary School  
Buxton Street E1 5AR

Name:

Autumn 1 Spy

Can you find.....

Shiny conkers?



Colourful autumn leaves?



Acorns?



Sycamore (helicopter) seeds



# William Davis Primary School

**To be the best you can be**

