

DOTHILL NEWS



24th April 2026

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

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

This Week's Dazzling Dotties!



Happy Friday to all our children, parents and school team 😊 Of course, Friday means hearing about our wonderful achievements and celebrating as a school.

Today we heard about amazing writing, always being ready, respectful and safe, making great progress, kindness and so much more.

Our out of school achievements were for Taekwondo, swimming and Gymnastics this wee and we saw some very impressive trophies!

Well done, we are very proud of you!

News and Highlights this Week

Another wonderful week has flown by! Children (and teachers!) are starting to take advantage of the lovely weather and EYFS enjoyed a wonderful day out – see below for more information!

Safe Playtimes

Fabulous members of our **Safeguarding Squad** delivered an assembly about how to play safely outside during breaktimes and lunchtimes.



Through their interactive script, they offered some 'Top Tips' on kind playing in the different zones on our playground, along with key phrases that the children could use outside. They explained that following their suggestions would ensure that the playground continues to be a welcoming and happy place to play and a place everyone in our school knows they belong.



Snacks in School

Please remember that we do provide a **daily fruit snack** for all children in **EYFS and KS1**. This supports healthy eating habits and ensures children have the energy they need to learn and play.

If your child brings a snack from home, this should be **fruit or vegetables only**.

Please **do not send** snacks such as:

- Chocolate or sweets
- Yogurt-coated raisins
- Fruit winders/roll-ups
- Fruit fibre bars or snack bars
- Crisps or biscuits



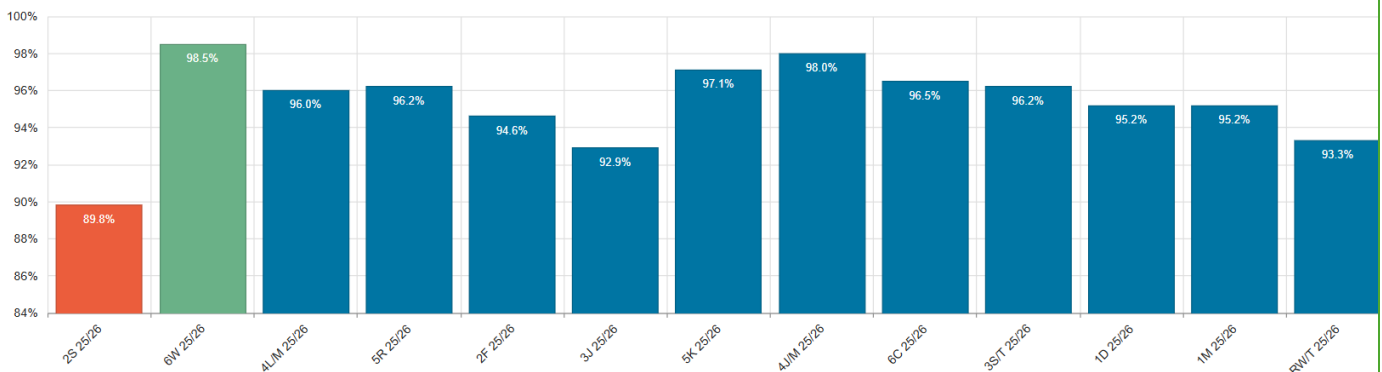
These items are high in sugar and are not suitable for snack time in school. Thank you for supporting us in promoting **healthy choices** and keeping snack time consistent for all children.

As always, we hope you enjoy what is promised to be a lovely sunny weekend 😊

Attendance

A huge well done to Year 6W who have 98.5% attendance which is really positive.

Overall attendance this week is 95.8 which is above the National figure – well done everyone!



Being On Time Makes a Difference



Arriving on time helps children settle into their day calmly and confidently. It means they don't miss important instructions, early learning activities or social time with friends. Thank you for supporting a punctual start — it sets children up for success.

SEND

What is After-School Restraint Collapse?



After-school restraint collapse refers to an emotional release that happens to many children after school. During the school day, children use a lot of self-control to follow rules and manage demands. Once they return to a safe, familiar environment—usually at home—that built-up stress can be released as meltdowns, irritability, tears, defiance or simply silence. It's not misbehaviour on purpose, but a sign that your child feels secure enough with you to let their guard down and express exhaustion or overwhelm.

Our LSAT offers these tips to support you and your child:

It's important to create a consistent after-school regulation routine to support your child in recovering from daily demands. This will help to reduce after-school restraint collapse and support you and your child's emotional wellbeing.

Predict and protect the after-school transition. The journey home and first 30–60 minutes are often the hardest.

Things that may help: Low demands on arrival: No questions, instructions, or expectations. Avoid asking "How was your day?" immediately.

Having activities in the same order each day if possible, or even a visual routine, can help (for example, "home → snack → quiet time").

Reduce demands for that settling-in time at home. You could say, "You don't need to do anything yet. You're home and safe."

Prioritise regulation before communication or correction: When a child is dysregulated, they cannot process reasoning, consequences, or questions. Take steps to calm first, then connect later.

A 'regulation menu' – Choose one or two of the following:

- A snack with protein/carbohydrate (this regulates blood sugar, to promote physical wellness)
- Quiet sensory activities such as drawing, Lego, playdough, listening to calm music.
- Physical regulation through trampoline jumps, wall push-ups or/and cuddle or blanket wrap (if your child likes deep pressure).

What else might help?

- Using a cup / water bottle with a straw encourages a different kind of breath control, which can offer relief to a jangling nervous system. Try sucking up noisily through the straw before blowing a few bubbles into the drink. This works best with water or 'flat' drinks – not fizzy ones!
- The same effect can be created without a drink: using the 'milkshake breathing' technique, mimic slurping the milkshake up the straw and then directing the air out as though blowing bubbles. This pattern of deliberate breathing can help the body to begin the process of regulation.

EYFS

This week we visited Home Farm. The children had a wonderful time on our trip, where they learned all about how a working farm runs. They enjoyed seeing the farm machinery up close, feeding the baby goats, and visiting the pigs and their litter of piglets, as well as meeting a variety of other animals around the farm. The children's behaviour throughout the day was impeccable, and we were extremely proud of how they represented the school. Everyone thoroughly enjoyed the experience, and it was a truly lovely day that we will remember for a long time.



Mental Health and Wellbeing Understanding Anxiety

Anxiety is when worries feel bigger than usual. Children might feel nervous, have stomach aches, or avoid activities they usually enjoy.

How to help:

- Encourage slow, deep breathing (“smell the flower, blow the candle”).
- Keep routines steady and predictable.
- Let children know it’s okay to talk about their worries.

Professional support:

- CAMHS (Child & Adolescent Mental Health Services)
- Young Minds Parents Helpline



Internet Safety

This free online safety guide focuses on social pressures linked to social media influencers. It looks at how to tackle a range of potential risks such as body image, bad habits and unrealistic role models.



Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.

BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like their own life isn't very fulfilling.

ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.

THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.

AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



Safety Tips For Parents

FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.

TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.

DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.

ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Dates for your diary

Summer Term 2026

Year 3 Egyptian Workshop	27.4.26
Fund 'Raisin' (Friends Event)	Month of May
Bank Holiday	4.5.26
Year 1 Exotic Zoo Workshop	11.5.26
Year 6 visit Telford Town Park	19.5.26
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
Grandparents Tea Part 2pm -details to follow	15.6.26
Sports Day 9am Yr 5/6 10am EYFS/1/2 11am 3/4	22.6.26
Year 5 visit British Ironworks Centre	24.6.26
Non-uniform for Summer Fair (Friends Event)	26.6.26
Summer Fair (Friends Event)	3.7.26
End of Year Reports	10.7.26
Family Picnic (12-1pm) More information to follow	13.7.26
End of Term (Summer Holidays)	17.7.26



**Respectful
Safe**

BE YOUR BEST