



Dashwood Banbury Academy
an Aspirations Academy

Dashwood News: 5th May 2023



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A note from the Principal...

What a wonderful start to term 5 we have had! At last, we are able to open the field for the pupils to play on. It has been great to see them using the climbing frame and trim trail as well as taking part in many different sports.

At Dashwood we want to develop their character; we teach them to be kind, helpful and think of others by showing empathy. In our assemblies this term, we have looked at what it means to be brave and discussed the character trait of resilience. We know that things can sometimes be tough whether it be trying a new sport for the first time; doing a presentation or tackling a tricky science problem. Whatever challenges we face, it is important to have resilience, the capacity to withstand or recover quickly from any difficulties. Being resilient is a life skill and one that we must instill in our pupils to ensure they are well prepared for any problems they are faced with both inside and outside of school.

I also have some staffing updates that I would like to share with you. I am delighted to inform you that Miss Gooch is now the substantive Vice Principal at Dashwood. I know she is a very familiar, friendly face around the school; she plays a vital role on the Senior Leadership to drive school improvement and I know she strives to ensure Dashwood is the best place it can be for the pupils that attend.



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I have however, got some sad news to share. Mrs Chew will be leaving at the end of the academic year. She has been at Dashwood for 13 years and I know we will miss her dearly. She has played an instrumental role with our pupils with special education needs and has worked tirelessly to ensure the pupils and their families are well supported. Mrs Chew joined the Senior Leadership team this year and I have really appreciated her support. I know you will join me in thanking her for all her hard work and wish her the best of luck with her new exciting future adventures.

I am really pleased to announce that Laura Clayton, our nursery teacher, has had a baby boy. Both are doing fine and settling into family life.

Mrs Rogers will be saying her goodbyes on Thursday 25th May. She will be on the gate with me at the end of the day so you can see her and Arabella.

Enjoy your coronation celebrations and most importantly, some family time together. If you would like to share some of your community celebrations with us, we can put them in the school newspaper for everyone to see.

Mrs Gordon-Weeks



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A note from the Vice Principal...

I am delighted to have been appointed as Vice Principal at Dashwood! Having worked at the school for the past 13 years, I have had the pleasure of getting to know so many pupils and their families really well. I have always felt really proud to work at Dashwood; the strong sense of community amongst our pupils, staff and families, makes our school a very special place. We are so fortunate to have such a diverse community where we learn from each other and celebrate our differences as well as our similarities.

I am passionate about supporting our pupils to become leaders and responsible citizens of our school community and in the world beyond. I believe that by providing pupils with opportunities to take responsibility and lead, they learn so many essential skills to support them throughout their lives. The success of our pupil leadership programmes - Anti-bullying Ambassadors, Eco-Warriors, Head Pupils, Sports Leaders, the Aspiration Council and Junior Leaders have really shown just how outstanding our pupils are at leading and being change-makers in many different areas of school-life. I am very much looking forward to continuing to build on the great work that we have all achieved together so far.



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Zones of Regulation

This term we have also relaunched the Zones of Regulation. All pupils have taken part in lessons where they have discussed each of the zones, red, blue, green and yellow. They have thought about the different feelings that are linked with the colour zone and what strategies they could use to help them get back into the green zone. We have reminded the pupils that they will be in all of these zones at some point and that is fine, however we teach them that it is never okay to be mean or hurt someone as a result of them feeling angry or sad. I am delighted to share some of the work the pupils have produced this term as a reminder of the four zones and their meaning.



Figure 2: Wall Posters of the Zones

Here is the link to our parent information guide about the theory behind the Zones of Regulation. It also gives some tips for support at home.

<https://dashwoodacademies.aspirationsacademies.org/wp-content/uploads/sites/8/2023/05/Parents-Information-Guide-to-The-Zones-of-Regulation.pdf>



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We start talking about our emotions with our very youngest pupils. In nursery they have an area where they can make the different emotions with different materials.



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Year 4 pupils made their own books and help sheets to given them strategies to support them when they are in the different zones.



YELLOW



Silly

Take some deep breaths and come down.



Yellow



Wiggly



Amused

So when you are in the yellow zone you should go to the thing zone and come down.



Loving



Confused



Silly

When you are Silly stop and drink some water and sit down.



haha



Surprised

People are and where you are silly



Strategy one is go to an area where there's no one.



Take some deep breaths.



If I'm in the red zone, other people might feel...

Scared
Upset
Worried
Anxious
Concerned

To get out of the Red zone, I could...

- Take some deep breaths.
- Go stop what you are doing.
- Go out for a walk.
- Take a break.
- Have a snack.
- Do some colouring.
- Talk to a friend.



If I'm in the Yellow Zone, other people might feel

Cross
Silly
Annoyed
Distracted
Bored

To get out of the yellow zone, I could...

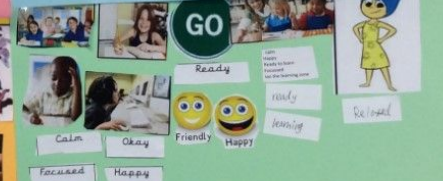
- Hug your family.
- Go to the thinking zone.
- Go for a walk.
- Take some deep breaths.
- Have a snack.
- Read a book.
- Go to sleep.
- Self talk - I can do this.
- Talk to your friend.
- Colour.
- Yoga and stretch.
- Listen to music.
- Have a break.

If I'm in the blue zone, other people would feel...

Worried
Concerned
Sorrow
Distracted
Confused
Want to help

To get out of the blue zone, I could...

- hang out with friends.
- do yoga.
- ask you trusted adults to hug you.
- Take deep breaths.
- go out for a walk.
- get a snack.



If I'm in the green zone, other people might feel...

Calm
Relaxed
Focused
Ready to learn
Happy
Engaged
Confident
Friendly
In the learning zone.

Stay in the green zone!



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Green Zone

tips

If you
feel happy
try dancing!

If you
feel calm
try do some
coloring!

If you
feel relaxed
try doing
some
cragging!

Yellow zone

tips

You're worried,
don't worry,
talk to your
give trusted
people they
can help!

Feeling silly?
try stopping
yourself and
take some
breaths!

You're
feeling wiggly,
find a comfort
space and
relax!

Blue Zone

tips

If you're
bored maybe
try doing
something
creative!

It's okay
to feel sad,
find someone
you love/trust
talk to
them!

If you
feel tired,
go to bed
and have
some rest!

Red Zone

tips

Find a
safe place
and take
deep breaths

Release
your anger
on a gidget
toy!

Rethink
of what you
are doing
and is it's
okay.



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yellow/silly

- silly
- energetic



you could
go for a run



is you need to
get yourself in the
green zone you should
go to the thinking-
zone.

Focus on your learning

angry/Red

- Feeling frustrated
- annoyed



Focus on
yourself



Stop distracting
others and go to
the thinking zone.



Green/happy



- ready to learn
- happy



Ignore people who
are distracting you



blue/sad

- feeling tired
- feeling sad
- Feeling Sick



go for



try to
the the
is make
Sad.



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The Coronation

We have had a wonderful week celebrating King Charles III coronation. All pupils have taken part in a range of activities including:

- A whole school art display
- Learning about the history of the coronation
- Making crowns and bunting

Remember, if you do volunteer this weekend or are involved in any activities in the local community, please send your photos and what you have been doing to the office email address:

office@dashwood-aspirations.org

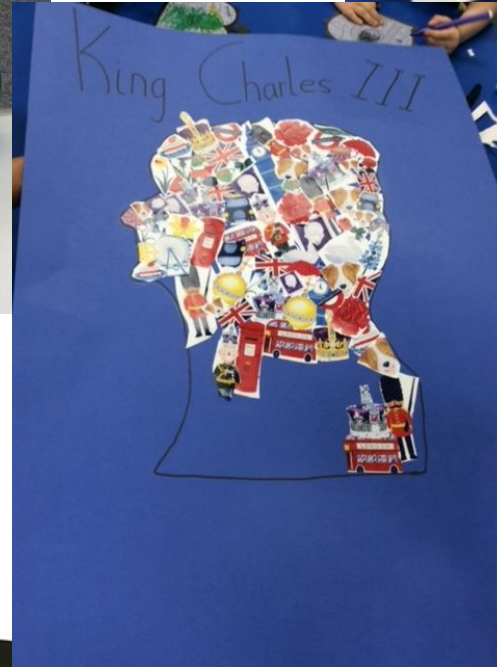


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We have also been...



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Any Royalty in the house?



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Karen, our chef, made a fantastic Coronation buffet - thank you to Karen and her team! There were some brilliant Coronation packed lunches too!

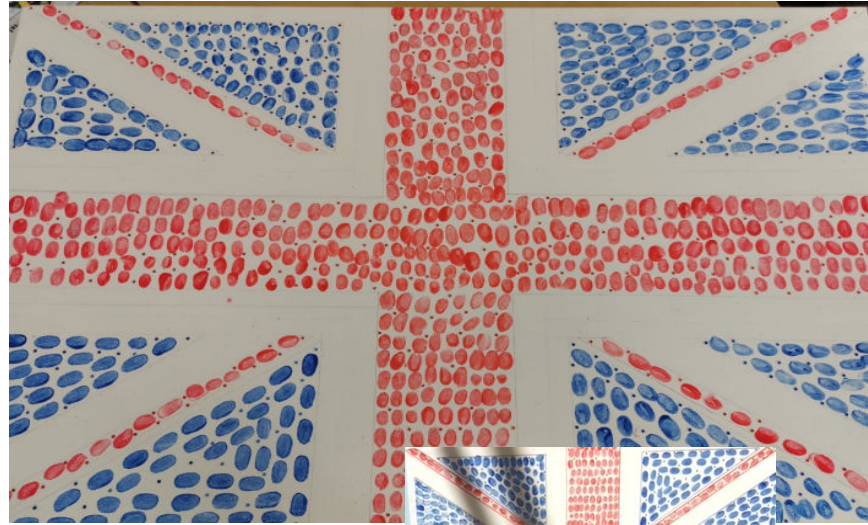


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Whole School Art



Every member of our school added their finger print to our Union Jack. It looks brilliant hanging in the corridor and reminds us of the importance of our British Values.



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Look at our Food Bank...

A huge thank you to our Dashwood Community for supporting our Food Bank. It is well stocked now so please come and see us at any time.



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And the lucky winners of the hampers were...



Alfie in Year 5 won the third hamper!

We hope you and your families enjoy the goodies in these.



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King Charles III Coronation

Reminder: King Charles has marked Monday 8th May as the 'Festival of Volunteering.' To help our pupils understand the meaning and importance of volunteering, we are going to hold an event at school to recognise 'THE BIG HELP OUT.'

On Monday 22nd May from 3.45-5.30pm we are going to plant bulbs/plants in our new planters that are in the playground and in the library bus reading area. **Plants purchased by the PTFA - thank you!**

If you would like to join us then please sign up at the office so we know how many people will be joining us.

Tea, biscuits and squash will be provided.



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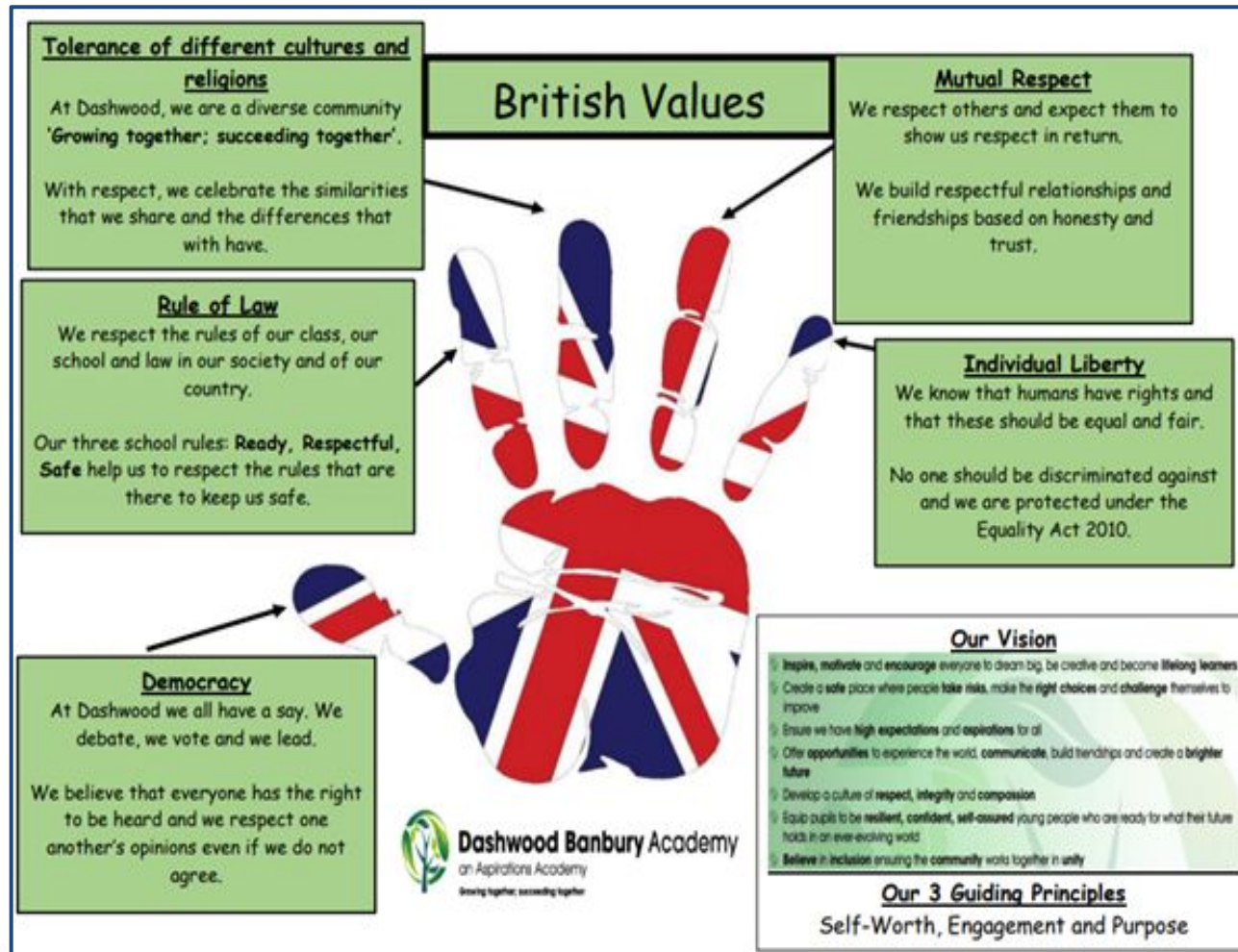
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British Values at Dashwood

At Dashwood, we often discuss the importance of the British Values and how they link to our school rules of Ready, Respectful and Safe, as well as our vision and values - ***The 3 Guiding Principles***.

One of the reasons that British values are so important is that they help to prepare our young people for life in modern Britain as they grow older and leave school. It is all about teaching children how to continue be good citizens as they go into adult life and how to keep themselves safe and aware of the world around them with a growing sense of fairness, equality and respect for others' differences.



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EYFS - Nursery

Cherry class have been busy little bees and are enjoying their topic on minibeasts. They did some potato printing to create some lovely insect pictures and also helped to plant some seeds to attract more bugs to their garden.

Plum class have been helping some of the new children to settle into class and showing them all the exciting resources on offer. Those pupils who are moving to Reception in September have been practising their maths and mark-making skills to support their transition to be school ready by the summer.



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EYFS - Reception

Pupils enjoyed their pirate-themed day where they learnt how to become real swashbuckling pirates! They compared their lifestyle in Banbury to that of a life on the sea. Alongside this, they have discussed whether pirates make good choices and are good role models. The children have been studying and drawing maps, then practising to follow instructions. In art, pupils have been studying different artists and art techniques, using these skills to recreate some famous works of art. Earlier in the term children also shared their experiences of Eid with peers, generating a wonderful discussion of how we are all different.



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Year 1

Year 1 have had an amazing start to Term 5! We have been investigating shadows in Science and using torches to make shadows with different objects. We have had to think about how the shadow changes depending on how close or far away we hold the torch.

In literacy, we have loved learning the story of Little Red Riding Hood. Through our story we have had a chance to get creative, making baskets and decorating cakes to take to Grandma's house.



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Year 2

Year 2 have been thoroughly engaged with our puppets topic this term. So far, they have had the opportunity to make shadow puppets, learn about the history of puppet making as well as watching clips of various puppet shows over the years. They are now very excited to create their designs for their very one hand/ glove puppets. Currently, they have cut out their templates and we are starting to stitch them together this week. We can't wait to share them with you once they are finished!

In maths, we have been using our reasoning skills to help explain that a fraction is part of a whole. This has then helped us to understand the difference between unit and non - unit fractions.

In Literacy, we have been learning a warning story called the magic brush. We have used freeze frames to think about how a character feels in the story and used it to inspire our own story writing.



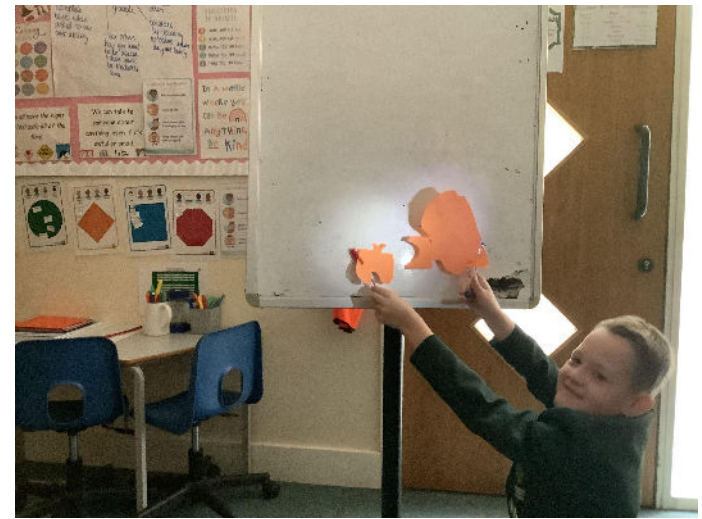
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Year 3

Year 3 have been learning all about light and shadow in science. They have found out how shadows are made and investigated how to change the size of shadows by moving objects closer and further from the light source. They enjoyed making shadow puppets and putting on puppet shows for their peers.

In literacy, we have been creating our own warning stories. We have used story mountains to plan paragraphs and structure our stories and then have enjoyed creating our own about canals.



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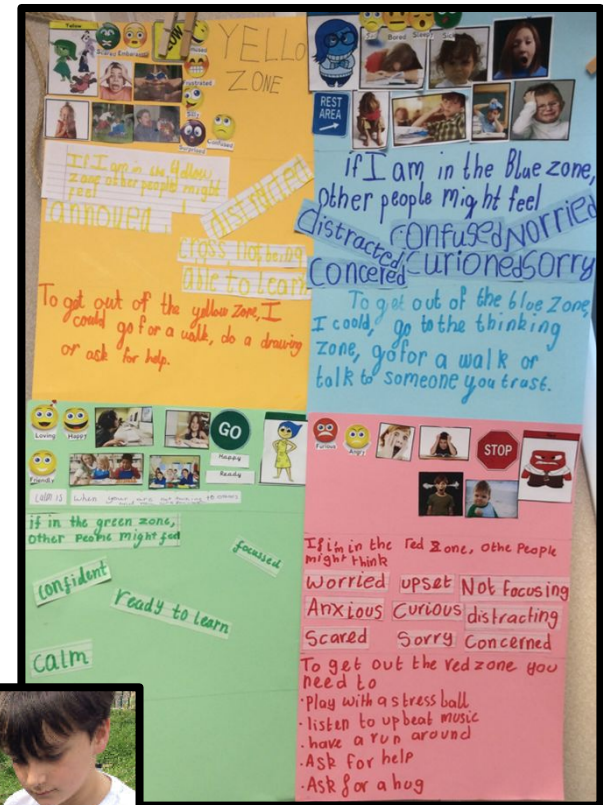
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Year 4

Year 4 have been busy practising our friendship themed songs for our upcoming musical extravaganza. Some of the lyrics have been tricky but the children are working hard to refine their performance.

The children have revisited our Zones of Regulation recently. After recapping the emotions linked to the different zones, we discussed how our behaviours can impact other people as well as ways to regulate our emotions. Getting ourselves back into the Green zone is vitally important for effective learning to take place.

Year 4 have been delighted to start Forest School again this term. The children have had lots of fun exploring the area, building dens and searching for wildlife.



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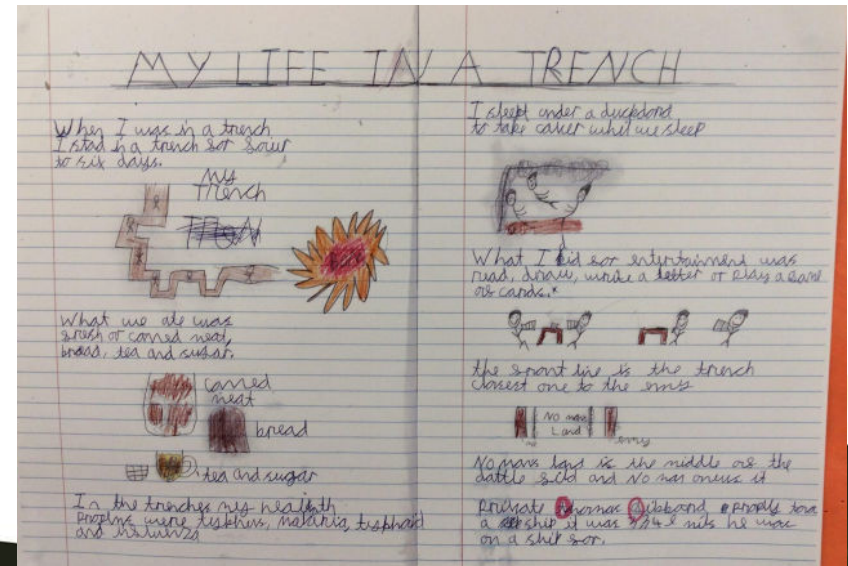
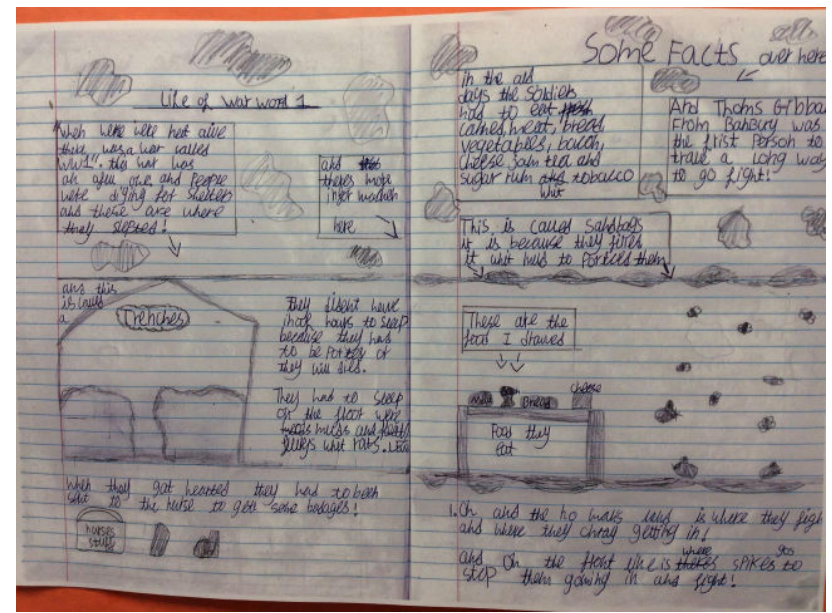
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Year 5

Year 5 are in rehearsals for our Musical Extravaganza on the 24th and 24th May. Year 5 pupils are very excited to be singing for their parents again!

They have been really interested in our WW1 topic and have explored what life was like for our Banbury soldiers in the trenches.

They have also looked at the role of women, especially the munitions factory here in Banbury and what life was like for children during the war.



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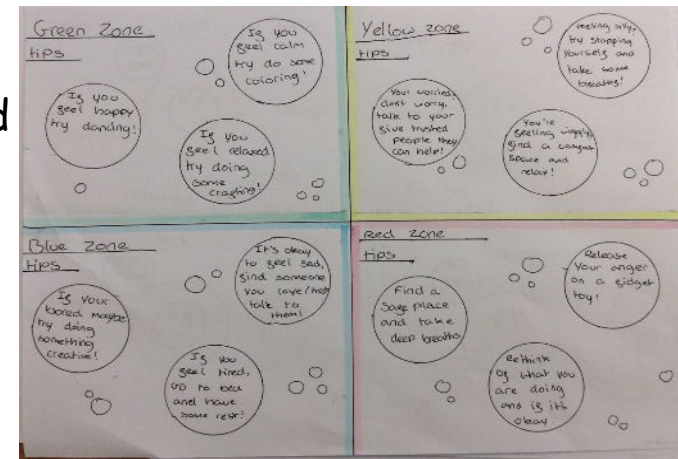
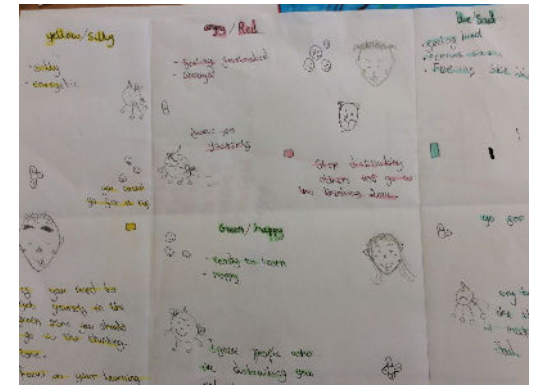
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Year 6

Whilst Year 6 have mainly been focusing on their revision for their SATs but we have also filled the day with exciting activities too. We started the term looking at the Zones of Regulation too - allowing Year 6 to reflect on their learning in the classroom. We discussed top tips for them to try if ever they felt they were unfocused.

Year 6 have loved going to the new library in The Grove and using these slots to choose a new book every week that they have as their 'reading for pleasure' book. These books stay in their classrooms with them and children have the opportunity to read them during guided reading time.

They have also enjoyed our PE sessions this term where we have been focusing on athletics, in order to prepare for sports day next term!



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Good Luck Year 6!



Next week (9th -12th May) Year 6 will sit their end of Key Stage 2 assessments (SATs). We want to wish all of the Year 6s the best of luck as they sit these assessments next week!

They have all been working so hard to revise and to ensure they are in the best position they can be whilst they take the tests next week! Good luck and well done to all of the Year 6s. We know they will do amazingly!

Reminder - children in Year 6 are welcome to attend breakfast club in their classrooms, from 8.15am, free of charge.



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Travelling book fair

It was so great to see so many Dashwood families access the travelling book fair, in turn raising money for our new library area! Well done to the competition winners who won themselves a £5 voucher to spend at the book fair too!



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Sporting updates

Year 2 had a great time at the multi-skills event at Wykham Park Academy. They whole of Year 2 attended and had a great time!

The intent of the event was to provide an opportunity for children to experience a NOSP (North Oxforshire School Partnership) event as well as developing their **agility, balance and coordination skills**.

Both Year 5 and 6 Dashwood football teams completed their final match in the group stage. The girls played a fantastic match and won their last match 9 - 1 (against The Grange team, away). The boys fought hard and ended up with a loss of 3 - 1, in tough weather conditions (against The Grange team, away). We are eagerly awaiting results to see if the teams have made it through to the semi - finals, which will take place in term 6!



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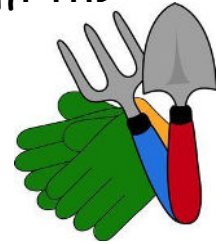
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PTFA Updates



From the events that we have had so far, we have purchased some musical instruments. We are planning to use future funds for:

- Gardening equipment including bulbs, compost for the planters in the playground
- A theatre experience for all pupils in the Autumn term
- A parking sign to go on the main gate.



All proceeds go directly back into the school. I will keep you update with what we purchase so you know what the money is being used for.

If you would like to join the PTFA, please come and see us. You do not have to commit to every event; any help would be appreciated!



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Uniform:

It is really important that all pupils have the correct uniform as stated in our policy. **All pupils from Year 1 should be wearing a tie with a shirt not a polo shirt.**

Please ensure that they are labelled -
Sharpies/permanent markers are the best!

Can I just take this opportunity to remind you that **trainers (even black ones) are not to be worn** as part of our school uniform.

We do not want our expectations of uniform to slip. When the correct uniform is worn, the pupils look extremely smart. We regularly get comments from the public about how smart they look when we are out and about. We had a very successful discussion about how we can support with uniform and the rising costs. Please see the next page for an overview of what we discussed in the Dashwood Action Committee.

Ties are available to buy from the school office. Please come in and purchase one if needed.



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P.E Uniform

It is really important that all pupils also have the correct P.E kit in school too. As you can see from the pictures they are wearing:

- Black shorts/joggers
- White polo shirt or round neck
- Black plimsolls or trainers
- Black jumper

These can be purchased cheaply in Tesco's, Sainsbury's and other stores and do not need to have a logo.

If you need any support with uniform, please do not hesitate to contact us.



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Dashwood's Food Bank

Come and visit the food bank. We have a variety of essential items to add to your cupboards.

We have cereal, tinned foods, pasta, coffee/tea, rice, biscuits, toiletries, cleaning products and much much more. Come and have a look!

If you would like to donate to our food bank, please add to the box in the office. Items we would like are: UHT milk, soup and pasta sauces.

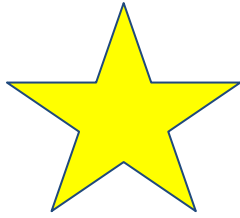
Thank you for all the items that you have donated today- you are all amazing!



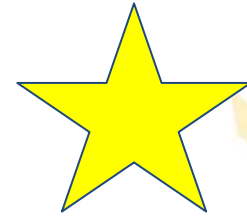
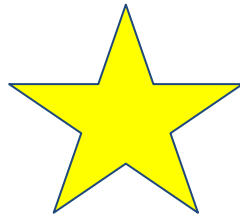
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Get out and about:
things to do!

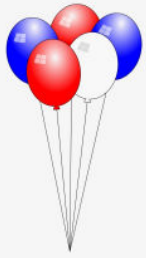


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Coronation Celebrations in Spice



Ball Park: Sunday 7th May

Why not join the fun at Spice Ball Park on Sunday 7th May (1pm-10.15pm) for an afternoon of live music, food and drink? This will be followed in the evening with the lighting of the town beacon and fireworks finale. Fairground and children's activities will be available all afternoon.

<https://www.experiencebanbury.co.uk/event/coronation-celebrations/>



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Download the Go Jauntly app for health walks around Banbury!



<https://www.cherwell.gov.uk/info/3/leisure-and-wellbeing/246/countryside-walks-and-health-routes>



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Walking in North Oxfordshire

Try the free, easy to use Go Jauntly app to help you get out and about every day in your local area.
cherwell.gov.uk/north-oxfordshire-walks

FREE

Find walks based on where you live.
Simple photo guides help you navigate while nifty tips point out things of interest along the way.

Or find and download beautiful countryside walks and local health routes also at cherwell.gov.uk/north-oxfordshire-walks

Walks for all

Contact the Wellbeing team for more information 01295 221980

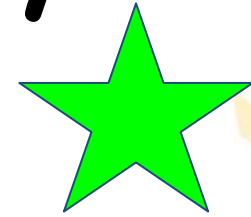
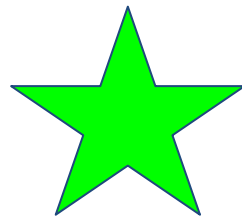
Cherwell
DISTRICT COUNCIL
NORTH OXFORDSHIRE

A smartphone displaying the Go Jauntly app interface. The screen shows a list of walks: "Banbury Fringe Walk Challenge" (5h 30m / 18.1 km, 3 stars), "Banbury Fringe - Section 1 of 4" (2h 45m / 4.4 km, 3 stars), "Exploring Banbury's Sniceball Park" (1.9 km, 4 stars), and "Grimsbury Health Walk". The app has a "Filter" button and a "Map View" option. Below the phone are the "Download on the App Store" and "GET IT ON Google Play" logos. To the right of the phone is a butterfly illustration. Below the phone is a QR code. To the right of the phone is a circular inset showing a purple flower with a bee. Below the phone is a circular inset showing a book cover titled "Work".

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Up and coming events
and dates for your
diary



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Year 4 and 5 Musical Extravaganza Performance

Wednesday 24th May at 2.30pm -Performance to Year 4
parents

Thursday 25th May at 2.30pm - Performance to Year 5
parents

Children will need to wear a colourful t-shirt and black
trousers. The theme of the show is Friendship.



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Dashwood's Got Talent

Let's see who has talent at Dashwood
- *KS1 and KS2 only!*



Do you think you have got what it takes to reach the grand final?
Can you sing, dance, tell jokes or even do some magic?



Sign up slips have come round to classes, Years 1 - 6, and need to be returned to the office by Friday 12th May! Auditions will be the week after and pupils will be told their time slot once sign up has closed.



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Dates for Term 5

Here is the link to Term 5's list of events:

<https://dashwood.academies.aspirationsacademies.org/wp-content/uploads/sites/8/2023/04/Term-5-dates.docx.pdf>



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Term 5 Monday 17 April – Friday 26 May 2023

NB Nursery pupils will start later and be given their dates directly

Monday 1 May 2023: May Day Bank Holiday (School closed)

Monday 8th May 2023: Extra Bank Holiday for the Coronation of Charles III

Term 6 Monday 5th June to Friday 21 July 2023

School will close at 1.45pm on Friday 21st July 2023.

INSET DAY: Friday 23rd June 2023- (no children in school)

There will be no after school club Friday 21st July.

2023 - 2024 Term dates:

Term 1 Tuesday 5th September to Friday 20th October 2023

NB Nursery pupils will start later and be given their dates directly. Reception will also be given their start date separately as we undertake home visits in September.

Next academic terms INSET days: 1st and 4th September, Friday 24th November, 8th January and 28th June 2024

Term 2 Monday 30th October 2023 to Wednesday 20th December 2023

Inset day on Friday 24th November



Dashwood Banbury Academy
an Aspirations Academy



Aspirations Academies Trust
in association with Quaglia Institute