OPAL Newsletter

Autumn 1

OPAL stands for:

Outdoor Play and

Learning.

"To ensure that every schoolchild has **an amazing playtime every day** with no exceptions" (OPAL)

Dear Parents and Carers,

We are delighted to announce that Fossdene has been awarded OPAL Platinum Status! This prestigious recognition reflects the incredible transformation of our playground, which is now a vibrant and engaging space for all children. It also celebrates the excellent systems we have in place for managing risk and the way our dedicated staff have fully embedded outstanding playwork practices.

We would not have been able to achieve this without the amazing support of our staff, parents, carers and local businesses. Your contributions, encouragement and partnership have played a vital role in helping us reach this milestone.

This achievement is a true community success and we couldn't be prouder!

Travis Perkins

Your local Timber & Builders Merchant

OPAL Award Celebration

We are proud to share that Fossdene Primary School is officially in the top 1% of schools in the UK for play!

To celebrate this amazing achievement, we warmly invite you to join us on:

Tuesday 18th November 2025
2:00 pm - 3:30 pm

We'd love to see you there!

OPAL ACHIEVEMENTS IN 2024-25

- Reduced behaviour incidents
- Reduced medical incidents
- Skates and Heelies
- Performance area with music
- Large loose parts for building
- Water wall
- Music wall
- Lawn
- Zen garden
- Board game area
- Large garden sofa
- Prams and suitcases
- Circus skills equipment
- Enhanced mud kitchen
- New bikes and scooters
- Home corner area
- Active zone
- Mindfulness art area

OPAL Play Update: Rough and tumble play - learning about my body and limits

This is a much misunderstood but very important and well-researched type of play. Through rough and tumble play, children gain valuable experiences of close encounters, social bonding, physical activity and fun, while also learning more about themselves in relation to others.

Some of the skills and dispositions developed include:

- Emotional and social skills
- Judgement and respect for others
- Foundations for physical, personal and interpersonal relationships
- Empathy, self-regulation and control

Far from being 'just play,' these experiences help children build the confidence and skills they need for healthy development.

Safety First: To make sure this play remains safe and positive, our school has agreed on some simple guidelines:

- **Time and Place** - Rough and tumble play is only allowed at agreed times and in specific areas which have safety mats.
- **School Code** - Pupils have helped to create a shared code of conduct, ensuring everyone understands what is acceptable and what is not.
- **Consent** - Children must signal clearly whether they want to join in or not. Respecting each other's choices is an important part of keeping play safe and fun.

By following these rules, we make sure that rough and tumble play is enjoyable, respectful and safe for everyone.

Next week - we will be reviewing the traversing wall. We'd love to hear your thoughts! If you would like to share your views or feedback, please email us at:

admin@fossdene.greenwich.sch.uk

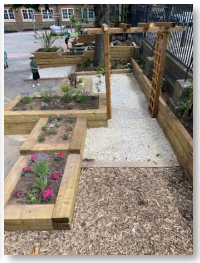
Your opinions are valued and appreciated. Thank you for being part of the conversation.

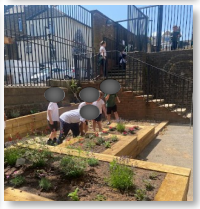
FUNDAMENTA GROUNDWORKS

A big thank you! - We would also like to thank 'Fundamenta Groundworks' for supplying purple long pipes. The children really enjoy using them and it has inspired their creative constructions!

A huge thank you goes out to everyone who has donated toys, prams, dressing up clothes, plants and other resources. Your generosity makes such a difference.

We especially want to extend our thanks to the staff and children for making our playground a place where every day is an adventure. Whether climbing, sliding or imagining. Our playground is where we all come together to have





How you can help...

As we continue to make our playtimes more exciting, no matter what the weather, we will need some equipment to help us to do this.

Donations of any of the following would be greatly received:

Pans / bowls / spoons / plates (plastic or metal) / chairs /prams / skates / skateboards / suitcases on wheels / dolls / teddies / board games / books / toys / dressing up clothes /planks of wood / tyres / fabrics / old carpet / laminate flooring / brooms / scooter boards / water toys / instruments / pipes / cable drums / Lego and construction toys / wellington boots / waterproof trousers / raincoats / socks

Remember, what one person considers worthless or unwanted, another may find valuable or desirable...

Fundraising...

We need your help!

Sadly, our outdoor speaker is no longer working. The children really miss dancing and performing to a wide variety of music, including music from different cultures. We would really appreciate any donations or fundraising efforts to help us replace it.

In addition, we are hoping to enhance our Zen Garden with an outside music system, bringing the soothing sounds of nature to create a calming sensory experience for the children.

Every contribution helps us bring more music, joy and sensory exploration to our outdoor spaces!