



Torridon
Primary School

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25th September 2020

Dear parents and carers,

Re: Newsletter

I am sure you will have heard the announcement this week regarding tighter restrictions due to rising coronavirus cases across the country. It is absolutely essential that we continue to keep ourselves and each other safe by following the rules at school, at home and in the local community:

Safety at home



- **Handwashing.** Children are washing their hands regularly and for at least 20 seconds throughout the day whilst they are at school. Please reinforce this when at home.
- **Self-Isolation.** If you have been advised to self-isolate because a member of your household has symptoms of coronavirus, this means you **MUST NOT** leave your home to go to work, to get food or medicine or to exercise. You also **MUST NOT** have visitors (including friends and family) except for people providing essential care. Please contact us to let us know if you are self-isolating. If you find yourself having to self-isolate and feel that you need some support from us at school, please do not hesitate to get in touch.

Safety at school



The beginning and end of the day are the busiest time for children and adults congregating in one place and maintaining safe distances can be a challenge. Here are some ways you can help to keep everybody safe:

- **Stick to your allocated time.** If you arrive early, you may be asked to move away from the gate and come back at the correct time.
- **Have your children ready.** Don't wait until you arrive at the gate to put coats on, take gloves off, pack bags etc. Try and do all this before you arrive at the gate to prevent overcrowding.
- **Keep your distance.** Please maintain a 2 metre distance between you and the family in front if you are waiting. If you are unable to stay 2 metres away, please wear a face covering.



Safety in the local community

- **Face coverings.** Please remember to wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet (i.e. on public transport, in taxis, in shops and supermarkets).
- **Seeing friends and family.** When seeing friends and family you do not live with, you should meet in groups of 6 or less and follow social distancing rules when you meet up (indoors and outdoors). Please consider restricting play dates to children in the same bubble at school.

What to do if your child is unwell (guidance from NHS UK)

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

But there are [government guidelines](#) for schools and nurseries that say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that they won't be in and give them the reason.

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

Coronavirus

A new, continuous cough could be coronavirus (COVID-19).

[Get advice about coronavirus symptoms and what to do](#)

Fever

If your child has a fever, keep them off school until the [fever](#) goes away.

Coronavirus

A high temperature, where your child feels hot to touch on their chest or back could be coronavirus (COVID-19).

[Get advice about coronavirus symptoms and what to do](#)



Contacting Staff Members

We are all missing the face to face contact between staff, parents and carers we were so used to sharing on the playground. If you need to speak to your child's class teacher, please send an email via the admin inbox. Messages will be passed on the same day and staff will get back to you as soon as they are able. Teachers are very happy to speak to you over the phone or can make an appointment to meet with you if you prefer.



Christmas Cards

Friends of Torridon PTA is delighted to be continuing the popular Christmas Card Project this year with Art Projects for Schools (APFS), where your child draws a picture to be turned into a personalised Christmas card, wrapping paper and/or gift card. The children will be completing the artwork in class in early October, and it will be returned directly to you to order online. You will then return the artwork to your child's class teacher and we will send it back to APFS to create the cards. It's a lovely way to celebrate your child's creativity during the holiday season! Look out for more details to come.

Healthy Lunch Boxes

We are pleased that we have been able to resume hot lunches at school this week. Menus are available on the school website:

<https://www.torridonprimary.lewisham.sch.uk/wp-content/uploads/2020/09/Menu-Back-to-school-September-2020.pdf>

If your child is bringing a packed lunch to school, please support them to make healthy choices. Lunchboxes should not contain sweets or fizzy drinks.

We have several children and adults with severe food allergies. In order to ensure their safety in school, please DO NOT include anything that contains nuts of any description in your child's packed lunch.

You can find some inspiration for healthy lunch box ideas here:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



Support For Children With Autism

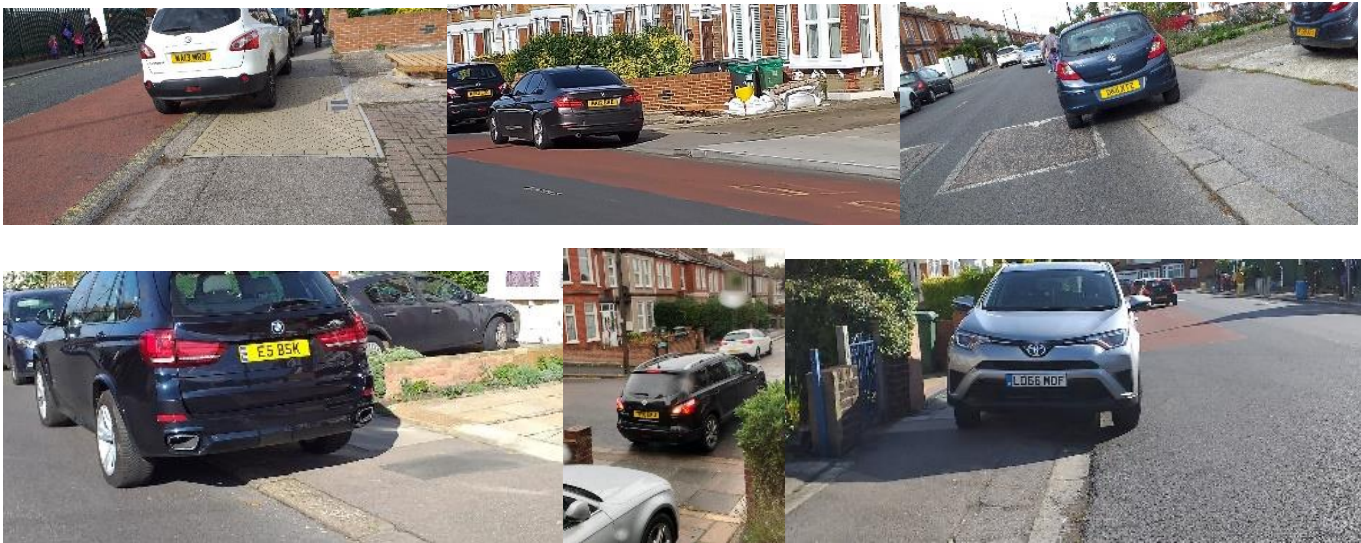
Drumbeat School are running a range of webinars for parents this term, to provide support for a range of difficulties, including school-based anxiety, and supporting children with autistic spectrum conditions. Webinars will take place during the day and but also in the evenings, to accommodate working parents. Please see the Drumbeat website for further details www.drumbeatasd.org

PE days

Just to remind you that children should wear their PE kit to school on the days they have PE or dance lessons. Please remember children should wear **BLACK** shorts or jogging bottoms and a **WHITE** T shirt.

Year Group	PE/Dance lessons will take place on:
Year 1	Wednesday and Thursday
Year 2	Monday and Wednesday
Year 3	Tuesday and Thursday
Year 4	Thursday and Friday
Year 5	Tuesday and Friday
Year 6	Wednesday and Thursday
Resource Base	Wednesday

Parking



I am extremely concerned about the number of parents and carers who, despite repeated requests and reminders, continue to park inconsiderately across residents' driveways, causing upset to our neighbours and making the roads surrounding the school incredibly dangerous for our children. You may only be stopping to drop off your children but you still need to park legally, safely and with consideration for others.

Thank you for your ongoing support

Kind Regards

A. George

Manda George
Headteacher

PLEASE WALK TO SCHOOL IF YOU CAN.

Did you know that if you are caught with your car idling you will get an £80.00 fine?

Even if you're waiting a while
Turn off your engine with a SMILE

School anti-idling banner competition 2019 winner:
Mehri Kabilova, Haseltine Primary School

Switch OFF when you're stationary

- half of London's toxic air comes from cars
- cars release harmful chemicals while idling
- toxic air can damage people's lungs and worsen asthma, heart disease and lung cancer
- young children are more vulnerable.

www.lewisham.gov.uk/airquality

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