

29th January 2021

Dear parents and carers,

Together we have made it to the end of our first month of remote learning. Well done and thank you for all your hard work when supporting your children's learning at home. The announcement this week was that schools will not be opening more widely after the half term break and for many of you this means that remote learning is going to continue for a little while longer. In light of this, we will be looking at ways in which we can develop and shape the remote offer in order to support you with keeping children engaged and motivated.

One of the challenges at the moment is the amount of screen time (for children and adults) and we are planning to introduce some screen free times during the week when children can undertake more practical and physical activities. Please remember that talking about nature and the seasons during a walk in the park, cooking together, gardening and playing are all wonderfully rich learning experiences which will provide breaks from the screen for your children and you.

We are keen to hear your thoughts about the things that are going well and any suggestions about possible changes to the remote education offer. Next week we will be inviting you to take part in a short survey so we can hear your views.

We will also be inviting you to have a 'virtual cup of tea' with us next week to celebrate and share your home learning successes and to offer support for any of you who may be finding things challenging. I hope you will be able to join us.

Have a lovely weekend!

Kind regards

Manda George

Headteacher



HALF TERM HOLIDAY

The last day for children this half term will be **Thursday 11th February**
Friday 12th February is an INSET Day.
School will recommence on **Monday 22nd February 2021.**



Next week we will be shining a light on children's mental health and exploring ways to share feelings, thoughts, or ideas, through creativity. We will be helping children to find ways to show who they are, and how they see the world, that can help them feel good about themselves.

We will be inviting children to take part in a competition by creating a project entitled *'Express Yourself'*. Children can enter under any of the following categories:

Art and Design

Fashion

Music

Photography

Creative writing

Dance

All entries will need to be submitted by **Monday 22nd February 2021**.

You can upload photos, videos or work to art@torridonprimary.lewisham.sch.uk

Winners will be announced after half term.

For more ideas about activities you can be doing at home during mental health week, please visit:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>



Stay in Touch

Please remember to let us know if you or a member of your household receives a positive test result for COVID-19. We have a dedicated phone number for you to call if you need to inform us of a confirmed case within your household– **07376 358065**.

We also have a dedicated email address for any communication related to COVID-19.

You can contact us at the following email address:

covid@torridonprimary.lewisham.sch.uk



Laptops for Learning Bridging the Digital Divide



Thanks to your incredible generosity, we have already raised over £2,300 in order to support us with ensuring equal access to remote learning for all our children.

If you would like to donate, you can do so by clicking the link below.

<https://www.rocketfund.org/laptops-for-learning-bridging-the-digital-divide>

Please feel free to share the link with friends, family members, work colleagues and social media contacts.

Together we can make a real difference to our families in most need.

Thank you for your support.



Virtual Tea Break

We are all feeling the pressures created by the current lockdown measures and in particular the new challenges presented by home learning.

Whilst we are spotlighting children's mental health next week, it is also vitally important that we recognise the impact that the current situation may be having on the mental health and wellbeing of parents and carers.

We would like to invite you to join us for a virtual cup of tea and an opportunity to share and celebrate some of your successes and provide some support and suggestions for any concerns or worries you may be having.

Our Virtual Tea Break will take place at **4:00pm on Friday 5th February 2021**. If you would like to join us, please email us and we will send the MS Teams link.

We hope to see you there.



Wi-fi and Data

In order to ensure that all children can access remote learning, we have obtained some Wi-fi hotspot vouchers from BT. If you do not have access to Wi-fi, please contact us. If you are using your mobile phone data in order for your child to access their learning, we may be able to increase your data for free (depending on your network). Please contact us at admin@torridonprimary.lewisham.sch.uk.

Stars of the Week

Congratulations to these superstars for some amazing learning this week!



Early Years Bubble	Elvis	Year 3 Bubble	T'shae
Nursery	Alfie Elsie	3C	Amira
RF	Isaac	3J	Noble
RL	Evie	3L	Akshana
RS	Olivia	Year 4 Bubble	Michael
Year 1 Bubble	Emmanuel	4AS	Leo
1BZ	Maliyah	4C	D'Angelo
1N	Ava	4V	Maram
1S	Arthur	Year 5 Bubble	Josiah
Year 2 Bubble	Hirav	5A	Bryant
2A	Tyler-Rae	5C	Uzair
2D	Zohal	5W	Abou
2L	Azariah	Year 6 Bubble	Zackariye
Resource Base Bubble	Jahvontai	6B	Sophiyaa
Resource Base	Israel	6C	Thajien
		6N	Talia
		6R	Yuven



Ancient Greeks

The children in year 5 have been writing reports about the Ancient Greeks this week. Take a look at some of their wonderful writing.



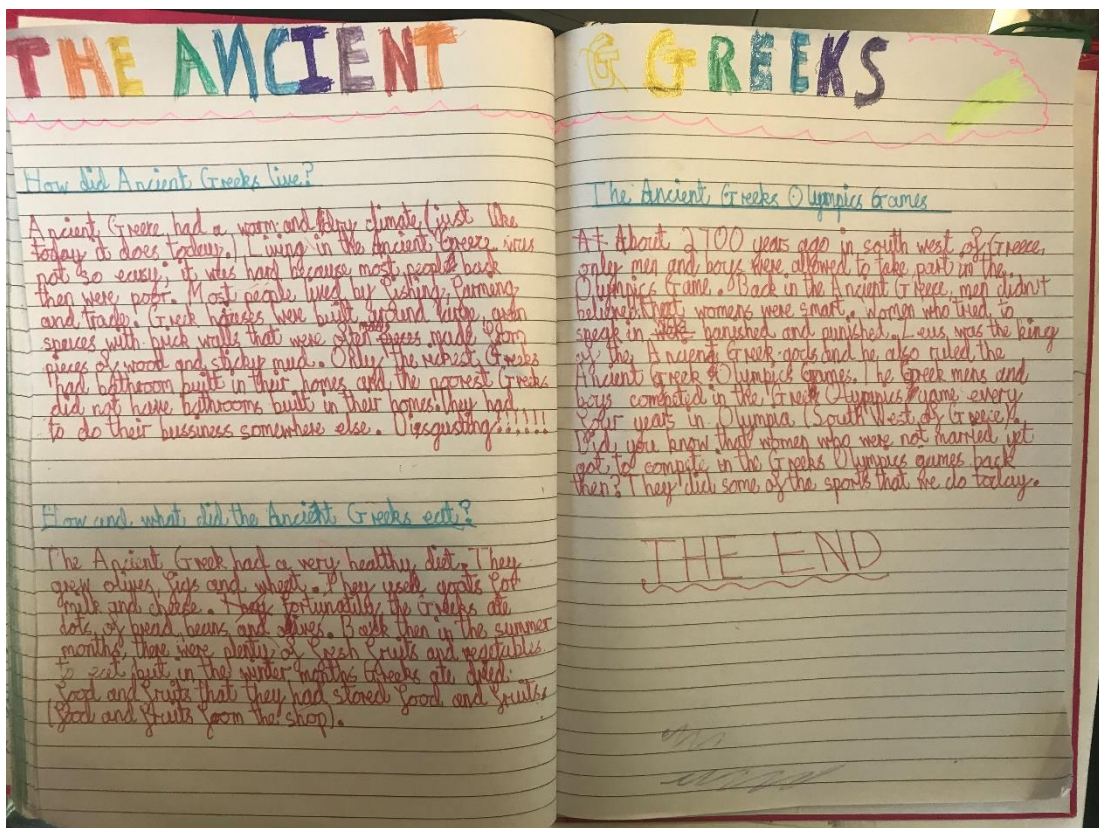
Who were the Ancient Greeks?

The Ancient Greeks were people who lived in Greece from around 3500 BC. Greece had beautiful temples and still does today, with stone columns and statues. Ancient Greek homes were built around a courtyard or garden and didn't have a lot of furniture because most people were poor.

Most Greeks didn't like eating animals because they felt that killing and eating animals was wrong. The Greeks are very influential and develop lots of the idea we have today.

The Greeks were the first to create the Olympic games. During the Olympics only men and unmarried women could attend, if married women tried to sneak in, they would get a punishment. The Greeks were the first to try out democracy and develop new ideas about science, art and philosophy.

Aaliyah



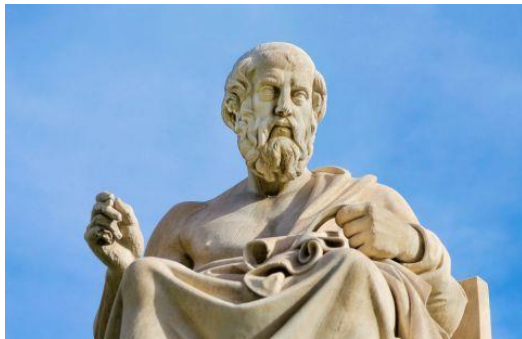
Tabitha

The Olympic Games

The Olympic Games were founded during 8th century B.C, around 776 B.C and was an event to honour Zeus, the king of the gods. The only event was a 200m foot race and the first ever winner was a humble baker named Coroebus. As time went on, the Greeks added more events making it more like the Olympics we know today. The big difference being that the Greeks did it all in the nude!

As you can see, the Ancient Greeks played a big part in modern day life. They brought many interesting changes to our society.

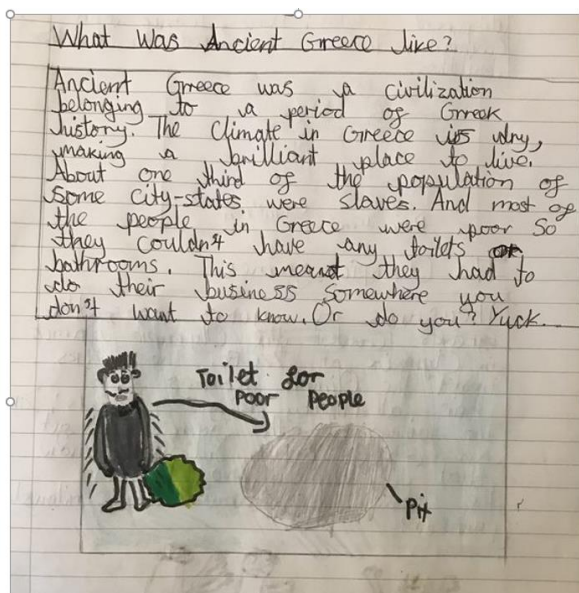
By Zachary



The Ancient Greeks had a warm climate. People mostly lived by farming, fishing and trade. If not any of those, people were slaves due to their poverty. Somewhere wealthy and those were the people that had bathrooms in their houses. Others had to go somewhere else... GROSS! Houses were made with wood and mud bricks. Like bathrooms, only wealthy people had baths at home. Others would have to go somewhere else

to take a bath.

Abinusha



Saishvin





Family Mindfulness Yoga

FREE
Zoom session

Encourage and promote your family's mental health this Children's Mental Health Week with these FREE Zoom sessions. Physical activities will focus on breathing and the use of our five senses.

**FREE bookable Zoom
sessions on**

Monday 1st February
10.30 - 11.30 am

Tuesday 2nd February
10.30 - 11.30 am

Wednesday 3rd February
10.30 - 11.30 am

Thursday 4th February
10.30 - 11.30 am



**The sessions will cover these 5
mindfulness exercises for adults and
children**

- **Finger breathing** - strengthen your superpowers of focus and calm by taking slow deep breaths as you trace the outline of your hand with your pointer finger
- **Basic Yoga Poses** - very simple Yoga stretches for adults and children
- **Listening Games** - encourages good listening and following instructions
- **Visualisation** - helps children to quiet their mind, relax and get to a state of calm
- **Counting Breaths** - watch how our bodies move when you lie flat and breathe

To book your place

email: ladywell.cc@lewishamcfc.org.uk

Text or leave a message:

07377 724243



@lewishamchildrencentres



@lewishamcfc