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1st April 2022

Dear parents and carers,

What a fantastic way to finish this term! Today was our STEM day. STEM stands for Science, Technology, Engineering and Mathematics. The children explored a range of activities which included creating explosions with fizzy drinks and vitamin C, making bubble mixture, testing the strength of bridges and boats, turning liquids into solids and even dissection! We have some fantastic scientists in our classrooms.

It is the 60th anniversary of National Autism Acceptance Week and we have been learning all about autism this week with assemblies and work in classrooms to support children with their understanding of the spectrum and the ways in which we can support each other and celebrate our differences. The National Autistic Society has a fascinating timeline of their history since [NAS History since 1962](#) with lots of facts and figures for you to explore. Their website also has links to a wide range of support materials and advice and access to an online community of families living with autism.

Children spent a large part of the day on Tuesday enjoying the bouncy castles and desperately trying to better each other for the highest number of bounces in our sponsored bounce. Don't forget to add your sponsor money – you can do so here!

[Wonderful fundraising page](#)

[PayPal Giving Fund donation page.](#)

Huge thanks again to our wonderful Friends of Torridon for organising the event and for giving up their time to come and count the bounces! Years 5 and 6 also participated in bouncing skills. You can donate using the links above.

Thank you for attending open evenings this week. We are very proud to show you how hard your children have worked this term and the fantastic progress they are making. I must thank you for all the work you put in with their home learning – it really does make a difference.

Have a lovely Easter break. We are looking forward to seeing you all back on TUESDAY 19th APRIL.

Manda George
Headteacher



Amazing watercolour work by Rutheesh (5W)

STEM DAY ACTIVITIES



RED NOSE DAY UPDATE

The £400 we raised for Red Nose Day has been added to the sales of red noses taking our overall donation to an amazing £940!

Thank you for your generosity.



YEAR 2 PESKY PIRATE POP UP BOATS

This term in Design and Technology lessons the children have been learning how to create pop up cards, relating it to their pesky pirate topic. They had a lot of fun designing and decorating their pirate background and ships that they attached at the end. They worked very hard and took a lot of pride in their work!



What is Autism?

What is autism?

Autism is a lifelong disability which affects how people communicate and interact with the world. There are approximately **100,000** autistic school children in the UK and each of them will have different strengths and passions, and face varying challenges.¹

Top 5 things everyone should know about autism

Autistic people and their families have told the National Autistic Society things they want the public to know about how being autistic affects them. These are that autistic people may:



feel anxiety about changes or unexpected events



be under- or over-sensitive to sound, smell, light, taste and touch (this is called sensory sensitivity)



need extra time to process information, like questions or instructions



face high levels of anxiety in social situations



have difficulties communicating and interacting with others

Any of these five challenges can leave autistic people feeling on the edge of overload, and even lead to a meltdown or a shutdown.



Well-known autistic people



RESPECT

Our core value focus last week was 'RESPECT'. We spent time during assemblies thinking about what it means to be respectful and why it is so important. I challenged the children to write their own acrostic poems and was so impressed with the number of children who completed this additional homework challenge. Here are just some of the excellent results:

Respecting others.

Explore ways to grow and understand.
Supporting each others' beliefs and views.
Please be kind.
Esteem is to describe respect.
Caring for people, creatures and property.
Together we learn more.

Isla (3L)

R is for respect – you should try it!

E is for everyone deserves it.

S is for sprinkle it everywhere.

P is for – come on people! You know it's kind.

E is for everyone – do you know what it means?

C is for course you show respect.

T is for TRY IT! Please.

Zohal (3S)

Respect yourself first

Everything is special
Show others you care
Pick up litter and take care of our world
Each person matters
Care about nature
Together with respect we can make the world a better place.

Nicola (5W)

Reach out for people's self-esteem.

Everyone should try it.

Save people from bullying.

People must listen.

Everyone should be equal.

Come on try it!

Try to make the world a better place.

Gobi (4V)

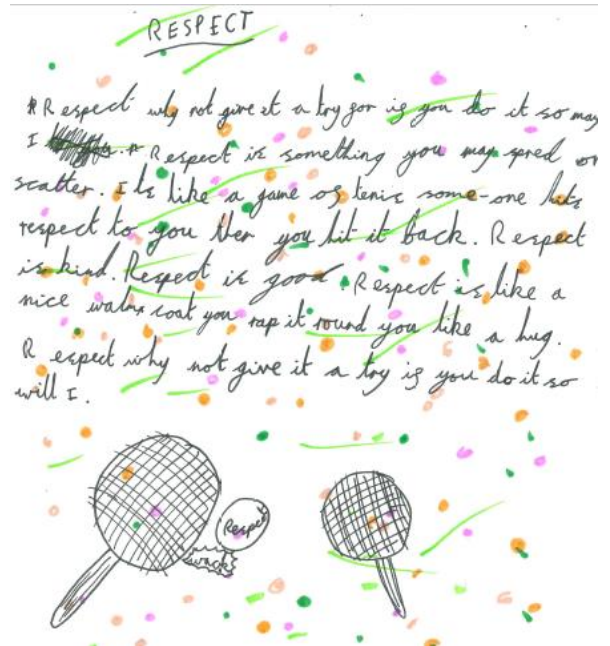


Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationship builds feelings of trust, safety and well-being. Respect doesn't have to come naturally—it is something you learn.

Points of respect

- Listen and be present
- Be thoughtful of others' feelings
- Acknowledge others and say thank you
- Address mistakes with kindness
- Make decisions based on what's right, not who you like
- Respect physical boundaries
- Live and let live

Shahinth (5CY)



Lilah (3L)

COVID UPDATE

There is no longer a legal requirement for people to self-isolate if they test positive for COVID-19. If children are unwell and need to stay at home, we ask that you report their absence in the usual way by telephoning or emailing the admin office.

The dedicated email address and phone line will remain active for any queries or communication related to COVID 19. Please do not hesitate to get in touch if you would like to speak to a member of the team.

07376 358065

covid@torridonprimary.lewisham.sch.uk

BEING A PARENT

Being a Parent- Enjoying Family Life

An exciting opportunity to support & join research on a new parenting group for parents & caregivers who experience longstanding emotional & relationship difficulties and have children aged 2-11 years.

What is Being a Parent-Enjoying Family Life?

Being a Parent-Enjoying Family Life is a new peer-led parenting programme developed by parents, practitioners and researchers from South London and Maudsley's Empowering Parents Empowering Communities (EPEC) Team and King's College London. The group is for parents and caregivers who experience:

- Significant relationship difficulties e.g. feeling isolated, struggle to trust, find relationships hard
- Have longstanding difficulties in managing strong emotions, frequently lose their temper or struggle to switch off, and
- have at least one child aged 2-11 years who's behaviour they are concerned about.

Being a Parent-Enjoying Family Life is peer-led by parents for parents. The group aims to support parents and caregivers to learn positive parenting strategies, strengthen warm family relationships, improve their ability to manage the emotional demands of parenting and build support networks within their local community.

For more information about the groups aims, contact ellie.baker@kcl.ac.uk

You can find out more information by following the links below:

<https://www.youtube.com/watch?v=FYUDDtAFO7o>

<https://www.youtube.com/watch?v=9Zz9VeyYgol>

Spectrum Quiz

 National Autistic Society | World Autism Acceptance Week
28 March - 3 April 2022

Anne Hegerty's Spectrum Quiz

Autistic woman and star of ITV's *The Chase*, Anne Hegerty, has compiled this Spectrum Quiz for some fundraising fun in **World Autism Acceptance Week 28 March - 3 April 2022**. Why not give it a go and raise some cash to help create a society that works for autistic people?

Get your workmates or friends to pay to enter (in teams or individually) and see if any of them are a match for Anne.



 Registered with
FUNDRAISING
REGULATOR

[Spectrum-Quiz_2022.pdf](#)

Dates For Your Diary

Friday 1 st April	Last Day of Spring Term
Monday 4 th April – Monday 18 th April	EASTER HOLIDAY
Monday 4 th April – Thursday 7 th April	Holiday and Food Programme
Monday 11 th to Thursday 14 th April	Year 6 Easter School
Monday 18 th April	Bank Holiday
Tuesday 19 th April	Back to School – First Day of Summer Term
Thursday 21 st April	Resource Base Coffee Morning
Monday 2 nd May	Bank Holiday
Week beginning 9 th May	Year 6 SATS week
Sunday 15 th May	Torridon 10K/ half Marathon for parents, carers and staff
Wednesday 25 th – Friday 27 th May	Year 6 School Journey
Monday 30 th May – Friday 3 rd June	HALF TERM
Friday 24 th June	INSET Day
Week beginning 4 th July	Assessment Week
Friday 22 nd July	Last Day of Term

DADS GROUP



An 8-week online group
by dads for dads



Tuesday 3rd May - 5th July



Use QR code or link to register or email EPECCProject@slam.nhs.uk

Tuesday evenings
7-8.30pm on Zoom

What other dads said...

"When I signed up I expected a tonne of advice and strategies. What I didn't expect was the sense of community I got from a bunch of dads who genuinely seem to understand."

S, dad of two, Lewisham

"I'm amazed with the honesty and openness from the group. Great sessions, useful tips and practical advice to help manage my two young boys. It's a regular feature of my week that I look forward to."

N, dad of two, Lambeth

Good parenting ideas based on science, research & experience



Thank You Michael Church



We received a lovely email this week from Amira and Yasmine's mum who wanted to thank Michael for all his hard work and dedication to our school sports teams.

Please can you pass on our thanks to Mr Church for organising the Torricon football team and taking them to the tournament on Saturday.

It was a brilliant morning and the students and parents had a great time. Mr Church is fantastic with the students. In a short time he has brought them together and instilled great team spirit. His positivity and encouragement gave them all confidence and pride in being a part of the team. It was a joy to see them all working together and supporting each other.

It's wonderful the students have opportunities like this.

Thank you Mr Church and Torricon.

Look out for Michael's sports round up attached to this email!

Holiday Club at Torricon

We still have a few places on the Holiday and Food programme being held at Torricon during the Easter holiday. Please see below for further information.

Please get in touch with a member of the admin team if you would like to find out more.

Lewisham Easter holiday programme of food and fun 2022

How to register

This spring, with funding from the Department of Education, Lewisham Council is providing a varied holiday programme, with free activities and lunches for school-aged children and young people (aged 5–16 years – up to 19 years for young people with SEND) eligible for and in receipt of benefit-related Free School Meals.

A wide range of providers in Lewisham are supporting the delivery of this programme, offering various fun-packed sessions, including art & crafts, multi sports, singing, dancing, drama and games.



Each club will provide:

- a wide range of exciting activities to suit different ages and personalities
- fun physical activity sessions
- free, nutritious and tasty food.

Sessions last at least four hours and are free to access, though children must be registered.

Some providers can offer longer hours for an additional cost.

We know how important it is to be and feel safe, and all programmes will be delivered in line with government COVID-19 guidance.

The programme is provided from Monday 4 April to Thursday 14 April 2022, with details for each club listed below – contact the providers to find out more and sign up!

Places will be prioritised for children eligible for Free School Meals and allocated on a first come, first served basis.

If you have any questions or need support with registration, please contact HAFProgramme@Lewisham.gov.uk



Free School Meals: Your child might be entitled to Free School Meals during term-time. Find more information on our website.

Short Breaks: To see what SEND Short Breaks are available in the borough, please visit our SEND Local Offer web section.

Family Information Service: The Family Information Service offers help and advice on a range of issues that affect you and your family. Visit the Lewisham Family Information Service section on our website.

STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Ryan	For amazing sitting during carpet time and for exploring in nursery. Well done!
Nursery AM	Eliza	For Exploring nursery and showing confidence in her learning. Well done!
RF	Menna	For always making good choices and working hard at her reading! Well done!
RL	Jared-Ryker	For working and focusing hard on his phonics, well done!
RP	Gabriel	For fantastic reading! He always works really hard and has grown in confidence, well done!
1BC	Dante	For his fantastic attitude to learning all term. He has made excellent progress in all areas of his learning, especially his reading. Well done Dante!
1G	Libby	For always contributing to carpet discussion, and she always tries her best in everything she does! She is a lovely member of 1G.
1N	Iris	For working on her handwriting and presentation... What an improvement! Keep up the great work, Iris 😊
2G	Afonso	For his wonderful home learning and for being confident when presenting his work to the class
2L	Ellis	For always being so kind and respectful and for always trying his best.
2S	Travis	Because of his wonderful participation during group time! Keep it up Travis 😊
3A	Whole class	For showing resilience in their STEM activities.
3L	Whole class	For being inquisitive scientists.
3S	3S	For working hard all term. You have been amazing. Well done.
4CH	4CH	For outstanding behaviour and attitude to their learning this week. You should be proud of yourselves.
4CW	Genevieve	For always showing respect to others and for excellent effort with her artwork
4V	Yasmine	For being exceptional this term – Yasmine puts effort in everything she does
5CR		
5CY	Shahinth	For always contributing to class discussion, the effort he puts into his learning and the improvement he has made in his maths.
5W	Shanaya	For making an effort to keep focused and working hard on describing the setting and characters in her African folktale. Well done Shanaya!
6A	Whole class	For their application to their assessment week.
6C	Josiah	For working so hard this term. You have made excellent progress in all subjects – well done!
6P	Whole class	To everyone in 6P for their resilience and respect.
RB Blue	Romel	For his fantastic writing this week – he has really focused on his learning.
RB Green	Dalrekay	For fantastic listening all week



SIGN UP TODAY FOR THE TORRIDON 10K/HALF MARATHON RUN. SUNDAY 15TH MAY

Join 30+ staff members in this year's local 10k / half-marathon run with Sandhurst on Sunday, 15th May. All parents, carers and staff are welcome to take part. We will also need lots of volunteers to help out on the day. **Please email friendsoftorridonpta@gmail.com if you are interested in running or helping.** More details in due course, along with a fundraising page. Happy training!



SPONSORED BOUNCE



Torridon children had lots of fun bouncing on Tuesday for the PTA Sponsored Bounce, and so did the PTA volunteers and teachers! Thanks so much to everyone who has donated so far; we've raised almost £900! There's still time to help us reach our £3100 goal. Please share our donation links with your friends and family.



To sponsor your bouncer, visit our [Wonderful fundraising page](#).

Wonderful uses Pay By Bank technology to send donations directly from your bank account to ours with no fees. Prefer to

pay via PayPal? No problem! See our [PayPal Giving Fund donation page](#). Either way, we'll receive 100% of your donation (plus Gift Aid!), which we'll use to purchase sound equipment for the school halls.

RARING TO GO! – ONLINE MAGAZINE



This spring digital magazine is full of great ideas to enjoy everything that Spring offers... crafting, gardening and enjoying park life that's just on the doorstep. There is a great feature on '10 ways to love the Earth' (pg 26) to encourage you to get out and about and learn more about the environment in a fun way along with lots more things to do... if you enjoy a bit of baking, the Bundt cake (pg 19) is definitely worth a go! ☺

<https://magazines.raring2go.co.uk/lewishamandgreenwich/spring/>



FREE TRIAL SESSION AND £40 DISCOUNT AT PERFORM

Popular children's drama and dance school Perform is offering a Free Trial Session and a **special introductory discount of £40** for members of **Torridon Primary School** if they sign up by **Tuesday 10th May**. Parents should quote **TORP100522** when they book their free session by going to perform.org.uk/try or calling **020 7255 9120**.

Reawaken your child's imagination

Perform's drama, dance and singing classes use the performing arts to

- Build confidence
- Boost concentration
- Enhance coordination
- Develop communication skills

Why try Perform?

- Unique performing arts-based games and exercises
- Focus on a different social skill each week
- Covid safe – full details at perform.org.uk/covid
- Small classes and feedback on your child's progress
- Specially created scripts, videos and apps to support your child's learning
- End of term presentation for family and friends

Try Perform for FREE
Your child can come and try a class for FREE and there's no obligation to join afterwards. With almost 500 Perform schools, find your nearest and book online at perform.org.uk/free

perform.org.uk **020 7255 9120**

COVID-19 VACCINATION CLINICS

Covid-19 vaccination for 5-to-11 year olds

NHS
Lewisham and Greenwich
NHS Trust

You can get your COVID vaccinations
for 5-to-11 years at Lewisham
Hospital Vaccination Centre.

Book appointments on the National
Booking System or simply walk in
on **Monday, Friday and Saturday**
between **8.00am** and **4.30pm**.

**Starting in the school
holidays this April.**

*Please note the clinic will be closed during
the Easter Bank Holiday weekend.*

**JOIN THE SUPER HEROES
AND GET YOUR WHOLE
FAMILY VACCINATED
AGAINST COVID**

Just walk in on Monday, Friday or Saturday
between 8.00am and 4.30pm.
Leszaf Auditorium, Education Centre
University Hospital Lewisham
High Street, Lewisham
London, SE13 6UH

 High quality care for every patient
every day

