



Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

Telephone: 0208 697 2762

Email: admin@torridonprimary.lewisham.sch.uk

8th July 2022

Dear parents and carers,

It has been an eventful week. It was so lovely to welcome the new nursery and reception children at their stay and play session last week. The children had a lovely time exploring their new environments and meeting new friends. We look forward to the children starting in September.

Our year 2's were bursting with excitement on Wednesday as they left to go on their trip to London Zoo. Read about their fanatatic trip later in the newsletter.

Thank you to everyone who came to the school fair last Saturday. It was great to be able to have a community event in the playground again. We would like to thank the PTFA for organising the day, and all the volunteers for helping to run the stalls. It was fantastic to see so many of you at the event.

The forecast for the coming week is suggesting a heatwave. Please remember to apply sun screen to your child before they come to school and make sure they bring their water bottle and a hat.

We are looking forward to our sports days this week – reception and nursery on Tuesday morning at school. Years 1 and 2 takes place on Thursday morning at Whitefoot Lane, and years 3 – 6 Thursday afternoon also at Whitefoot Lane. We hope to see you there.

Best wishes

Manda George
Headteacher



Year 2 's Trip to London Zoo

Year 2 had a fantastic time visiting London Zoo on Wednesday! It was their first trip and they even used the train and underground which was very exciting! The weather was warm and the children did a lot of walking. Throughout the day, they saw a range of animals like lions, tigers, gorillas, penguins and butterflies. The children were amazed when the butterflies flew around them! The children and staff had a wonderful time and it was a great trip to end the year.





Year 3's Trip to the Migration Museum in Lewisham

Year 3 had a fascinating trip to the migration museum, as part of their topic 'No Place Like Home'. They learnt so many interesting facts about the local area. They wrote a recount about their trip in their writing session.

Migration Museum


First, we went to the tech zone. it was a room filled with old-fashioned technology that migrants make when they came here. There was lots of stuff like an old radio and an old TV. I also saw a keyboard and phone holders.

Then, we went to the café. this area was a pretend play area and we could pretend we was ordering a takeaway. In the café there were pictures of old restaurants.


Next, we went to the Boutique. this area had a big statue of a lady wearing a big dress. The dress had materials from all around the world. The beautiful materials came from India, Nigeria, Jamaica and England.

Finally, we went to the corner shop. In the corner shop there was an old desk that used to be owned by a lady that migrated to this country. There were also some that we could listen to.


TECH ZONE




CAFÉ



BOUTIQUE



CORNER SHOP





SUMMER FAIR

Thank you to everyone who supported the fair. It was great to see so many of you. We will update you with our fundraising total next week. Here are a few photos from the event.

Friends of Torridon PTA



KS1 dance troupe Kickstart performed



Our art teachers, Flora and Emily, were painted!

Many of our musicians performed – drum fun, steel pan groups, school band to name a few.

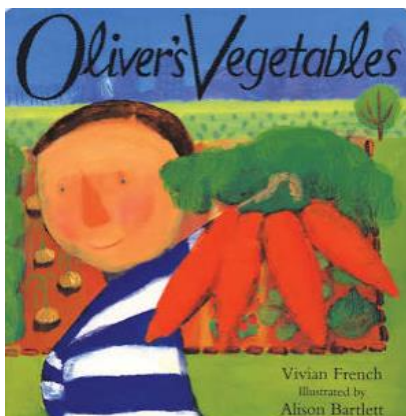


There were great games to play and the bouncy castles were fantastic!



Nursery Recipe Writing

The nursery children have been reading 'Oliver's Vegetables'. We explored lots of different vegetables by looking at the colour, texture and smell. We then washed, peeled and chopped potatoes, carrots, leeks, cabbage and broccoli using small boards and chopping knives. We learnt how to use the knives safely and also how to scrape the vegetables into the pot. We then added water and seasoning to make a delicious vegetable soup. We thought it was "so yummy", "nice" and "good". We then wrote a recipe during shared writing and then had a go at writing the recipe by ourselves. We thought you might like to have a go at making a healthy vegetables soup at home.



Year 3 - Sculptering

Year Three had a wonderful morning "sculptering". They found it really difficult working with the wire to start with but persevered and rose to the challenge! They have been thinking about the body shapes they make in dance and using them to inspire their sculptures.



Free Exhibition at Tate Britain - Hew Locke Procession exhibition in Durveen Hall.

<https://www.tate.org.uk/whats-on/tate-britain/hew-locke>

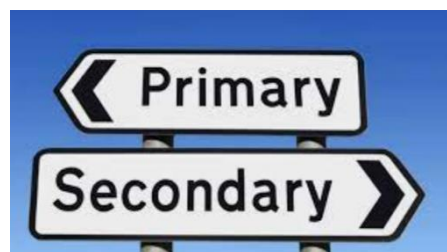
Year 6 Visit their Secondary Schools

On Tuesday, many of the Year 6 children attended their new secondary schools as part of a transition day. Here are some of their comments about the day:

"I am very excited yet nervous as it is a big transition. Although, I am excited to learn more with my very enthusiastic teachers in my new school. I will be incredibly sad to leave my friends, but I am looking forward to a fresh start."

"On Tuesday, we went to our Year 6 transition day. Although, I am excited to go to Year 7, I am extremely sad to leave my old friends. At my secondary school, I got to meet my form teacher and we participated in many different challenges and games. I made some new friends and I can't wait to start Year 7."

"On Tuesday, I went to my transition day. I was so excited to meet new friends, but I will miss my old friends. However, I will also miss all the teachers at primary school."



Torridon Summer Music Concert

The summer music concert is on 19th July at 6:00 pm.

There will be performances from groups and individuals, as well as rock band, steelpan, and string ensemble performances.

Tickets are free to families of performers - maximum 2 as space is limited. Any remaining tickets will be available on the door at a price of £2 per ticket.

Refreshments will be sold during the evening.



How Does Technology Impact Children's Sleep?



Are your children having trouble sleeping and then dragging the next day? It might be from all the time they spend on their electronic gadgets. There's no question that children and teens are spending more of their day using technology.

Electronics have become such a part of our daily lives that more of us are using mobile phones, computers, tablets, and other electronic devices or watching television until we roll over and try to go to sleep for the night. In fact, more than 90 percent of both [teenagers and adults](#) use technology before bed. About 72 percent of children sleep with at least one electronic device in their bedroom.

How technology affects sleep

Suppresses melatonin - Screens on cell phones, computers, tablets, and televisions emit what's known as blue light. This signals to the brain that it's either morning or night. At night, our melatonin levels are supposed to rise before we go to sleep, so reducing it makes falling asleep more difficult. It is also well known that repeated use of a bright screen over five days can delay the body's internal clock by 1.5 hours, which means children will want to go to bed later and sleep in longer.

Keeps their brain alert - Engaging in technology keeps our brain alert, so if children are surfing the web, reading social media posts, or playing a video game late at night, their brain will remain active and cause them to feel as though they need to stay awake even if they're tired. Additionally, children need time for their mind to disconnect and unwind after spending so many hours throughout the day engaged with technology.

Ways to break the technology bedtime habit

So, what can parents do to ensure their kids' sleep is not impacted by their technology use?

Power down - Devices should be put away at least 30 minutes before your child's bedtime. More time is better.

Make the bedroom a gadget-free zone - To avoid your child from grabbing their device while they lie in bed, ban technology from their room at bedtime.

Dim the screen - Dim screens as much as possible for evening use. Just check out the settings for your device or download a free software program that decreases the amount of blue light emitted by computer screens.

Limit daytime use - Because of the increase use of technology and the effect on how children feel at bedtime, consider limiting their use overall. In addition, try to encourage interactive

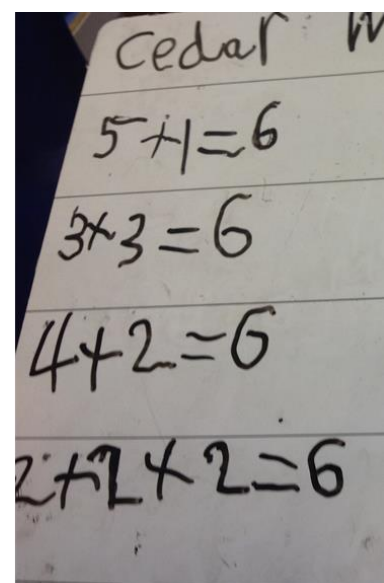
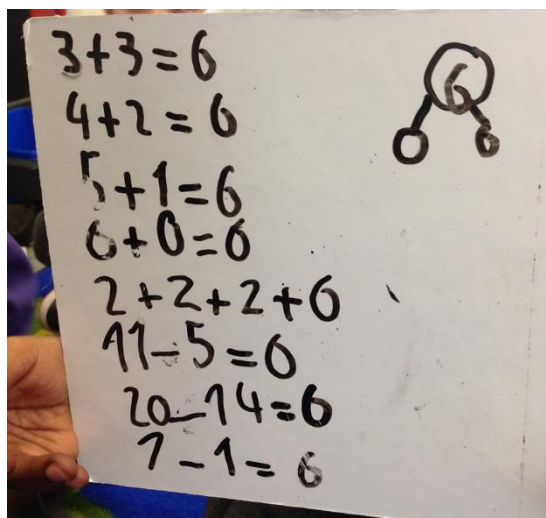
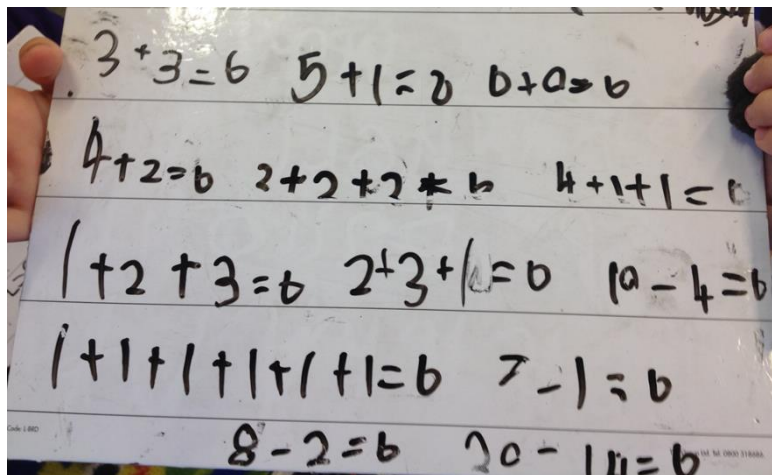
technology use (video-games, texting) earlier in the evening and more passive use (watching TV/movies, reading with an e-reader) closer to bedtime.

Choose calming alternatives - The last thing we need is for our children to be too stimulated when it's time to go to bed. Given that technology will keep them awake longer, try these quiet, calming activities instead:

- Play cards or a board game
- Read books together
- Do a simple art project like drawing or colouring
- Work on a puzzle
- Do some stretching, yoga, or mindful breathing exercises
- Give your child a relaxing massage

Reception's Amazing Number


We have been learning about different ways to make numbers. Look at our range of ways to make 6. We did all these ways by ourselves.



Dates For Your Diary

Tuesday 12 th July	EYFS Sports Morning – Torridon Primary School
Wednesday 13 th and Wednesday 20 th July	Year 6 Transition Workshops
Thursday 14 th July	KS1 and KS2 Sports Day – Whitefoot Lane
Tuesday 19 th July	Torridon Summer Music Concert - 6pm
Wednesday 20 th July	Year 5 to Tate Britain
Friday 22 nd July	Last Day of Term
Thursday 1 st and Friday 2 nd September	INSET Days
Monday 5 th September	First Day of Autumn Term

Ordering School Uniform - Mapac

mapac  Please pass this on to your parents

IMPORTANT!

**PLEASE ASK PARENTS TO
ORDER BEFORE **31ST JULY** TO
AVOID DISAPPOINTMENT!**

Please note: This date applies to schools returning 1st September.
Parents of schools with earlier return dates will need to order sooner.

We do everything we can to get orders out quickly but
please be aware we receive huge quantities of
orders between July & September which can lead to
delays in dispatch and delivery.

This message is particularly important for NEW
STARTERS, as they have no existing uniform to wear!



**Thank you for helping us
to deliver this message!**

The Mapac Team



To place your order click [here](#).

STARS OF THE WEEK

Class	Name	Reason
Nursery	Everybody	For their amazing writing this week of their names and their soup recipes!
RF	Josiah	For always makes good choices. He is polite and helpful and makes amazing paper aeroplanes!
RL	Petra	For showing a positive attitude towards learning and producing neat handwriting.
RP	Sayon	He is such a great role model, always helping others and always does the right thing!
1BC	The whole class	For their positive attitude, focus and determination to do their best on our quizzes this week. They have made us very proud!
1G	The whole class	For their positive attitude, focus and determination to do their best on our quizzes this week. They have made us very proud!
1N	The whole class	For their positive attitude, focus and determination to do their best on our quizzes this week. They have made us very proud!
2G	The whole class	For their excellent behaviour during our school trip to the London Zoo! You were all amazing and represented our school exceptionally! Well done!
2L	The whole class	For their excellent behaviour during our school trip to the London Zoo! You were all amazing and represented our school exceptionally! Well done!
2S	The whole class	For their excellent behaviour during our school trip to the London Zoo! You were all amazing and represented our school exceptionally! Well done 2S 😊
3A	Kairo	For responding positively to feedback and always trying your best to keep on improving. Well done!
3L	Arun	For engaging with and enjoying the school trip to the migration museum and having a positive, resilient attitude to assessment week!
3S	Acacia	For respecting herself and others. For always coming to school with a big smile on her face and brightening up our Torridon community.
4CH	Ivor	For demonstrating a positive attitude towards assessments this week, producing an excellent narrative and for always encouraging his classmates.
4CW	Halimatou	For showing such amazing dedication to her learning. Well done!
4V	Arda	For his exceptional attitude to learning. Arda has made fantastic improvements in every area of his learning and should be very proud!
5CR	Meloe	For always showing respect to adults and peers and being a role model for excellence.
5CY	Ava	For always displaying respect.
5W	Beatrice	For always coming to school with a positive attitude and consistently showing respect to adults and peers
6A	Bryant	For being an excellent role model for Torridon, who lives and breathes our core values, of which 'respect' is one. Keep it up Bryant!
6C	Rayaan	For your excellent effort during singing rehearsals this week – well done.
6P	Jaheim	For always demonstrating respect to other members of the school community at all times. You are an excellent role model for the younger pupils in the school.
RB Blue	Jahvontai	Well done for being so calm and helpful in class this week.
RB Green	Naoki	Well done for being so focused and calm when learning in blue pathway

Summer Holiday Programme

The website is now live for parents to register for the programme and is available at:

<https://www.skipzproductions.org/skipzhaflewisham>

A colorful poster for a summer holiday programme. At the top, it says 'SKIPZ PRODUCTIONS CIC PRESENTS' and 'Come and join us for an'. The word 'Summer' is written in large, bold, brown letters. Below it, 'Holidays and food programme' is written in a smaller, rounded font. A circular badge on the right says '4 - 11 Year Olds'. The background is orange with various illustrations: a boy painting, a girl playing guitar, a beach scene with an umbrella and chair, a boy with a trophy, and various food items like a banana and a milk carton. The text 'Beach and Ocean Themed Performing Arts Art and Crafts and Outdoor Activities' is written in a blue, wavy font. The dates 'Monday 1st August - Thursday 18th August 2022' are in a bold, black font. A list of activities includes 'Plays and Drama Activities | Arts and Crafts | Singalongs and Dance | Nutrition Education Activities | Parent Workshops and Families Support'. It also mentions 'Lunch provided for eligible children', 'Free to Free School Meals Children. Siblings Welcome.', and 'Paying Children Welcome.'. The time '10am-2pm' and the location 'Torridon Primary School, Hazelbank Road, London, SE6 1TG' are listed. At the bottom, it says 'For more information and to register please visit https://www.skipzproductions.org/skipzhaflewisham' and 'If you require further assistance please email us at skipzhaflewisham@gmail.com'. It also mentions 'IN PARTNERSHIP WITH LEWISHAM COUNCIL' and shows the Lewisham Council logo. The poster is decorated with various summer-themed icons like a sun, beach balls, and a globe.