

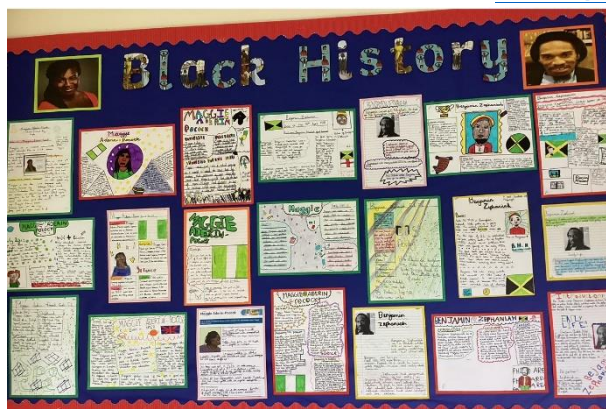


Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

Telephone: 0208 697 2762

Email: [admin@torridonprimary.lewisham.sch.uk](mailto:admin@torridonprimary.lewisham.sch.uk)



14<sup>th</sup> October 2022

Dear parents and carers,

We have been continuing our learning and celebrations of significant people during Black History Month. In addition to some amazing musicians, dancers and artists, children have been inspired by trailblazers such as Sybil Pheonix, Ibtihaj Muhammad, Katherine Johnson, Usain Bolt and Marcus Rashford. We would love to hear about any special people in your circles who may have provided inspiration during their lifetime. If you would like to share their stories or photographs, please send them via email to the admin inbox.

It was wonderful to see you all at parent and carer open evenings this week. Teachers were very proud to show you how much progress your children are making. I hope you enjoyed seeing some of the lovely learning in their books.

We hope you will be joining us for the performances of Bugsy Malone next week. Chris and the creative team have been working really hard and the children are really looking forward to performing for you.

Have a great weekend!

Best wishes

Manda George  
Headteacher

## PARENT GOVERNOR ELECTIONS

*Thank you to those who have expressed an interest in becoming a parent governor. We have four candidates and will be organising an on-line election so that parents and carers can make their choice. Information will be with you early next week and you will be able to vote up to the end of half term.*

# Rights Respecting School



## Article 2 - Non-discrimination

'The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.'

## Article 30 - Children from minority or indigenous groups

'Every child has the right to learn and use the language, customs and religion of their family, whether or not these are shared by the majority of the people in the country where they live.'

This week we enjoyed exploring Article 2 & 30 as we celebrate Black History Month.

## Welcome To Our New PTA Committee



**Megan Wybrew**  
Chair

"I'm mum of Emmaline (2G) and Tom (Goldsmiths Nursery). Originally from Little Rock, Arkansas, USA, I've lived in London since 2008, having followed my British husband Adam to the UK after a stint teaching English in Japan. I'm a full time mother, former charity executive, and aspiring DIY home renovator."

"I'm mum to Vivien in 1N and to Wilf who left Torridon for secondary school in July, after seven happy years. We have lived locally for eight years. I am a former civil servant of 22 years. My career change to full time political consultant this year has given me more time to offer to the School through PTA, and I look forward to building on the successes of last year."



**Rita Wadey**  
Deputy Chair



**Peter Faiers**  
Treasurer

"I'm dad to Georgina in 2SW. Originally from leafy Bucks but Lewisham is my home for over 20 years now. I run my own finance business and have extensive knowledge of what Lewisham has to offer."

"I'm mum of Sara (2SW) and Robert (Little Elms Nursery). I work full-time as a software engineer, having moved from Romania to the UK more than a decade ago. While short on time, I hope we, as PTA, can positively enhance our children's school years experience."



**Anca Tansanu**  
Secretary

## Early Years SEND FACTOR Virtual Drop-In



# THE EARLY YEARS SEND FACTOR



INFORMATION, ADVICE AND SUPPORT FOR FAMILIES OF CHILDREN (0-5) WITH SPECIAL EDUCATIONAL NEEDS AND/OR DISABILITIES

A welcoming, inclusive and supportive forum providing you with the opportunity to...

*get the right support  
and the right time*

*be informed and  
empowered*

*speak to the  
professionals*

*find out about services  
and entitlements*



Microsoft Teams

Join on your computer, mobile  
app or room device

[Click here to join the meeting](#)

Meeting ID: 310 568 780 048

Passcode: SvU4WD

[Download Teams](#) | [Join on the web](#)

**Come and join us at our virtual drop-in sessions  
on the 2<sup>nd</sup> Thursday of each month | 10am-11am**

## Year 6 – Julian Opie

Year 6 have been studying the work of the artist Julian Opie and have created their own Opie style portraits. They have really enjoyed learning about colour mixing and developing their brush control and you can see their patience and focus has really paid off!





# New Autumn / Winter 2022 Menu

WEEK 1 MENU					
W/C: 31/10 21/11 12/12 02/01 23/01 20/02 13/03					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish 1	Macaroni Cheese Served with Peas and Carrots	Chicken Pie Served with Mashed Potato and Gravy	Roast Turkey Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholemeal Pasta, Broccoli and Sweetcorn	Breaded Fish Fingers Served with Chips, Peas and Beans
Main Dish 2	Vegetarian Sausage Served with Mashed Potato and Gravy	Cheese and Tomato Pizza Served with Potato Wedges	Sweet Potato & Chickpea Roast Served with Roast Potatoes and Gravy	Chinese Vegetable Rice Served with Fresh Broccoli & Sweetcorn	Vegetable Burger Served with Chips, Peas and Beans
Schools Choice	Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Filled Sandwich/Baguette				
Vegetables	Carrots and Peas	Sweetcorn and Green Beans	Carrots and Cabbage	Fresh Broccoli and Sweetcorn	Peas and Beans
Salads	Coleslaw, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce
Dessert	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices
	Berry Flapjack with Fresh Fruit Slices	Hot Chocolate Sponge with Chocolate Custard	Cheese and Biscuits with Fresh Apple Slices	Apple Crumble	Chocolate Milkshake with Shortbread

Water, Organic Milk & Freshly Baked Bread available daily  
We offer medical diet and allergen support, please speak to your school office in the first instance.  
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice  
SUGAR SMART

Please see our new school menu going live from **Monday 31<sup>st</sup> October 2022.**

Please ensure all dinners are paid a week advance. If you need any support with payments, please contact the office.



WEEK 2 MENU					
W/C: 07/11 28/11 09/01 30/01 27/02 20/03					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish 1	Raheem's Caribbean Quorn Coconut Curry Served with Steamed Rice	Chicken Noodle Stir Fry Served with Peas and Broccoli	Roast Chicken Served with Roast Potatoes and Gravy	Cauliflower and Sweet Potato Masala Served with Wholemeal Rice, Sweetcorn and Green Beans	Breaded Fish Fingers Served with Chips, Peas and Beans
Main Dish 2	Mixed Bean Pasta Served with Tomato Pizza Bread	Sweet Chili Vegetable Noodles Served with Peas and Broccoli	Vegetable Pie Served with Mashed Potato and Gravy	Vegetable Lasagne Served with Sweetcorn and Green Beans	Quorn Dippers Served with Chips, Peas and Beans
Schools Choice	Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Filled Sandwich/Baguette				
Vegetables	Sweetcorn & Carrots	Peas and Broccoli	Carrots and Cabbage	Green Beans & Sweetcorn	Peas and Beans
Salads	Coleslaw, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce
Dessert	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices
	Orange Drizzle Cake with Custard	Banana and Apricot Flapjack with Fresh Fruit Slices	Mango Frozen Yoghurt with Fresh Fruit Slices	Apple and Berry Crumble with Custard	Strawberry Milkshake with Orange Shortbread

Water, Organic Milk & Freshly Baked Bread available daily  
We offer medical diet and allergen support, please speak to your school office in the first instance.  
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice  
SUGAR SMART

WEEK 3 MENU					
W/C: 14/11 05/12 16/01 06/02 06/03 27/03					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish 1	Pesto Pasta Bake Served with Peas and Carrots	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Beef Served with Roast Potatoes and Gravy	Vegetable Korma Served with Rice, Sweetcorn and Green Beans	Breaded Fish Fingers Served with Chips, Peas and Beans
Main Dish 2	Vegetable Chili Served with Wholemeal Rice	Vegetable Chow Mein Served with Broccoli and Sweetcorn	Vegetable Pottery Roll Served with Roast Potatoes and Gravy	Vegetarian Cottage Pie Served with Sweetcorn, Green Beans and Gravy	Vegan Meatballs in Tomato Sauce served with Chips, Peas and Beans
Schools Choice	Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Filled Sandwich/Baguette				
Vegetables	Carrots and Peas	Broccoli & Sweetcorn	Carrots and Cabbage	Green Beans and Sweetcorn	Peas and Beans
Salads	Coleslaw, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce
Dessert	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Slices
	Lemon Drizzle Cake and Custard	Fruit Flapjack with Fresh Fruit Slices	Strawberry Ice Cream with Fresh Fruit Slices	Orange, Sultana and Carrot Slice with Fresh Fruit Salad	Vanilla Milkshake served with Chocolate Biscuit

Water, Organic Milk & Freshly Baked Bread available daily  
We offer medical diet and allergen support, please speak to your school office in the first instance.  
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice  
SUGAR SMART

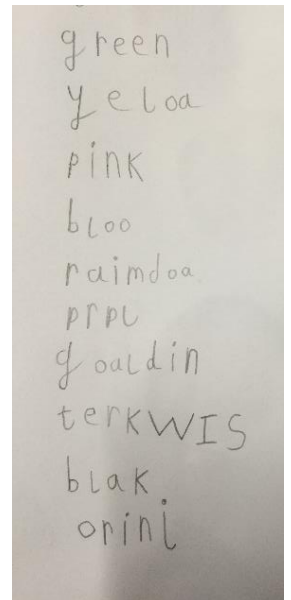
Please note that termly costs for school dinners are as follows:

5 <sup>th</sup> – 9 <sup>th</sup> September	£11.50
12 <sup>th</sup> – 16 <sup>th</sup> September	£11.50
20 <sup>th</sup> – 23 <sup>rd</sup> September	£9.20
26 <sup>th</sup> – 30 <sup>th</sup> September	£11.50
3 <sup>rd</sup> October – 7 <sup>th</sup> October	£11.50
10 <sup>th</sup> October – 14 <sup>th</sup> October	£11.50
17 <sup>th</sup> October – 21 <sup>st</sup> October	£11.50
<b>TOTAL TERM 1</b>	<b>£78.20</b>



## Year One – Art

Year One have had a wonderful time in the Art Room - look at all the fantastic colours they made using only primary coloured paint! They wrote lists of all the colour names too! It's hard work being an artist!



## Year 6 Persuasive Writing

### Year 6 persuasive writing unit

This week, as part of the current writing unit, Year 6 participated in a drama session. During this session, the children acted in role, either as a judge or Mary Jackson. Their aim was to use persuasive techniques to persuade the judge to allow Mary Jackson to go to school. The learning was based on the book 'Hidden Figures', which is one of books that we have been studying for Black History Month.





# HARVEST FESTIVAL

We are approaching the time of year when traditionally farmers would have celebrated the gathering of crops from the fields, reflect on the food that they have and give thanks for a good harvest.

We know that for lots of families, rising food costs are a real worry and we would love to be able to help those in need in our local community. We will be opening the donation station from Monday and will be collecting tinned good which we will be donating to the Lewisham Food Bank. We hope that we will offer some support to make sure that no family goes hungry in these uncertain times.

If you would like to donate, please bring your goods to the donation station outside the main office at the beginning or end of the school day. All donations are welcome but we would like each year group to bring the following where possible:

Nursery and Reception	Tinned fruit
Year 1	Tinned vegetables
Year 2	Tinned fish
Year 3	Tinned pasta
Year 4	Tinned tomatoes
Year 5	Tinned beans
Year 6	Tinned soup

Thank you for your support

## Saplings – Job Vacancy



**Saplings Breakfast & After School Club** in Catford has the following vacancies for enthusiastic and experienced playworkers & Bank staff:

### **Play worker/Bank staff**

Hours: 3.00-6.00pm, 5 days a week. Term time only (Flexible & Overtime)

Salary: Competitive

Ideally applicants will have a relevant NVQ (or equivalent) in childcare, and have some experience of working with 4 – 11-year-olds in a play environment.

Successful applicants will join us in providing high-quality, safe, and stimulating after school care for the children attending Saplings.

**All posts are covered by the Childcare Act 2006 and are subject to receipt of a satisfactory enhanced DBS disclosure for a regulated activity and reference checks. We are committed to equal opportunities.**

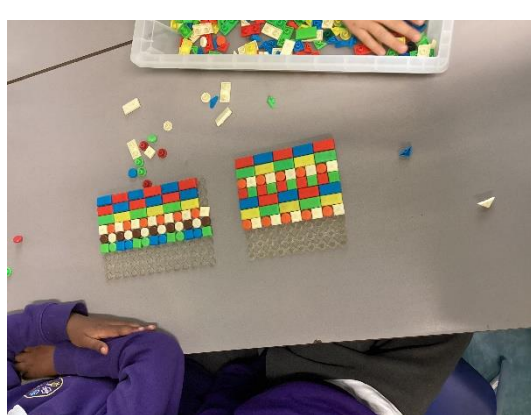
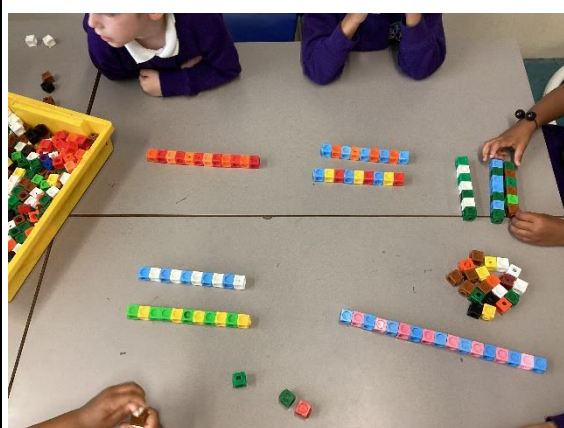
If you are interested in either of these positions, please contact Tara at [admin@saplingsafterschoolclub.com](mailto:admin@saplingsafterschoolclub.com) or 07393 858245 for a full job description.

*Saplings aims to be an equal opportunities employer*

## Dates For Your Diary

Monday 17 <sup>th</sup> October	Resource Base Hollywood Bowling Festival
Tuesday 18 <sup>th</sup> – Thursday 20 <sup>th</sup> October	Whole school musical performances (6pm)
Friday 21 <sup>st</sup> October	Non Uniform Day
Monday 24 <sup>th</sup> – Friday 28 <sup>th</sup> October	<b>HALF TERM HOLIDAY</b>
Monday 31 <sup>st</sup> October	Back to school
Thursday 3 <sup>rd</sup> November	Year 6 SATs meeting for parents and carers (5pm)
Saturday 5 <sup>th</sup> November	PTA Gardening Day
Thursday 10 <sup>th</sup> November	PTA Coffee Morning Year 2 SATs meeting for parents and carers (5pm)
Tuesday 15 <sup>th</sup> November	Resource Base Primary Panathlon
Thursday 17 <sup>th</sup> November	Year 4 Multiplication Check meeting for parents and carers (5pm)
Friday 18 <sup>th</sup> November	Children in Need
Monday 21 <sup>st</sup> November	National Child Measurement Programme
Thursday 24 <sup>th</sup> November	Year 1 Phonics Screening Check meeting for parents and carers (5pm)
Friday 25 <sup>th</sup> November	<b>INSET DAY</b>
Week beginning 28 <sup>th</sup> November	Whole school assessment week
Thursday 8 <sup>th</sup> December	Christmas Disco
Tuesday 3 <sup>rd</sup> January	<b>FIRST DAY OF THE SPRING TERM</b>
Friday 16 <sup>th</sup> December	Last Day of Term (2pm Finish)

## Year 1 Maths



Year 1 have been learning all about repeating patterns this week in their maths lessons. Look at how clever they have been!

## Year 6 BEAM Workshop

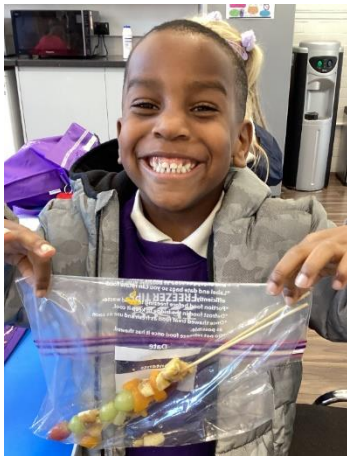


### BEAM sessions

This week, the Year 6 girls took part in a Cultural Diversity and Race Workshop. Within the session, the girls identified the difference between Race, Ethnicity and Nationality. They also developed their understanding of unconscious bias. During the session, they described their feelings and why it is important for people to express their feelings. The children really enjoyed the informative sessions.

*"This week at BEAM, we discussed where we were all from and where our parents originate from. We spent some time learning about our differences and what makes us unique."*

## Cooking Club



The reception children have been learning all about patterns this week. In cooking club, they used this learning to help them make lovely patterns with the fruit on their fruit kebabs. Yum yum!





# GREAT BRITISH BAKE OFF

Calling all lovers of cake.

The Great British Bake Off kneads you!

Applications for the Great British Bake Off series 14 are now open! Please apply using the link below.

[www.applyforbakeoff.co.uk](http://www.applyforbakeoff.co.uk)

## HEAD ONLINE TO APPLY FOR BAKE OFF 2023!



## WWW.APPLYFORBAKEOFF.CO.UK

FOR MORE INFO



APPLYFORBAKEOFF@LOVEPRODUCTIONS.CO.UK



07737470718

APPLICATIONS CLOSE SUNDAY 4TH DECEMBER 2022 AT 19:59PM



## Stars of the Week

*Week commencing 26.09.22*

Class	Name	Reason
Nursery FT	Aaron	For his growth in confidence and for taking part in activities. Well done, Aaron!
Nursery AM	Chloe	For being helpful at tidy up time and for always being kind to her friends. Well done, Chloe!
Red Class	Rhia	For always showing outstanding learning during carpet sessions and showing excellent behaviour. Well done, Rhia!
Blue Class	Nikol	For being such a positive presence in the classroom and for always trying her best!
Yellow Class	Dumitrita	For always being enthusiastic to learn and kind to others. Well done!
1G	Marley	For his fantastic attitude to learning! He always has a smile on his face and tries his best in all areas. He has made so much progress! Well done Marley.
1M	Jeremiah	For always being so positive and participating in class discussions. We love hearing your brilliant ideas. Well done!
1N	Maleena	For her positivity and the fantastic progress she has already made with her writing. Great work!
2G	Christopher	For his creative ideas and great independent learning in English this week!
2S	Deekshika	For always following the school rules and trying her best in all areas of her learning! Keep up the super work Deekshika 😊
2SW	Owais	For always being so helpful and kind to other children. Well done Owais!
3A	Otis	For being a kind, friendly member of our community.
3L	Ashton	Always doing his best and working hard to be a positive member of the community
3S	Amariah	Demonstrating an excellent attitude to learning and being the embodiment of community spirit.
4C	Oshie	For showing great maturity and responsibility in his learning this week in class. Well done, Oshie!
4V	Isla	For consistently being focused on her learning, consistently participating in class discussions and for consistently being engaged with her learning.
4W	Simeon	For aspiring to make good progress in all subjects. As a result, he has produced learning of a high standard throughout the week. Well done!
5L	Zainab	For always showing excellence as well as a great enthusiasm to her learning and being a fantastic example to her peers. Well done Zainab!
5R	T'shae	For demonstrating excellent resilience in all lessons this week. Keep it up, well done!
5S	Lucy	For showing great effort in class and always engaging in class discussions. Great example to the class. Well done, Lucy!
6A	Ty	For always displaying our core value of community. An excellent role model, who's respectful and kind to everyone.
6C	Benjamin	For your excellent attitude towards your learning. You always try your best and produce high-quality learning – well done!
6L	Lovpal	For always presenting your learning so neatly and taking care over your learning.
Blue Pathway	Ibrahim	Well done for an amazing Masai drawing!
Green Pathway	Amarachukwu	Well done for continuing to integrate so well in Year 1. You have been doing some amazing learning!



# Sleep Helpline



the national sleep helpline

## Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

**03303 530 541**  
Available Sunday - Thursday 7pm - 9pm

the national sleep helpline

**50%**

**Around 50% of children will have a sleep issue at some point\***

**WHAT IS THE NATIONAL SLEEP HELPLINE?**  
In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

**HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?**

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

**03303 530 541**  
Available Sunday - Thursday 7pm - 9pm

POWERED BY the sleep charity

IN PARTNERSHIP WITH Furniture Village

Copyright © 2021 The Sleep Charity. All rights reserved. The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 1150595.  
\*Survey of 2,000 adults by OnePoll, Aug 2021

# Fun Play Sessions

Bellingham COMMUNITY Project

invites you to our

## Free Monthly Fun Play Session

for children under 5  
with special educational needs

on  
**Thursday, 20<sup>th</sup> October 2022**  
at **9:30am-10:30am**

at  
**Bellingham Leisure and Lifestyle Centre**  
**5 Randlesdown Road, Bellingham**  
**SE6 3BT**

FRIENDLY STAFF

FREE FOR ADULTS AND CHILDREN

EXPERIENCED PLAYWORKERS

INFORMATION ABOUT LOCAL SERVICES

This is a dedicated session, and the fun play area will be closed to the public. To book a place please email [bcp@bcp.uk.net](mailto:bcp@bcp.uk.net) places will be allocated on a first come first served basis.  
For more information, please email [bcp@bcp.uk.net](mailto:bcp@bcp.uk.net) or call 020 8461 2213 or call Pam (Lewisham Portage Worker) on 0783 4144 934

Please note that the accompanying adult will be expected to stay and will be responsible for their child throughout the session. We request all adults wear a face covering, however this will not be enforced.

Bellingham COMMUNITY Project

invites you to our

## Free Monthly Fun Play Session

for children aged 5-8 years  
with special educational needs

on  
**Thursday, 20<sup>th</sup> October 2022**  
at **10:30am-11:30am**

at  
**Bellingham Leisure and Lifestyle Centre**  
**5 Randlesdown Road, Bellingham**  
**SE6 3BT**

FRIENDLY STAFF

FREE FOR ADULTS AND CHILDREN

EXPERIENCED PLAYWORKERS

INFORMATION ABOUT LOCAL SERVICES

This is a dedicated session for children aged 5-8 years only, and the fun play area will be closed to the public. To book a place please email [bcp@bcp.uk.net](mailto:bcp@bcp.uk.net) places will be allocated on a first come first served basis.  
For more information, please email [bcp@bcp.uk.net](mailto:bcp@bcp.uk.net) or call 020 8461 2213

Please note that the accompanying adult will be expected to stay and will be responsible for their child throughout the session. We request all adults wear a face covering, however this will not be enforced.



## What Parents & Carers Need to Know about

# FIFA 23

FIFA 23, like its many predecessors, is a massively popular football simulator featuring lifelike recreations of thousands of real-world players, drawn from teams around the globe. While the gameplay is subtly improved year on year, the publisher EA Sports' tweaks tend to focus on FIFA Ultimate Team mode, which can tempt gamers of all ages to spend real money recruiting better players for their side. With each new release of FIFA comes a host of new players to unlock – meaning that youngsters can feel pressured to keep buying to compete with their friends.

AGE RATING  
**PEGI 3**

### WHAT ARE THE RISKS?

#### RELEASE RAZZAMATAZZ

FIFA 23 will be the last in the blockbuster series, before EA goes solo with its own football title next season. This 'end of an era' vibe – coupled with a huge advertising budget making the new release almost impossible to miss – will elevate FIFA 23 into even more of a 'must have' for football-mad young gamers, no matter how minor the updates are on last year's version.

#### AGE-INAPPROPRIATE CHAT

Based on a popular sport which appeals to people of all ages, the FIFA franchise draws a huge audience of both children and adults. Communication is a key element, with many players enjoying in-game audio chat via headsets. With the mixed age range of players and a lack of regulation, however, chats can often turn offensive or toxic – especially in the heat of competitive matches.

#### IN-GAME PROMOTIONS

Unless precautions are taken, dedicated FIFA fans can spend significant sums when attempting to improve their Ultimate Team. Most top-level players can be unlocked by simply participating in matches, but some sought-after stars can be obtained more quickly in limited-time promotions which cost a large amount of FIFA points (the in-game currency, often paid for with real money).

#### CIRCLING SCAMMERS

The popularity of FIFA Ultimate Team (FUT) mode has led to online scammers convincing many impressionable gamers to pay real money for non-existent FUT coins and player cards, or directing unwary FIFA fans to phishing sites. If your child gives these individuals their login details, the scammers can access not only their carefully built team but potentially your payment information.

#### ADDICTIVE NATURE

One match on FIFA (usually around 15 minutes, but often lengthened by extra time and penalties) almost invariably leads to another. It can be a powerful temptation for young players, regardless of unfinished homework or an approaching bedtime. If the 'just one more game' mindset starts to impact a child's daily routine, it could be a sign of gaming disorder – a recognised mental health issue.

#### GAMBLING-ADJACENT BEHAVIOUR

Ultimate Team has become a major feature in FIFA due to the revenues it generates. It can also be addictive, with children striving to earn coins and level up while swapping, selling and buying players. Spending FUT coins to open a player pack (which many experts have likened to gambling) is designed to be an exciting act – with bright lights, fanfare and attention-grabbing prizes.

## Advice for Parents & Carers

#### BE SELECTIVE WITH CHATS

It's enormous fun for FIFA players to chat online with friends, even as their teams do battle in the game. It's probably the safest idea, though, to restrict contact with strangers. By turning off voice chat in FIFA and allowing cross-party chat in their device's settings, your child can speak to people who are already on their friends list but won't be able to talk to (or hear) strangers online.

#### CONTROL SPENDING

If your child plays Ultimate Team mode on FIFA, ensure their account isn't linked to your payment methods – so they'll need your permission to make in-game purchases. Alternatively, you could use parental controls to limit spending – or set up a pre-paid 'allowance'. When excitedly clicking options on screen, it's easy for a young person to forget the real-world repercussions of online purchases.

#### STAY ALERT FOR SCAMS

There are some key things to remember about potential FIFA scams. Firstly, EA never contacts users via any method other than emails to the account holder (which may well be you). Neither will they ever ask for a player's username or password outside the game itself. EA's terms and conditions outlaw the buying of FUT coins, so anyone selling them should be treated as suspicious.

#### AVOID 'EXTRA TIME'

If your child's spending a lot of time on FIFA 23 and seems less enthusiastic about other activities in their life, you could consider restricting how long they can play for each day with the parental controls in their device's settings. Even if they're not playing on their console or computer, there's a FIFA companion app for smartphones – but that can be limited through parental controls, too.

### Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dextero and has been working in the gaming media for three years. A long-time fan of the FIFA franchise, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



Sources: <https://www.theguardian.com/technology/2022/oct/10/fifa-23-ultimate-team-mode> (highlighting predatory game design); <https://www.whistleblow.com/news-and-answers/ea-sports-fifa-23-ultimate-team-mode>; <https://www.eurogamer.net/ea-sports-fifa-23-ultimate-team-mode> (for EA's terms and conditions on buying FUT coins); <https://www.bbc.com/news/health-61111111> (on gaming disorder).

**NOS**  
**National Online Safety**  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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# Boppin' Bunnies

The poster features a purple background with a large orange pumpkin in the center. The words "HALLOWEEN HOOTS" are written in a dripping, purple, gothic-style font across the pumpkin. Various Halloween-themed illustrations are scattered around: a white moon with the Boppin' Bunnies logo in the top left, several black bats flying, a black spider on the left, a black cat with yellow eyes on the bottom left, and a small black house with a yellow window on the right. Musical notes are also floating around the pumpkin. The event details are written in white and orange text, and a prize announcement is in a black box on the right.

**Boppin' bunnies**  
Live Music for Little Ones  
**PRESENTS**

**HALLOWEEN HOOTS**

**Thursday 27th October**  
**9.45am | 10.45am** Both mixed ages

Come and join Claire and team for Halloween Boppin' Bunnies! A morning of music making including our favourite songs with a spooky twist and live musical performances.

**PRIZE**  
**FOR THE BEST FANCY DRESS COSTUME**

Tickets available from: [www.boppinbunnies.co.uk/shows](http://www.boppinbunnies.co.uk/shows)  
Advance booking only as limited places! £10 per Child (£5 per sibling)

**Main Hall**  
**Christ Church Priory**  
**229 Eltham High St**  
**London, SE9 1TX**