



Hazelbank Road, Catford, London, SE6 1TG

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2nd December 2022

Dear parents and carers,

It's hard to believe it is December already - this term is flying by! I am very pleased to tell you that the children have worked so hard this week in their assessments. We are very proud of them and look forward to seeing how well they have done and how much progress they have made.

Everybody is practising their songs and dances for their upcoming performance assemblies. We hope you will be able to come and join us. Don't forget our art exhibition is taking place next week. It will be open after school until 5.30pm on Tuesday and 6.30pm on Wednesday.

As always, we like to think about ways in which we can help vulnerable families over the festive period. See below for details of how to create a Christmas gift box for a child. We will also be happy to take any donations of toys or books.

The children are very excited for next week's disco. Please remember to add your child to the guest list and let a member of the PTA know if you would be able to come and help out.

Many thanks

Have a great weekend

Best wishes

Manda George

Headteacher

Christmas shoe box appeal

As we approach the Christmas period, we would like to spread some Christmas joy! We would like to create as many Christmas boxes as possible, so that we can give them to children who may not have as much as others. Therefore, we need your help to support our project. If you can, please decorate a shoe box with wrapping paper, and fill with small gifts, such as: a colouring book, pens, pencils and a small toy. These gifts do not need to be expensive, just small, thoughtful items, which will brighten up a child's Christmas. Alternatively, any spare shoe boxes, wrapping paper or gifts would be appreciated, as we can then make these into Christmas boxes. Please bring the shoe box to the office by **Friday 9th December**.



Christmas Disco

Club Torricon Disco is 1 week away! Learn more and add your child to the guestlist
at <https://forms.gle/cqBmyf8BEFFEDvmcV6>

A poster for a Christmas Disco event. The background is dark blue with a pattern of small, colorful dots. In the center is a large, glowing circular graphic with a rainbow-colored ring. The text is white and purple.

**THU
08
DEC**

**FRIENDS OF
TORRICON PTA
PRESENTS**

**£2
ENTRY***

**CLUB
TORRICON
DISCO**

FEATURING
DJ SACHA
DJ OZI
KS2 TUCK SHOP
PARENTS' LOUNGE

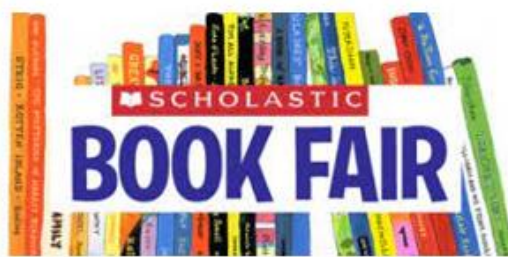
4:00-5:00	NURSERY + RECEPTION YEARS 3 + 4
5:15-6:15	YEARS 1 + 2 YEARS 5 + 6

***OPTIONAL SUGGESTED DONATION | MORE INFO BY EMAIL NEXT WEEK**

Scholastic book fair

We are very excited to announce that we will be holding a Scholastic book fair next week and would like to invite you all to visit. We are hoping to sell as many books as possible, so that we can earn back FREE books for our book corners.

Here are the dates and times you can visit our book fair:
Friday 9th December – Wednesday 14th December –
(Year 5 hall)



Climate Network Event



On Thursday 1st December 4 children from Year Six visited Stillness Infants school to take part in the Lewisham Pupils Climate Network event. The children were able to share ideas with Councillor Louise Krupski who is a Cabinet Member for Environment and Climate. The children really enjoyed the experience and are now ready to share some of the actions with the rest of the Eco Council in order to raise the profile of the part that Torridon Primary School can play in helping the environment.

The children took part in a recycled Christmas decoration workshop and are now going to teach the rest of Year Six to make their own Christmas bauble.

If you have any old Christmas or birthday cards at home, please bring them in so they can be reused.

Nursery Art



Art in Nursery today was outside and a lot of fun. We acted out and sang about "Going on a Bear Hunt" while painting with our wellies.



Christmas Events



There are lots of festive fun times ahead before the end of term. Please put the dates in your diary. Further details will follow nearer the time.

Please speak to a member of staff if you have any questions.



Nursery Christmas Songs

Wednesday 14 th December	9.00am (Morning and Full Time Nursery)
Wednesday 14 th December	2.30pm (Afternoon and Full Time Nursery)

Reception Nativity

Tuesday 13 th December	9.30am or 2.30pm
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Christmas Assemblies

Year 1	Thursday 15 th December	9.00am
Year 2	Thursday 15 th December	2.30pm
Year 3	Wednesday 14 th December	9.00am
Year 4	Tuesday 13 th December	2.30pm
Year 5	Tuesday 13 th December	9.00am
Year 6	Monday 12 th December	2.30pm
Resource Base	Thursday 8 th December	9.00am

PTA Christmas Disco

Thursday 8th December

Christmas Jumper Day

Wednesday 14th December

Christmas Lunch

Wednesday 14th December

Last Day of Term

2pm Friday 16th December



Skipz - Christmas programme



PRESENTS

Come and join us for an **Christmas** Holidays and Food programme

"Santa, Snowman and Snowflakes" themed Performing Arts Art and Crafts and
Outdoor Activities

Plays and Drama Activities | Arts and Crafts |

Singalongs and Dance | Nutrition Education Activities |

Parent Workshops and Families Support | Visit from Santa Claus | Mystery

Pass the Parcel | Stocking Filling Activities | Live Christmas Theatre Show |

Best dressed Christmas Competition

10 am-2 pm

Torridon Primary School, Hazelbank Road,
London, SE6 1TG

Monday 19th December - Thursday 22nd December

For more information and to register please visit the website

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

IN PARTNERSHIP WITH LEWISHAM COUNCIL



Year 6 Design and Technology



In DT this week, we have been exploring everyday products and the circuits within them. We incorporated multiple switches and components into a product to meet a design brief. This resulted in torches which were fit for purpose. We really enjoyed applying our knowledge of circuits from our Science lessons to DT, where we designed, made and evaluated a product.

Amazon wish list

To promote reading for pleasure amongst the children at Torridon, we have created an amazon wish list. The books will allow us to expand our reading book corners to include more of a range of captivating and inclusive stories by creators of colour and provide children with more stories that reflect and celebrate a wide range of heritages. Please follow the link below, if you would like to buy a book from our amazon wish list:

<https://tinyurl.com/2p97s9m7>

The link can also be found on our school website and Twitter page.



Light Bearers or as LIT! Chorus Members

The LIT! Finale event will be a choreographed flash mob with up to 300 people from across Lewisham moving together across Beckenham Place Park as part of an illuminated parade. It will be a beautiful closing moment of mass participation created with some really exciting artists, underscored by a large choir and specially commissioned music – and we would love you take part as a Light Bearer. Want to get involved? [Please fill out this form](#) and we'll be in touch shortly. Things that are important to know:

- No previous performance experience is needed. You will be taught a very simple set of movements to perform with a light we will give you. **You do not need to be a performer!**
- There will be some limited rehearsal which we are still working on scheduling (we will likely need only a couple of hours of your time) so we would love to know your availability on the following days: :
 - Saturday 17 December – 10am to 2pm / 2 to 6pm
 - Sunday 18 December – 10am to 2pm / 2 to 6pm
 - Performance: 21 December, 4 to 8pm

As part of the LIT! Finale event a special community choir of up to 70 people will be formed to sing alongside the illuminated parade detailed above. The choir will rehearse and sing a selection of specially chosen and orchestrated songs as well as a new LIT! Anthem in Beckenham Place Park on **21 December**. The choir will be led by composer and vocal amateur Kirsty Martin who led our [Sun & Sea](#) choir earlier in the year. Rehearsals for this have started. We might still be able to take new people do if you are interested [please fill out a form](#) and email matthew.schmollethealbany.org.uk

Dates For Your Diary

Monday 5 th December	Resource Base to Lewisham Bus Garage
Tuesday 6 th – Thursday 8 th December	Art Exhibition (After School Viewings on Tuesday 6 th and Wednesday 7 th December)
Thursday 8 th December	Resource Base Christmas Assembly
	PTA Christmas Disco
Monday 12 th December	Year 6 Christmas Assembly
Tuesday 13 th December	Year 4 and Year 5 Christmas Assembly
	Reception Nativity
Wednesday 14 th December	Nursery Christmas Songs
	Christmas Jumper Day
	Christmas Lunch
Thursday 15 th December	Year 1 and Year 2 Christmas Assembly
Friday 16 th December	Last Day of Term (2pm Finish)
Tuesday 3 rd January	FIRST DAY OF THE SPRING TERM
Tuesday 10 th January	9.00am Year 5 and 6 parents and carer math session
Tuesday 17 th January	9.00am Year 3 and 4 parents and carer math session
Friday 20 th January	INSET DAY
Tuesday 24 th January	9.00am Year 1 and 2 parents and carer math session
Tuesday 31 st January	9.00am Nursery and reception parent and carer mths session
Monday 13 th – Friday 17 th February	HALF TERM HOLIDAY
Monday 8 th May 2023	ADDITIONAL BANK HOLIDAY FOR THE CORONATION OF HIS MAJESTY KING CHARLES III



Stars of the Week

Week commencing 26.09.22

Class	Name	Reason
Nursery FT	Chimaraobim	For joining in at carpet time and for trying his best to follow Nursery rules. Well done, Chimaraobim!
Nursery AM	Yasviny	For her growth in confidence and for always being kind to her friends. Well done, Yasviny!
Red Class	Illakkiya	For following instructions and enjoying learning across Reception. Well done, Illakkiya!
Blue Class	Penelope	For amazing effort in carpet sessions and making friends with other children.
Yellow Class	Arush	For building his confidence and some fantastic exploring in forest school!
1G	Jude	For his brilliant story! Jude has an excellent attitude to learning, he's clearly been listening and has used beautiful descriptive language in his writing. Well done!
1M	Drew	For always doing the right thing and for being polite to everyone.
1N	Daisy	For always doing her absolute best! She sets a great example with her behaviour and her self-motivation and makes us very proud.
2G	Matilda	For her hard work and great focus all week. Keep it up! 😊
2S	Gracie-May	For her positive attitude to learning and for always trying her best. Well done Gracie May! 😊
2SW	Faiza	For settling in nicely to a brand-new class and trying her best in the tricky quizzes! Well done Faiza!
3A	Gursewakpal	For working and playing kindly and respectfully with everybody in our diverse community. Well done!
3L	Tommy	For getting into the spirit of diversity through football. Learning each country name and flag that is taking part in the World Cup this year – incredible!
3S	Seven	Seven has been trying really hard to read at home. He has been bringing his signed reading record in every day. Well done Seven, keep it up!
4C	Imogen	For her excellent progress in computer coding. She has used her lunch break to voluntarily learn and teach others. Well done!
4V	Lilah	For making a massive improvement in her classroom behaviour.
4W	Azariah	For working really hard on his focus and attention across a diverse range of lessons this term. He is producing outcomes of a higher standard. Keep it up!
5L	Ilayda	For showing passion within her writing. Ilayda produced a well thought out sentence using an effective fronted adverbial. Well done, Ilayda!
5R	Joshua	For always working hard in lessons and for excellent resilience during assessments this week. Well done!
5S	Srrutis	For showing excellence in your behaviour and in the work you produce. For being a role model to the whole class. Well done!
6A	Maram	For her excellent commitment towards her learning and her assessments this week. She's a brilliant role model for her peers.
6C	George	For trying really hard in all of your assessments this week. You have been very determined – well done!
6L	Rehan	For having a positive attitude towards his assessments and therefore making an improvement in his scores. Well done!
Blue Pathway	Meritt	For his fantastic singing.
Green Pathway	Martin	For his fantastic maths this week and for joining in the activities.

Flu vaccination

**Get your child
vaccinated against
the FLU this season!**

NHS
Lewisham and Greenwich
NHS Trust



If your child missed the flu vaccination in school this is for you!

The School Health Immunisation Team will be delivering catch up clinics at 2 locations. If your child is in **Reception to Year 9** and did not get the FLU vaccination in a Lewisham school **only**; Contact the Immunisation Team on the details below to book an appointment or simply walk-in.

Saturday 3rd of December 2022

Kaleidoscope, Rushey Green Catford SE6 4JD
Waldron Health Centre Newcross SE14 6LD

Time: 9am- 4.30pm

**Call 0203 0491897 or
07341888526**

Downham is open during the half-term
Mon- Fri 09.00am - 16.30pm.



High quality care for every patient
every day

School Health Service Immunisation Team,
Downham, 7-9 Moorside Road, BROMLEY, BR1 5EP
email: lg.shsimmunisation@nhs.net

Online Safety – Social Media and Mental health

Additional for online safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their child, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guidance, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness, recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds. If alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their app and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and regular sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarmah-Kaim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEND needs.



NOS National Online Safety
#WakeUpWednesday