



Hazelbank Road, Catford, London, SE6 1TG

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9th December 2022

Dear parents and carers,

It has been great to see some of you in school this week. It was fantastic to see so many of you enjoying the wonderful art exhibition. The children were very proud to show off their learning and tell you all about the artists they have been studying in their art lessons. A huge thank you and well done to Emily and Flora for organising the event.

Thank you to our Resource Base parents and carers who came to see their children perform on Thursday. The singing was beautiful!

Another big thank you to our brilliant PTA who went above and beyond for the school disco last night. Glitter balls and sparkly backdrops were in abundant supply! The children (and adults) had a fabulous time. There is still time to make a donation if you have not already done so: <https://forms.gle/cqBmyjf8BEFEDvmcV6>

Next week is a very busy one. The book fair remains open on Monday and Tuesday after school, Wednesday we will be wearing our Christmas jumpers and enjoying Christmas lunch. We have been practising very hard and hope you will be able to join us for our performances. It will be lovely to see you.

Please wrap up well and enjoy your weekend.

Best wishes

Manda George
Headteacher



Tell Us What You Think

We are very keen to hear your thoughts and suggestions. Please take a few minutes to complete this parent and carer questionnaire:

[parent and carer questionnaire December 2022](#)

Thank you!



Our Outstanding Art Exhibition



Resource base – Bus tour



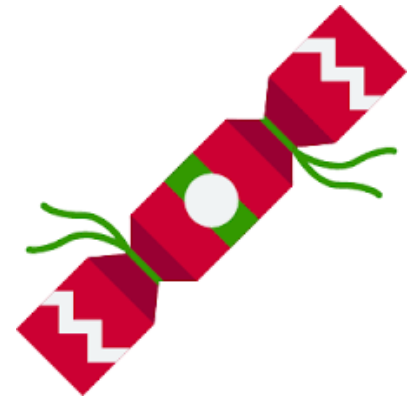
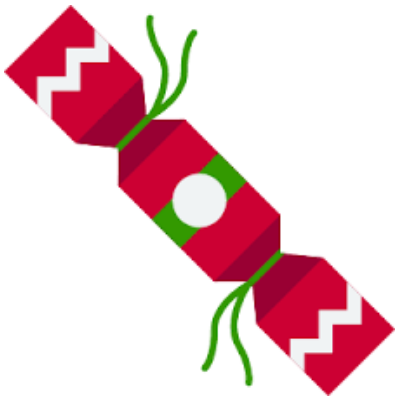
Children from the Resource Base enjoyed their day with a tour around the bus garage. They saw buses from the past, had a tour on a new electric bus and went through the bus wash **twice!**

Community Connections

Free Xmas dinner

The Constitutional - 108 Rushey Green, SE6 4HW

Free Xmas dinner for Lewisham residents age 50+ 12pm on Monday 19th December. Call Community Connections to book on 0330 058 3464 Monday-Friday 9.30am-4pm



Christmas Dinner Delivery

Do you know anyone who will be isolated this Xmas and could really benefit from a Christmas meal? The meal is delivered on Dec 23rd in a microwavable container and will need to be heated. It's cooked and delivered by the Salvation Army and comes with a quiz sheet, Christmas magazine, card and cracker. Apply by 14th December. There are up to 100 meals, they're free and it's on a first come basis. Contact Community Connections 0330 058 3464. Monday-Friday 9.30am-4pm



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



Christmas Lunch

We will be having our Christmas Lunch on Wednesday 14th December 2022. If your child normally has a packed lunch but would like Christmas lunch on 14th, please let the office know admin@torridonprimary.lewisham.sch.uk

If your child is in Nursery, Year 3,4,5 or 6 and normally brings a packed lunch please pay £2.30 via ParentPay under "School Dinner for pupils". School meals are free for all pupils in Reception, Year 1 and Year 2.

A FESTIVE FEAST

MAINS

**Traditional Roast Turkey
with Sausage, Stuffing, Roast
Potatoes, Carrots, Peas &
Gravy**

or

**Roasted Vegetable & Cranberry
Slice with Roast Potatoes,
Carrots, Peas & Gravy**

DESSERTS

Festive Cookie & Ice cream

Fresh Fruit Platter and Fruit Yoghurt

Festive Fresh Fruit Bowl

**Additionally Available - Five Choice Salad Bar,
Freshly Baked Bread, Drinking Water**

Support For Childcare Costs



HELP PAYING FOR YOUR CHILDCARE



Government help with childcare costs for parents.
Whether you have toddlers or teens, you could get support.

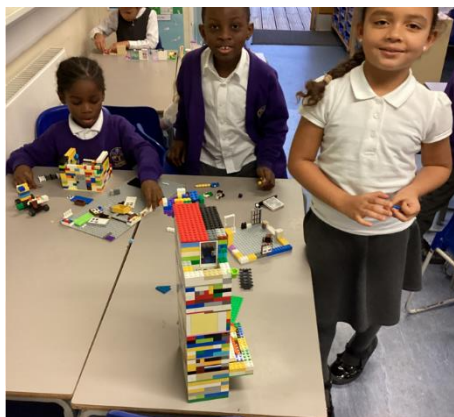
The childcare choices campaign aims to raise awareness and understanding of support available from the government for the cost of childcare. Find out if you are entitled to support by clicking the link below:

[childcare choices](#)

Lego Club Exhibition



Children in Lego club enjoyed showing off their building skills to their parents and carers!



Dates For Your Diary

Saturday 10 th December	Human Rights Day
Monday 12 th December	Year 6 Christmas Assembly
	Resource Base to Sports Festival
	Scholastic Book Fair
Tuesday 13 th December	Year 4 and Year 5 Christmas Assembly
	Reception Nativity
	Scholastic Book Fair
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 parent and carer maths session
Tuesday 17 th January	9.00am Year 3 and 4 parent and carer maths session
Friday 20 th January	INSET DAY
Tuesday 24 th January	9.00am Year 1 and 2 parent and carer maths session
Tuesday 31 st January	9.00am Nursery and reception parent and carer maths session
Tuesday 7 th February	9.00am Parent and carer workshop – supporting children learning English as an Additional Language
Monday 13 th – Friday 17 th February	HALF TERM HOLIDAY
Wednesday 22 nd February	SEND partnership – meeting for parents and carers
Monday 8 th May 2023	ADDITIONAL BANK HOLIDAY FOR THE CORONATION OF HIS MAJESTY KING CHARLES III

Amazon Wish List

To promote reading for pleasure amongst the children at Torrison, 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>



Thank you very much for the book donations so far.

Human Rights Day – 10th December



Article 4 - Making Rights Real (implementation of the Convention):

'Governments must do all they can to make sure every child can enjoy their rights by creating systems and passing laws that promote and protect children's rights.'

Article 41 – Best Law for Children Applies (respect for higher national standards):

'If a country has laws and standards that go further than the present Convention, then the country must keep these laws.'

This week, we discussed the important moment in history when the Universal Declaration of Human Rights was adopted by the United Nations General Assembly. Human Rights Day is celebrated every year on the 10th December. Children's rights are human rights and so we discussed what a monumental and life-changing event it was and how/why it is so important for us to have rights.

Scholastic Book Fair

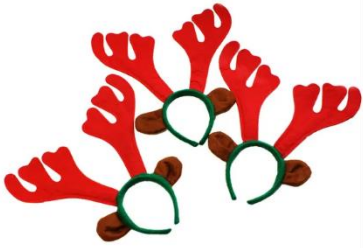


Our Scholastic book fair will be continuing next week. This a great opportunity for the children to purchase a high-quality, new book. We are hoping to sell as many books as possible, so that we can earn back FREE books for our book corners.

Here are the dates and times you can visit our book fair:

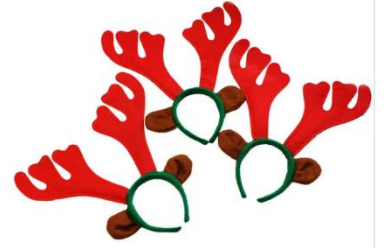
Monday 12th – Wednesday 14th December – (Year 3 and 4 hall, after school).

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



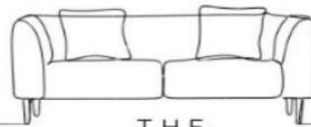
Learning English as an Additional Language

Did you know that 49% of Torridon students are learning English as an additional language (EAL)? Can you speak and write in a language other than English? If so, the EAL team need your support.

If you would be interested in helping to support children learning EAL pupils and their families, please email: admin@torridonprimary.lewisham.sch.uk

We will be holding a workshop for parents and carers to make welcome pack resources for children. We would love to see you there. We would particularly welcome support from family members who speak Tamil, Russian, Polish, French, Arabic and Romanian.

Warm Spaces



THE
BROOK HUB
A WARM SPACE FOR ALL

TUESDAYS 9:30AM-7PM
THURSDAYS 9:30AM-4:30PM

We are here for you this winter- all are welcome!

We are providing:

Workspace

Homework Help

Baby/ Toddler play space

Free Lunch

Discounted Dinner (£1 for individual £2 Family)

Hot and Cold Refreshments

Crafts

Movie Club

27-29 Brook Lane BR1 4PX



Resource Base Performance



Thank you to our parents and carers who came to see our Christmas performance in the Base. We had a lovely time and hope you did too!

Christmas Shoe Box Appeal

Thank you to everyone who has supported our Christmas shoe box appeal so far. The aim of the project is to provide children with Christmas presents who may not receive as many as others. We will be sorting, wrapping and delivering the presents next week. We are still accepting Christmas boxes, where you may wish to decorate a shoe box with wrapping paper and fill with small gifts for children. If you prefer, we are also accepting toys and book donations. If you would like to donate, please drop off in the office by Monday 12th December.





Stars of the Week

Class	Name	Reason
Nursery FT	Shahisha	For showing enthusiasm and joining in with Nursery activities. Well done Shahisha.
Nursery AM	Praniga	For growing in confidence and her communication. Well done Praniga.
Red Class	Temileyi	For showing excellent behaviour and learning her phonics sounds very well. Well done, Temileyi!
Blue Class	Louie	because he has improved his listening during carpet sessions this week – well done Louie!
Yellow Class	Adem	For working so hard on his writing. Well done!
1G	Malakhi	For his new found positive attitude to school and learning. Malakhi has been trying really hard in all areas and has made wonderful progress! Well done!
1M	Muhammad	For settling in so well and trying his best with everything this week! Well done, Muhammad!
1N	Aren	For his brilliant effort in his learning this week! Well done Aren 😊
2G	Kasvin	For being very helpful around the classroom and kind to his peers.
2S	Kayla	For being such a kind, caring and thoughtful member of the class and for always trying her best 😊
2SW	Nissi	For demonstrating resilience by trying her best in her writing, even when she found it difficult. Well done Nissi
3A	Vaishnavi	For trying her best at all times and being a fabulous role model of excellent learning behaviour at all times. Well done!
3L	Thea	For showing fantastic progress in reading and writing. All the hard work is showing!
3S	Hanna	Always working hard and trying to do her very best!
4C	Hatice	For always demonstrating good behaviour for learning and making excellent progress in swimming this term
4V	Mohammad	For settling in well to a new school and making many new friends
4W	Akshika	For always striving for excellence in all her learning. She conscientiously completes every task to the best of her abilities. Continue to work hard!
5L	Ronnie	For showing great progress with his reading. Ronnie has been reading more frequently and this is evident with his class vocabulary and fantastic reading record entries. Well done!
5R	Yasmine	For always working hard and for her fantastic home project!
5S	Alayah	For putting in great effort in writing. She has shown excellence in her learning and has been a great help in class. Well done!
6A	Michael	For displaying the core value of excellence in his learning this week by writing his formal letter independently. Well done, Michael!
6C	Maliah	For showing excellent community spirit. Thank you for being a good role model and helping others – well done!
6L	Aliyah	For her kindness and always being so helpful with jobs around the classroom.
Blue Pathway	Naoki	Well done for listening so well and having a fantastic attitude to your learning
Green Pathway	Gregory	Well done for being so interactive and talkative this week!

Lewisham Parent & Carers Forum



Please click on the link below for the newsletter regarding children with additional needs and disabilities:

<https://mailchi.mp/5d2a1a62d5d9/members-lpcf-december-2022-newsletter>

Strep A infection guidance for parents and carers



Strep A infections: what you need to know

The UK Health Security Agency (UKHSA) has warned parents and carers to be alert after an increase in Strep A infections across the country. But what exactly are Strep A infections and what are the warning signs?

What is Strep A?

Strep A is a bacteria that is sometimes found in the throat or on the skin that can cause a range of illnesses, including strep throat and impetigo. Strep A can also cause scarlet fever, as well as a much rarer illness called invasive Group A Strep (iGAS).

What is scarlet fever?

Scarlet fever is a contagious infection

that mostly affects young children. It is usually mild and can be treated with antibiotics but spreads very easily.

The symptoms of scarlet fever are a sore throat, headache and high temperature along with a fine body rash with a sandpapery feel. The rash normally starts on the chest and tummy and then spreads. It will normally look pink or red on pale skin but may be harder to see on darker skin, though you will still be able to feel it.

Another symptom is a white coating on the tongue which peels, leaving the tongue red, swollen and covered in little bumps ('strawberry tongue').



What should I do if I suspect my child has scarlet fever?

If you think your child may have scarlet fever, you should contact NHS 111 or your GP so that they can start a course of antibiotics as soon as possible. This is important because early treatment of scarlet fever with antibiotics reduces the risk of complications such as pneumonia or a bloodstream infection.

If your child is confirmed as having scarlet fever, you should keep them at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

What is Invasive Group A Strep?

Invasive Group A Strep or iGAS is a very rare illness caused by Strep A bacteria getting into the bloodstream. While this illness is still very uncommon, there has been an increase in cases this year compared to the pre-pandemic period. UKHSA advises parents and carers to talk to a health professional if their child is showing signs of deteriorating after a bout of scarlet fever, a sore throat, or a

respiratory infection.

You should contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under three months and has a temperature of 38°C, or is older than three months and has a temperature of 39°C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

You should call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake

Further information on scarlet fever is available on the [NHS website](#). More information on strep A infections, including both scarlet fever and iGAS, is available on the [UKHSA website](#).

This guidance is for information purposes and should not be used to diagnose you or your family. If you have concerns about the health of anyone in your family, always consult a medical professional.



Tales on Moon Lane Bookshop



December Newsletter

Happy December to you all! Our shop is as full as Santa's toy shop with festive things this holiday season. We hope you can come down to see our beautiful window display and all the new treats we have in store.

TALES ON MOON LANE

Christmas Opening Hours

Monday	9am - 6pm
Tuesday	9am - 6pm
Wednesday	9am - 6pm
Thursday	9am - 6pm
Friday	9am - 6pm
Saturday	9.30am - 6pm
Sunday	10.30am - 4.30pm
Saturday 24th	9.30am - 4pm
Tuesday 27th - 30th	10.30am - 4.30pm
Saturday 31st	9.30am - 4.30pm
CLOSED	
Dec 25th & 26th	
Jan 1st & 2nd, reopening 3rd at 9.30am	

Online Safety – Hipal

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

HiPAL

AGE RESTRICTION

12+

(with reduced functionality for under-12s)

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent – but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

NO AGE GATES OR MODERATION

Although users are given an initial choice of the under-12 or over-12 profile, there is no verification method to confirm someone's age. It is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers

EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



<https://hipal.app/about/privacy.html>

NOS National Online Safety®
#WakeUpWednesday



www.nationalonlinesafety.com



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