



Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

Telephone: 0208 697 2762

Email: admin@torridonprimary.lewisham.sch.uk

10th February 2023

Dear parents and carers,

Welcome to the last newsletter of this half term. It is hard to believe we are halfway through the spring term already. Time is flying by!

We have had a very thought provoking week this week. It was Children's Mental Health Week, with the theme '**Let's Connect**'. Children spent time thinking about healthy connections to family, friends and others and how this supports our mental health and sense of wellbeing.

Children also learned about ways to keep ourselves safe when we are on the internet. Craige Young, our computing lead held assemblies on Safer Internet Day and children followed up in their classrooms. Craige also launched the digital ambassadors team.

You will have all heard about the terrible earthquakes which have devastated Turkey and Syria this week. In light of this tragedy, the children, with our PTA's support, have decided that funds raised from our non-uniform day today will be donated to the DEC British Red Cross Turkey and Syria Earthquake Appeal. We will be donating £500. We hope that our small contribution will be able to help those in need at this difficult time.

I hope you have a lovely half term and have the opportunity to enjoy some of the spring-like sunshine which is starting to shine through. We look forward to welcoming you back to school on **Monday 20th February 2023**.

Have a lovely break.

Best wishes.

Manda George
Headteacher



Operation Woodland update



We are so excited to tell you that Phase 1 starts on Monday 13th February!! The machinery is arriving to dig up the concrete so if you can spare any time on WEDNESDAY, we need volunteers to help lay the top soil and complete other maintenance jobs.



If you are available please email operationwoodland@torridonprimary.lewisham.sch.uk for more information.

Phase 2 will begin after the half term break which will incorporate developing a wild meadow and sensory garden space within our new woodland, so we are inviting you to donate any small change you may have and no longer need!

Coins can be donated in the school office or look out for our small change buckets on the gate during the week commencing 20th February 2023.

This amazing development could not happen without your continued generosity and support.

Thank you.



Reception Real Life Superheroes

In reception, we had an exciting end to our 'Real Life Superhero' topic with a visit from the firefighters! We got to look at some equipment and even try some on. Also, we got to sit inside the fire engine!



Mental Health Week – Let's Connect

As the theme for this year's Mental Health week – **Let's connect**, we took part in discussions about our feelings and how these emotions might change from time to time. We learned that it is alright to feel different emotions, but we must think of ways to help us deal with those emotions so that they don't linger for a long period. Some of the ways of dealing with our emotions include : eating healthily, exercising, helping other people, thinking good things about ourselves, taking time outs, spending time with friends and asking for help. 6A then created this paper-chain to help us think about the people, things, and activities we feel connected to.



ANNUAL TORRIDON 10K & HALF-MARATHON

Runners, walkers, volunteers - come one come all! Parents, carers and staff, step right up to take part in the 3rd annual Torridon / Sandhurst 10k & Half-marathon on Sunday 26th March.

Friends of Torridon PTA is thrilled to be teaming up with Sandhurst School once again for the event - this year, with a new twist! We will be starting all together at Torridon and finishing at Sandhurst, vying for the most km/miles covered by each school. So get those laces tied and start training as we aim for victory for Team Torridon – and, of course, raise funds for the school. More details to come! For now please register your interest on the link below – whether running, walking or volunteering - **we need you!**



[Torridon 10k](#)

Any questions, email: friendsoftorridonpta@gmail.com

SEND – Coffee Morning for Parents and Carers

Lewisham SEN will be visiting Torridon on Wednesday 22nd February, 9.15-10.15 am.

This is your chance to have your say and feedback on what is or is not going well with the SEN services within the Local Area Partnership. This will help the Local Authority understand what is needed in order to achieve better outcomes for children and young people with SEND and their families.

If you have any questions about this session, please feel free to email the Inclusion

Team: senco@torridonprimary.lewisham.sch.uk

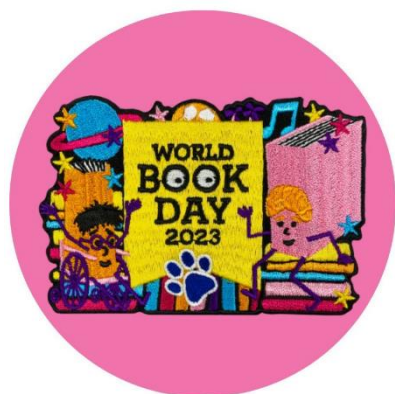
Join the Lewisham Children with Complex Needs Service to

HAVE YOUR SAY!

We would like to ensure that young people and families have their voices heard with regards to what they feel is going well / not so well within the SEND Partnership Strategy 2020-2023.

If you have any questions or would like to attend a virtual session please email local_offer@lewisham.gov.uk

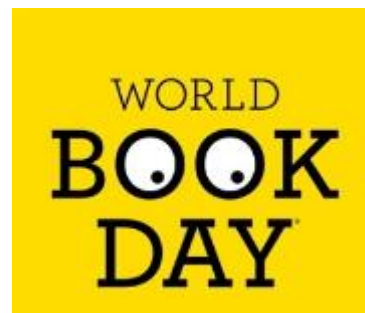
WORLD BOOK DAY IS COMING!



At Torridon, we will be celebrating World Book Day on **Friday 3rd March**.

On this day, please **come to school dressed as your favourite character from a story!**

The day will involve many creative, exciting activities for you to enjoy!



Year 5 Home Learning

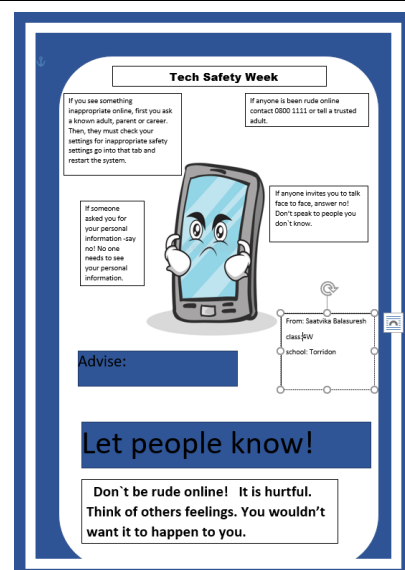


Maks was inspired by our learning in history about the Empire Windrush and created his own replica ship.

YEAR 6 SAFER INTERNET DAY

On Tuesday 7th February Torridon Primary School joined schools and youth organisations across the UK in celebrating Safer Internet Day to promote the safe and responsible use of technology. During the week, children completed work in their classes and shared ways we can create a better internet. This was a great opportunity for us to re-emphasize the online safety messages we deliver throughout the year. As part of our safer internet day on Tuesday, the children had assemblies about how to keep themselves safe online. To see the assembly slides and resources to support discussions at home please go to our internet safety page for parents and carers on our website:

<https://www.torridonprimary.lewisham.sch.uk/parents/internet-safety-parents-and-carers/>



To help you continue the conversations at home, the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at: www.saferinternet.org.uk/SID-parents

Whether you have 5 minutes to start a conversation or hours to spare, there are top tips, quizzes and films which you can use at home with your child.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's class teacher.

These are a few of the posters created:

SAFER INTERNET DAY

INTERNET SAFETY DAY IS CELEBRATED IN FEBRUARY EVERY YEAR. THIS IS WHEN WE FOCUS ON SPREADING AWARENESS OF CYBER-BULLYING. MANY PEOPLE HAVE EXPERIENCED ONLINE BULLYING ALSO KNOW AS CYBER-BULLYING. IN ORDER TO STAY SAFE ON THE INTERNET, WE NEED TO SPEAK UP AND STAY SAFE!

The internet industry can listen to children and young people by adding new updates based on their ideas.

The internet industry can help us achieve this by making game and programme age ratings more truthful.

We all want the internet to be safer and more appropriate and game developers can do that by adding harsher game penalties like bans for swearing or inappropriate behaviour.

SAFER INTERNET DAY!



Internet Safety Day —7/2/2023

'We want an internet that is safe for everyone and bully-free'

The more we share online the more we risk of being found, even if share a photo or video privately it can still be seen.

The internet may not be fun for all — because racism is still a thing on the internet and real life and is some of the online bullying.

Take online from this



To this and slowly we can rid the world of racism a little change can help the world



WHEN?

Safer Internet Day takes place every February



If someone doesn't show you their identity or you have a weird feeling around them — **DON'T** jump to share your identity because they could use you for the wrong things so take extra precautions and **DON'T** be quick to share your identity.

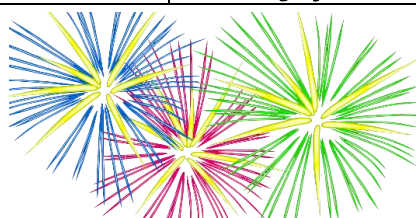
Keep safe and don't share pictures of yourself online



This Photo by Unknown Author is licensed under CC BY-NC-ND

Dates For Your Diary

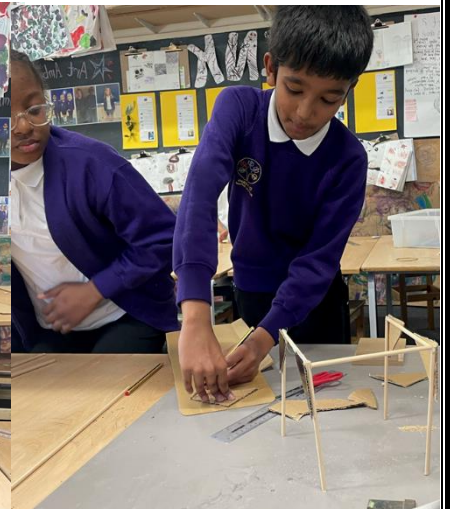
Monday 13 th – Friday 17 th February	HALF TERM HOLIDAY
Monday 20 th February	Back to school
Tuesday 21 st February	9.00am Nursery parent and carer maths session
Wednesday 22 nd February	SEND partnership – coffee morning for parents and carers Year 3 to The British Museum (PLEASE NOTE CHANGE OF DATE)
Tuesday 28 th February	Y5/6 basketball tournament
Thursday 2 nd March	POSSIBLE NEU STRIKE ACTION
Friday 3 rd March	PTA Coffee Morning
Friday 3 rd March	World Book Day
Tuesday 7 th March	Year 3 dance performance at Catford Broadway
Wednesday 8 th March	Year 5 dance performance at Catford Broadway
Thursday 9 th March	Year 6 National Dental Programme 6.00pm Year 6 School Journey Meeting
Friday 10 th March	PTA uniform sale
Wednesday 15 th and Thursday 16 th March	POSSIBLE NEU STRIKE ACTION
Friday 17 th March	RED NOSE DAY
Week beginning Monday 20 th March	Whole school assessment week (change of date to avoid potential NEU strike action)
Tuesday 21 st March	Reception vision and hearing screening
Sunday 26 th March	Torridon and Sandhurst 10K fun run
Week beginning 27 th March	Autism Acceptance Week
Tuesday 28 th March	Y3/4 Tri-Golf tournament
Tuesday 28 th and Thursday 30 th March	Parent and carer open evenings
Monday 3 rd April – Friday 14 th April	EASTER HOLIDAY
Tuesday 11 th – Friday 14 th April	Year 6 Easter School
Tuesday 18 th April	Y3/4 Quad Kids Tournament
Tuesday 25 th April	Y5/6 Football Tournament
Wednesday 26 th April	Y3/4 Football Tournament
Monday 1 st May	BANK HOLIDAY
Wednesday 3 rd May	Y5/6 girls' cricket tournament
Monday 8 th May 2023	ADDITIONAL BANK HOLIDAY FOR THE CORONATION OF HIS MAJESTY KING CHARLES III
Tuesday 9 th May – Friday 12 th May	Year 6 SATs week
Monday 22 nd May	Year 6 Unity at Crystal Palace
Wednesday 24 th – Friday 26 th May	Year 6 Residential Trip
Monday 29 th May – Friday 2 nd June	HALF TERM HOLIDAY
Friday 23 rd June	INSET DAY
Friday 21 st July	Last day of the summer term



Year 5 Design and Technology



Year 5 have been looking at different types of structures this half term and have been learning how to strengthen joins. The children designed and made their own mini structures and were really proud of their outcomes.






Fraser's Football Photoshoot



We are all incredibly proud of Fraser (6C) for being confident and showing off his impressive football skills for his first photoshoot! Well done Fraser!

Weekly Attendance by Class

	Class	Attendance		Class	Attendance		Class	Attendance
	1G	99% (99.26%)		3A	91%		5L	94%
	1M	94% (94.44%)		3L	99%		5R	99%
	1N	94% (93.73%)		3S	95%		5S	88%
	2G	96% (95.79%)		4C	95%		6A	97%
	2S	99% (99.24%)		4V	96%		6C	98%
	2SW	96% (96.31%)		4W	96%		6L	92%



It was very close for our classes in KS1 this week. Congratulations to 1G, 3L and 5R who all had 99% attendance and won the attendance cup for their phase. I wonder which class will be the first to achieve 100% attendance after half term?

EAL Workshop

On Tuesday, we held a workshop for parents to help us translate resources for children who are learning English as an additional language (EAL). We now have some great resources for both Polish and Romanian speakers; thank you to all parents who helped to create these.



We would also love to have some additional resources for Russian, Tamil, French and Arabic children.

If you'd like to help the EAL team translate resources to these languages, please email admin@torridonprimary.lewisham.sch.uk

Resource Base Adventure

We were invited to visit our friends at Athelney. We took a ride on their minibus looking at different landmarks around Catford: Catford cat, Catford bus garage, town hall and the train stations. We went back to Athelney and had a circle time introducing ourselves and playing group games, we then had a chance to play our own games with our Athelney friends.



'Meet the Experts' for Channel 5's Milkshake



Meet the Experts is back with a brand new series and looking for expert children to take part!

Does your child have an interesting hobby that they are extremely passionate about?

Would they like to showcase their talent and expertise on Channel 5's Milkshake?

We want to hear from entertaining and outgoing children, aged 8 and under, of all different backgrounds and abilities.

For more information please email: MTE@boomcymru.co.uk or call: 07436 097767

We welcome applications from all sections of the community including from ethnically diverse groups. Boom will process your information in accordance with its privacy policy [bit.ly/2osmz0D](#). Due to the high volume of responses, we cannot reply to everyone.





Boom is an award-winning TV production company based in Cardiff. We are back with a brand-new series of 'Meet the Experts' for Channel 5's Milkshake. It is a fun, engaging, child-centred television series, focusing on children with a real passion for and expert knowledge of a subject or hobby.

We are looking for confident children aged 7 – 8 years from a variety of backgrounds to take part. The programmes are 11 minutes long and the child will be at the forefront of show, therefore we are looking for children who are not afraid to talk and share their passion on camera! Boom is committed to making inclusive programmes and we welcome applications from all sections of the community including from ethnically diverse groups.

You can watch the current series on My5 to get a better understanding of what we are looking for: [My5 - Meet The Experts - Season 1 - Episode 5 / Sea Life \(channel5.com\)](https://www.channel5.com/My5-Meet-The-Experts-Season-1-Episode-5/Sea-Life)

For more information email: MTE@boomcymru.co.uk or call: 07436097767



Stars of the Week

Class	Name	Reason
Nursery am	Noah	For trying new things at Nursery. Well done Noah. 😊
Nursery pm	Theo	For starting to join in with his peers at carpet time and his amazing train track. Well done Theo. 😊
Red Class	Eliana	For settling well into Red class and for playing nicely with her friends. Well done, Eliana!
Blue Class	Ayat	For growing in confidence and making an effort to try her best!
Yellow Class	Annika	For always being kind and a good friend to others. Well done!
1G	Mathias	For always having a bright smile! Mathias's behaviour has improved so much and he's making good choices that make his classmates and adults happy! Well done Mathias 😊
1M	Emmanuel	For being so hardworking in all of his learning and for always doing the right thing. Emmanuel is always polite and sets a great example for the rest of the class. Well done, Emmanuel!
1N	Caspar	For his dedication and care for his learning. We can always rely on him to do his best and he is making great progress, as a result. 😊
2G	Mordecai	For his amazing independent maths learning. Keep up the great work! 😊
2S	Kayden	For his hard work and brilliant effort to ensure that all of his learning is his best! Well done Kayden 😊
2SW	Ethan	For always doing the right thing and being helpful! Well done Ethan!
3A	Maria	For her excellent writing.
3L	Jevon	For producing an excellent report on Ancient Egypt! Fantastic enthusiasm 😊
3S	Jesika	For aspiring to do her best in all aspects of her learning.
4C	Melissa	For her improved attitude and enthusiasm towards her work, participating in lesson and 100% attendance this week.
4V	Harley	For showing excellent improvement in his overall behaviour and for being respectful to members of staff. We are so incredibly proud of you Harley. Keep it up! 😊
4W	Riley	Riley has worked on keeping on task and he is trying to do his best to improve his learning. Continue to try your best.
5L	Aatheesh	For consistently demonstrating a positive attitude to learning, showing respect and being a fantastic role who shows kindness daily.
5R	Nicholas	For always demonstrating a positive attitude towards his learning and a conscientious approach to the presentation of his work. Well done Nicholas.
5S	Genevieve	For consistently showing a positive attitude towards her learning. For always being a role model in the way she behaves inside and outside of the classroom. Well done!
6A	Ibrahim	For working really hard in his assessments this week; thereby displaying our core value of aspiration. Keep it up Ibrahim.
6C	Wande	For always listening so carefully during lessons and applying the input to your work independently. You have been working very hard – well done!
6L	Davi	For always trying hard with your learning and presenting your work really neatly! Well done!
Blue Pathway	Jesse	Well done for great athleticism in PE this week!
Green Pathway	Martin	Well done for using more words this week and making choices using pictures!

Foster Park - Family Nature Days

FAMILY NATURE DAYS



@FORSTER MEMORIAL PARK
OUTDOOR LEARNING AREA

**FEBRUARY
HALF TERM**

THURSDAY 16TH FEB

10-12 noon - Under 5s
1-3 pm - All ages

FRIDAY 17TH FEB

10-12 noon - Under 5s
1-3 pm - 5s and over



FREE

Donations Welcome

Booking Essential

www.bookwhen.com/secretadventurersclub



www.forsterparkfriends.org

We're offering some wonderful free family nature day sessions in Forster Park woods again this half term and Easter holidays with the Secret Adventurers Club. This event is fully funded as part of our GreenShoots project - voted for by Phoenix Residents and funded by their Phoenix Community Chest and all are welcome.

Morning sessions are most suitable for under 5s, afternoon sessions are great for all the family. Easter drop off sessions for 8-12 years are also now available, including lunch.



EASTER HOLIDAY

**TUESDAY 11TH
APRIL**

10-12 noon - Under 5s

1-3 pm - All ages



**WEDS 12TH AND
THURS 13TH
APRIL**

10am -4pm 8-12 years
Drop off
Lunch provided

FREE

Donations Welcome

Booking Essential

www.bookwhen.com/secretadventurersclub



www.forsterparkfriends.org

Online Safety: Digital Lives

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children, 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 guides, hints and tips for adults.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play, using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



National Online Safety®

#WakeUpWednesday

Source: <https://www.ofcom.gov.uk/consult/condocs/gaming/gaming-modelling-attitudes-report-2022.pdf>



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