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13th October 2023

Dear parents and carers,

Welcome to this week's newsletter. It was lovely to see so many of you at our open evenings this week. Teachers were delighted to be able to share some of your children's learning with you and let you know how they are getting on. If you were not able to attend your appointment, please let us know and we will be happy to reschedule.

Your child should have brought home 2 registration forms for photographs. One is for their individual photograph and the other is for the class photograph. Use the QR code to register online or visit <https://www.getphotos.co.uk/#/> This will allow you to view and order the photographs once they are uploaded next week.

Today a group of children were invited to take part in a tasting session with our school chef Raheem. They were giving their views on some of the dishes which have been created for the new spring term school lunch menu. They gave some very constructive feedback, as you will see from their comments later in the newsletter.

Thank you to Katy and the PTA team for organising this afternoon's bake sale and thank you to all who donated or purchased sweet treats. Your generosity is greatly appreciated.

Enjoy your weekend.

Warm wishes

Manda George

Headteacher

Operation Woodland



As you know we have been developing our new woodland area this year. We need your help to keep our woodland growing so are inviting you to donate any small change you may have.

Look out for the small change buckets on the gate during the week commencing **16th October 2023**.

All funds raised will be used to develop and maintain our new outdoor learning space. Thank you for your continued support.



Menu Tasting

Today we went to taste the food that will potentially be on our menu in January. What I liked about today's wonderful experience is that the food was amazing. I hope to see them all on our menu next year.

Cayden (6L)



Today we have tried our chef Raheem's lovely food. We had a variety of portions to rate them. All the food was very delicious but my favourite is the sticky BBQ chicken and the chocolate brownie.

Khloe (6L)



Personally, I think the BBQ chicken was 10 out of 10. The chocolate brownie and the mousse was really nice. The fish cake wasn't too bad. The only thing I didn't like was the vegetables in the food.

Ilayda (6A)



Today I tried the new food that's coming in January. The chicken and desert were very good. I'm happy that they did this. It's a big improvement.

Amar (6A)



In today's tasting, I liked the sticky barbecue chicken because it tasted lovely and the fudge with brownie was also good. Best meal in my opinion.

Jordan (5C)



The 'sticky BBQ chicken' was the best because it had this tang and sweetness to it. I would call it a 10 out of 10.

Jaron (5S)



Today we were tasting new foods and the food had a yummy taste and a wonderful smell.

Rashvin (5L)



The food is excellent, mouthwatering and lovely. It's the best thing I've ever tasted. I can't thank you enough for the food – keep it up!

Azariah (5L)



Today we have been in the dinner hall eating delicious food from Raheem. The barbecue chicken was remarkable and the brownie was delicious. From next January every pupil will be able to try it.

Lakshan (6C)



Today I tried a variety of foods made by our very good chef, Raheem. Many of the little portions of food were delicious. I would definitely recommend most of the foods for our menu. My favourites were the BBQ chicken and the brownie.

Amira (6C)



Today we were tasting different foods. The sticky chicken was the best but the vegan chicken was also good.

Angell (5C)



The chicken was the best. I'm sorry Gordon Ramsay but our school chef is better. The food gets 2 billion likes from me.

Anisa (5S)



Albany Theatre Trip

Year 5 and 6 children visited The Albany Theatre this week to watch "Groundation" by Irie Dance Theatre. The performance was a collection of West African traditional dances and Jamaican Folk dances that represent social, ritual and religious rites. These dances are the foundation of the movement, language and style of Irie dance theatre. Each dance relays a journey or cultural shift in African and Caribbean history. African and Caribbean dance is included in Torridon's dance curriculum offer.



Resource Base – Green Pathway

We have been practising how to make ten in different ways this week. On Friday, the children used pictures to help us make ten independently using cubes and made sentences to say which numbers they had used. We had a dance to celebrate our hard work!



Reception Maths Learning

Patterns everywhere! This week in maths, Reception have been exploring patterns. We have used shapes, colours, natural objects and our own bodies to make different repeating patterns. We even designed our very own socks and t-shirts using patterns – some had spots, stars and stripes!



Year 1 Trip to Forster Park

This week, Year 1 went on the hunt for Eeyore's tail at Forster Park. They followed Piglet's instructions and there it was, perched on top of the big stones and rocks - just where Piglet thought it would be.



Dear Children,

I have some gloomy news and I need your help.

I last saw my tail on my bottom, yesterday, when I looked round to see what it was doing...which wasn't very much.

Well now it seems to be gone and Piglet thinks it might have got stuck to him when he came to visit me. He said his bottom felt much heavier than usual, on his way home, at least until he reached the big stones and rocks, anyway...

Well I'd go and look for it myself, only I don't really feel like 'going' today, so do you think you could help?

I'd really be most grateful.

From Eeyore

Owl's house



Eeyore asked us for help when he realised his bottom was missing something...



100 Aker Wood

Arrgggh!



Where the Wozzles may be



Six Pine Trees



We followed Piglet's instructions all the way to the big stones and rocks, and there was Eeyore's tail!



The Big Stones and Rocks

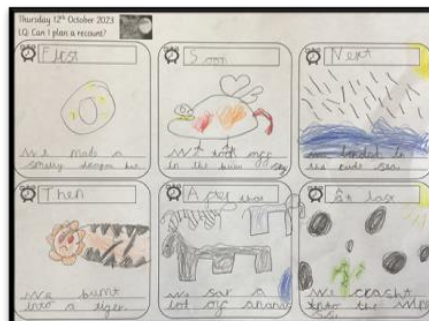


Year 2 Writing

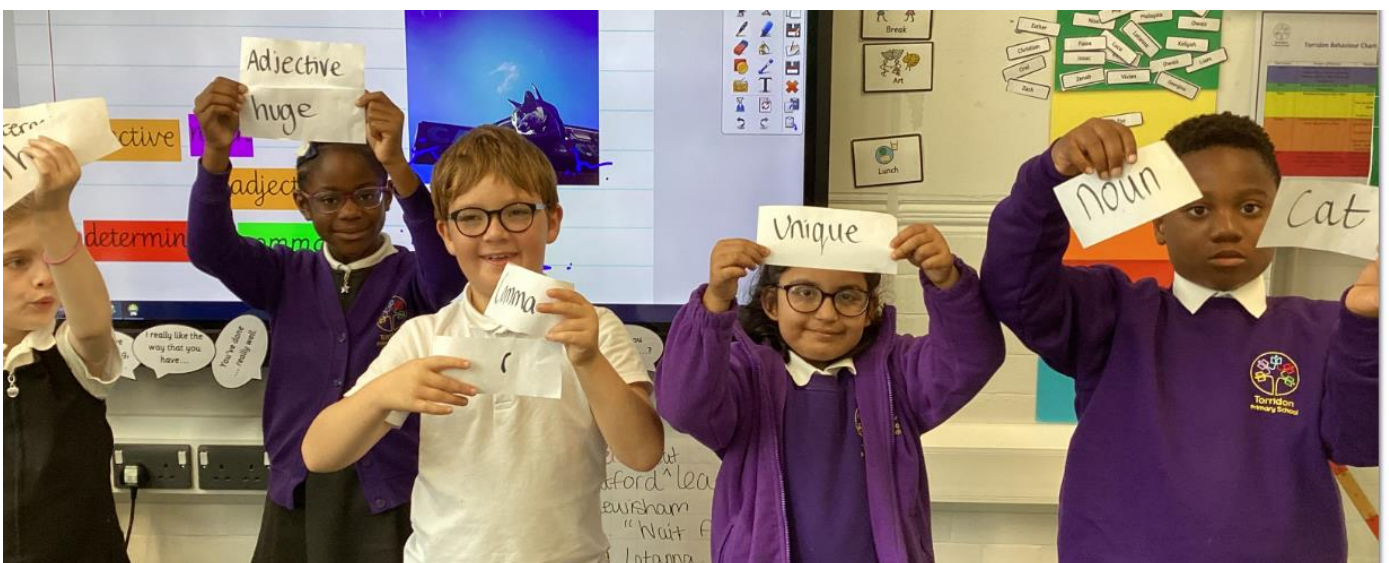


This week Year 2 have been on an exciting adventure as we dropped off those mischievous dragons back to where they belong. On the journey to the Wilderness we encountered stormy seas, a hot jungle and lots of animals whilst passing through the safari. After all of that excitement, we then built up to writing a recount of our journey which we will be finishing next week. Take a look at some of our fantastic plans which have

helped us to write our recount...



Year 3 Writing



Year 3 have been developing their knowledge of expanded noun phrases. We will be using them to make our writing more interesting and exciting.

Year 4 Trip to Museum of London Docklands



We had a lovely trip to the Museum of London Docklands on Tuesday. The children enjoyed walking through the immersive Sailortown, where they put themselves in the shoes of Victorian Londoners. They also took part in a workshop where they looked at several different items from the Victorian times and used their historical enquiry skills to work out what they were.



Year 5 Fact Files



Year 5 have been learning about Dawn Butler (MP) in honor of Black History month. They have carried out research and have created fact files about her early life and parliamentary career.



Resource Base – Blue Pathway

Today we welcomed parents and carers to come and share some activities with their children in the Resource Base.



Year 6 Science



In Year 6, we have been learning about what colours light consists of. To investigate this, we have carried out an experiment. We coloured in our colour wheels with seven different colours using a specific order. Then, we used a pencil and blue tac to spin the colour wheels. When we were spinning the colour wheels, we made white light! Mustafa (6C)

In science, we have been learning about Sir Isaac Newton. We have carried out an experiment to test his theory. We coloured in each different section of the colour wheel. There were seven colours. These were red, white, yellow, green, blue, indigo and violet. Our colour wheels turned white. I also found out that the lighter the colours, the easier it was to produce the white light. Jake (6C)



Stars of the Week






Class	Name	Reason
Nursery FT	Daya	Well done for always trying your best in Nursery. Well done, Daya! 😊
Nursery AM	Emmanuel	Well done for working hard to write your name and for good listening. Well done, Emmanuel! 😊
Nursery PM	Taisije	Well done for building good friendships with your new friends in Nursery. Well done, Taisije! 😊
Blue Class	Mikolaj	For trying his best and managing his emotions this week. Well done!
Red Class	Rory	For his fantastic effort to write his name and for trying his best in phonics this week! Well done Rory 😊
Yellow Class	Liam	For growing in confidence and using his words to communicate more. He is following the routine and helping at tidy up time. Well done!
1M	Seyon	For his fantastic effort in writing and for always trying his best. Keep it up Seyon! 😊
1N	Kayden	For always doing his best and being so enthusiastic in all his learning AND for his fantastic independent writing! 😊
1W	Eve	For working really hard to contribute her ideas in class this week. She wrote a wonderful recount of our trip to Forster Park. Well done Eve!
2S	Mayarah	For developing her independence in writing this week! Well done for trying your best Mayarah 😊
2SW	Seth	For his enthusiasm and determination in his learning. He always tries his best and has such a positive attitude! Well done Seth, keep it up! 😊
2V	Alfie	For using amazing adventurous vocabularies in his recount of journey to the Wilderness. Well done, Alfie, keep it up. 😊
3A	Isaac	Excellent writing. Well done for using expanded noun phrases when describing Lewisham.
3G	Nova	Always trying her best in all subjects. Keep it up!
3S	Mekai	Excellent attitude towards his learning. Well done for working so hard on the presentation of your work
4A	Abigail	For showing excellence in every aspect of your learning.
4L	Beni	For growing in confidence, fantastic behaviour and excellent learning in French this week! Well done!
4S	Lenny	For showing a great, hard-working attitude and producing many excellent pieces of work, particularly his independent diary entry.
5C	Hirav	For being sensible in his learning and participation in class! Well done!
5L	Rashvin	For always challenging yourself in maths lessons. Well done!
5S	Thiksga	For her exceptional work and dedication, she has demonstrated in swimming. Your commitment to improving your skills and achieving excellence is not only evident in swimming but in your learning also. Well done!
6A	Daisy	For her consistent positive approach towards leaning and for always celebrating our diversity by including everyone in her activities.
6C	Arda	For your fantastic, thoughtful contributions during our History lesson this week. You have shared some excellent ideas - well done!
6L	Shahan	For showing consistent focus, effort, and determination throughout all areas of your learning. Well done!
RB Blue	Ibrahim	Well done for an improved attitude to your learning this week!
RB Green	Gabriel	Well done for really focused learning this week and for trying your best to stay calm in challenging situations. We are so proud of you!

Dates For Your Diary

Wednesday 18 th October	Royal Opera House Zoom Workshop
Monday 23 rd – Friday 27 th October	HALF TERM HOLIDAY
Wednesday 1 st November	Flu Immunisation (Year 1 to Year 6)
Saturday 4 th November	Gardening afternoon – 1pm – 4pm (PTA event)
Week Beginning 13 th November	Anti-Bullying Week
Tuesday 14 th November	Korky Paul – illustrator visit
Wednesday 15 th November	Resource Base to Panathlon Sports Festival
	Unity trip to Royal Opera House to see Ballet Black rehearsal
Friday 17 th November	Children in Need
Week beginning 20 th November	Road Safety Week
Tuesday 21 st November	Year 2 trip to London Zoo
Friday 24 th November	INSET DAY
Week beginning 4 th December	Whole school assessment week
Tuesday 5 th December	Resource Base trip – Bowling Festival
Wednesday 6 th December	Year 3 Create and Dance Digital Celebration
Thursday 7 th December	School Disco (PTA event)
Monday 11 th December	Whole school art exhibition
	Y3/4 Athletics Tournament
Tuesday 12 th December	Whole school art exhibition
Wednesday 13 th December	Nursery and Reception Christmas Performance
	Y5/6 Athletics Tournament
Thursday 14 th December	9.00 Year 1 Christmas assembly
	2.45 Year 2 Christmas assembly
Friday 15 th December	9.00 Year 3 Christmas assembly
	2.45 Year 4 Christmas assembly
Monday 18 th December	9.00 Year 5 Christmas assembly
	2.45 Year 6 Christmas assembly
Tuesday 19 th December	Christmas jumper day
	Christmas Lunch
Wednesday 20 th December	Last day of term – 2pm finish
Thursday 21 st December to Friday 5 th January	CHRISTMAS HOLIDAY
Monday 8 th January	First day of spring term



Weekly Attendance by Class

Class	Attendance		Class	Attendance		Class	Attendance	
1M	97%		3A	99%		5C	95%	
1N	98%		3G	94%		5L	96%	
1W	96%		3S	98%		5S	95%	
2S	98%		4A	98%		6A	96%	
2SW	99%		4L	96%		6C	94%	
2V	97%		4S	96%		6L	97%	

Well done to all the classes who achieved close to 100% attendance this week!

AUTUMN GARDENING

Calling all enthusiastic outdoor volunteers, green-fingered or not! Grab some gardening gloves - and a friend, neighbour, child or partner - and **join the Torridon Green Team on Saturday 4th November. It's an open session from 1-4pm - any time you can offer is much appreciated.** It's a lovely way to enjoy some time outside with fellow Torridon parents while making a real difference to the outdoor environment at the school.

We'll be planting bulbs, trimming branches, weeding and tidying up the garden beds around the school grounds, as we help to keep the green areas thriving and support the school's Woodland Team. We'll also be doing a bit of work in the nursery's mud kitchen!



If you have them, please bring: water bottle, gardening gloves, bucket, trowel or spade, fork, secateurs or any other gardening equipment you think might be useful.
Refreshments provided!

Please RSVP to friendsoftorridonpta@gmail.com- and spread the word!

Children and Family Centre Consultations

Lewisham Council are in the process of reviewing and developing services that support children and their families. This includes the current Children and Family Centres offer and our emerging Family Hubs offer.

We want to make sure we co-produce services that reflect the needs of all children and families in Lewisham. Your experiences and views are crucial to this process and we are really keen to hear from you. This will help us to develop and deliver the services our families deserve.

See links to two new surveys below, one for parents, and one for staff working with children and families. Both are short and will only take a maximum of 10 mins to complete. Surveys close on 20th October.

Lewisham parents – Your views matter!

Tell us what you think about services in Children and Family Centres

[Children and Family Centres - Parent and Carer Survey](#)

Working with children and families in Lewisham? Your views matter!

Tell us what you think about services in Children and Family Centres

[Children and Family Centres - Stakeholder Survey](#)



Fitness Activities

This Saturday

Xtreme Hip-Hop
Numelzfitness
@NUMELZFITNESS_COACH

BEGINNER'S CLASS STARTING OCTOBER 14TH

EVERY SATURDAY
10AM-11AM & 11AM-12PM

ABBOTSHALL HLC, ABBOTSHALL ROAD, CATFORD, SE6 1SQ

Dance/Step/HITT Routines
 Hip Hop, R&B, Bashment, Garage, Jungle & more
 DON'T STOP, DON'T QUIT!

£5 KIDS/PARENTS £10 ADULTS

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MULTISPORTS • ACTIVITIES • GAMES

MULTI-SPORT SATURDAYS

EVERY SATURDAY FROM 10am-12pm

Activities

- 10am Kids Multi Sports (Adult Fitness Classes Same Time)
- 11am Kids Football (Adult Fitness Classes Same Time)

Address
Abbotshall Road, Catford, SE6 1SQ

Contact Us
Bundle Deals & Discounts Available,
Email: info@havinabubble.co.uk

£5 Per Session For Kids & Parents £10 For Adults

Lewisham Foodbank



**LEWISHAM
FOODBANK**

"We work as friends and we feel useful and know we are providing food for those in need. I've made friends of many years, and keep in touch."

could you spare a couple of hours during the school day?

**JOIN OUR
VOLUNTEER
COMMUNITY**

Monday - Friday
New Hope Centre
(between St John the Baptist Church & The Green Man (opposite Homebase))

We Need Help With:

- Packing food parcels
- Sorting donations
- Keeping the warehouse stocked
- Preparing Christmas hampers

volunteers@lewisham.foodbank.org.uk

apply here



**LEWISHAM
FOODBANK**
Harvest 2023

We would love your school to support once again this year!
This is what we most need:

TINNED VEG	BISCUITS
TINNED TOMATOES	CHOCOLATE
TINNED MEAT	COOKING OIL
TINNED HALAL MEAT	INSTANT COFFEE
TINNED FISH	TEA BAGS
PASTA SAUCES	LAUNDRY CAPS
LOGLIFE MILK	SHOWER GEL
LOGLIFE JUICE	PERIOD PRODUCTS
RICE (500G BAGS)	NAPPIES (SIZE 2-6)
CEREAL	TOILET ROLL
RICE PUDDING	DOG/CAT FOOD

#EveryCanHelps

thank you!

lewisham.foodbank.org.uk

Surveys for Children With Complex Needs

The aim of these surveys are to hear about the lived experiences of children and young people with complex needs that access therapy and rehabilitation services. Also, to hear about the experiences of their parents, carers and families. Please see the links below:

Parent/Carer Survey – <https://www.surveymonkey.co.uk/r/ZBHR93K>

Young People Survey - <https://www.surveymonkey.co.uk/r/8QC5RVL>



Educational Psychologist Feedback

BLACK PARENTS' AND CARERS' EXPERIENCES OF WORKING WITH EDUCATIONAL PSYCHOLOGISTS



“I am a dyslexic, disabled, Trainee Educational Psychologist and proud mum of a high-achieving neurodiverse child. I am looking for other Black parents/carers to help with my research.”

Are your children aged 0-25 years and enrolled at a Lewisham school or education setting OR registered with a Lewisham GP?

Have you/your children worked with an Educational Psychologist in the past 5 years?

Are you interested in improving services for Lewisham's Black children and families?

If you answered **YES** to all three questions, please take part in a confidential **ONLINE** interview or focus group meeting about your experience, whether good or bad.

Many of Lewisham's Black children are not getting help from Educational Psychologists to achieve their best socially and educationally. I am trying to find out why.

Please help me by sharing your views for about **90 MINUTES** in **OCTOBER/NOVEMBER** (Appointments between 9am and 9:30pm)

Scan the QR code
to read the Participant Information
and consent to take part by **16/10/2023**

Questions? u1632440@uel.ac.uk or [07341805238](tel:07341805238)

Thank you
Eartha
Eartha
University of East London



SCAN ME

Lewisham Junior Orchestra - Half Term Project



Lewisham music

Lewisham Junior Orchestra makes its long awaited return, so come and join Lewisham Music for two days of exciting orchestral music making!

Lewisham Junior Orchestra provides a great opportunity for young musicians to develop their instrumental skills and learn new arrangements under the expert leadership of professional cellist, Thibault Blanchard-Dubois and experienced Lewisham Music musicians.

Participants will take part in sectional rehearsals throughout the two days, gaining experience and confidence within small groups, before coming together to perform as part of a large orchestra with all the other young musicians. You can expect a mix of written score and improvised sections!

This year young musicians will come on a journey to create music that explores the stories and sounds of the local area over the last 100 years.

Who is Lewisham Junior Orchestra suitable for...
Young musicians in Years 5 to 8 (inclusive) who play strings, woodwind, brass and percussion (tuned and untuned percussion) at Grade 1 standard and above (no formal grades required). Unfortunately we are unable to accept piano applications.

When
Tuesday 24 and Wednesday 25 October, 10-4pm (on 25 October there will be a live performance at 3:30pm for friends and family)

Where
The Stage which is at the back of The Fellowship Inn, Randlesdown Road, Bellingham, SE8 3BT

Cost
£55 (£15 for young people in receipt of Pupil Premium or Looked After Children)

How to sign up
Please sign up on our website: lewishammusic.org/LJO

come and make some music

Lewisham Junior Orchestra

Online Safety

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example), it's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Joergensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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