



Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

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29<sup>th</sup> September 2023

Dear parents and carers,

It has been another great week at Torridon. We have been delighted to welcome some new families to Torridon. The children have been wonderful at helping their new friends to settle in. We have also welcomed some student teachers from the Institute of Education who will be starting their teaching placements with us next week.

Thank you for being so understanding about not using the Nursery gate as a thoroughfare onto the main playground. The gate will remain closed until further notice as an additional safety measure for our youngest children. Your co-operation is greatly appreciated.

Next week is the launch of Black History Month. Our theme this year is 'Black and British' and we will be celebrating women who were trailblazers in their chosen fields. Look out for some lovely learning in our newsletter over the next few weeks.

Have a fantastic weekend.

Best wishes

Manda George  
Headteacher



## Parent and Carer Maths Workshop

The way that we teach maths has changed lots since most parents were at school. Sometimes, it can be hard to know the best way to support your child or which methods to use. If you would like to learn more about how we teach maths and how to help your child, we hope that you are able to join us at our maths workshop next week.

Tuesday 3<sup>rd</sup> October: Y5 and Y6



## Autumn Bake Sale – Friday 13<sup>th</sup> October



The PTA will be holding a bake sale in the playground on Friday 13<sup>th</sup> October.

Any homemade donations need to be clearly labelled with any allergens and names on boxes, please.

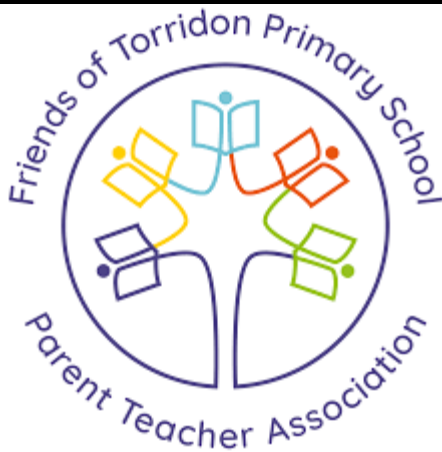
Shop bought donations welcome too.

Donations to be handed in on the day of the sale.

Volunteers to help with the sale to be available from 2pm on Friday 13<sup>th</sup>.

Thank you

## PTA Committee Election



Thanks to Ollie Fisher, Ruth Webster, and Megan Wybrew for volunteering to lead the PTA as charity trustees. Please take a moment to [submit our form](#) to confirm their election. We are still looking for people to help organise events and oversee special projects. Find out about what's involved [here](#). Questions or suggestions? Get in touch at [friendsoftorridonpta@gmail.com](mailto:friendsoftorridonpta@gmail.com). Thank you!

## Chess Set Donation

We have had a record number of children joining chess club and showing an interest in playing the game at playtimes and lunchtimes. If you have an old chess set at home that you no longer use, we would greatly appreciate you donating it to the school. Please send any sets to the main office.

Thank you



# Lewisham Foodbank

Lewisham Foodbank are asking for our help as they respond to the cost of living crisis.

Please bring any donations of food or essentials to the school office.

Thank you for your kindness and generosity.



The poster features the Lewisham Foodbank logo at the top left, which includes a green leaf icon. The main title 'LEWISHAM FOODBANK' is in large, bold, green letters, with 'Harvest 2023' written in a red cursive font below it. A green and white striped awning is at the top. The text 'We would love your school to support once again this year! This is what we most need:' is in green. Below this is a list of items: TINNED VEG, TINNED TOMATOES, TINNED MEAT, TINNED HALAL MEAT, TINNED FISH, PASTA SAUCES, LONGLIFE MILK, LONGLIFE JUICE, RICE (500G BAGS), CEREAL, RICE PUDDING, BISCUITS, CHOCOLATE, COOKING OIL, INSTANT COFFEE, TEA BAGS, LAUNDRY CAPS, SHOWER GEL, PERIOD PRODUCTS, NAPPIES (SIZE 2-6), TOILET ROLL, and DOG/CAT FOOD. An illustration of a basket of fruit and a bottle of laundry caps is at the bottom right, with the hashtag #EveryCanHelps and the phrase 'thank you!' in red cursive. The website 'lewisham.foodbank.org.uk' is at the bottom.

LEWISHAM  
FOODBANK  
*Harvest 2023*

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

TINNED VEG  
TINNED TOMATOES  
TINNED MEAT  
TINNED HALAL MEAT  
TINNED FISH  
PASTA SAUCES  
LONGLIFE MILK  
LONGLIFE JUICE  
RICE (500G BAGS)  
CEREAL  
RICE PUDDING

BISCUITS  
CHOCOLATE  
COOKING OIL  
INSTANT COFFEE  
TEA BAGS  
LAUNDRY CAPS  
SHOWER GEL  
PERIOD PRODUCTS  
NAPPIES (SIZE 2-6)  
TOILET ROLL  
DOG/CAT FOOD

#EveryCanHelps  
*thank you!*

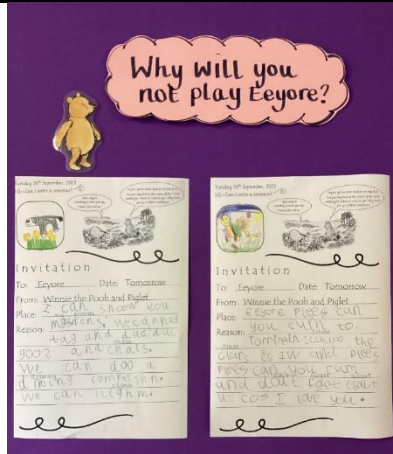
lewisham.foodbank.org.uk

## Reception Learning

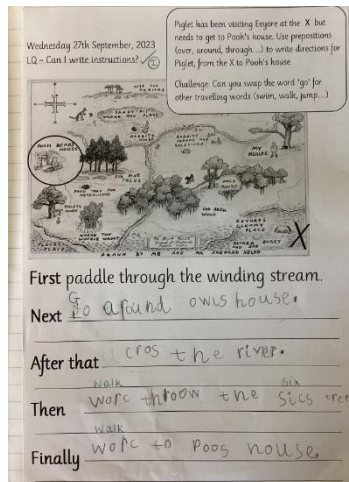
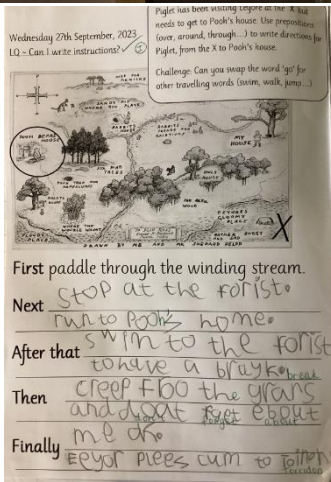
In reception, we have been reading 'The Colour Monster' and have been exploring all the different emotions we can feel. We have lots of good ideas of how we can manage our big feelings. Some children have been creating their own colour monsters too!



# Year 1 Writing



Year 1 have been learning how to write sentences using capital letters and full stops. As part of our Winnie the Pooh learning, this week, Eeyore went missing. We created 'Missing Donkey' posters, wrote invitations and made a set of instructions to encourage Eeyore to come and play with us. Have you seen him? We hope he visits us soon!



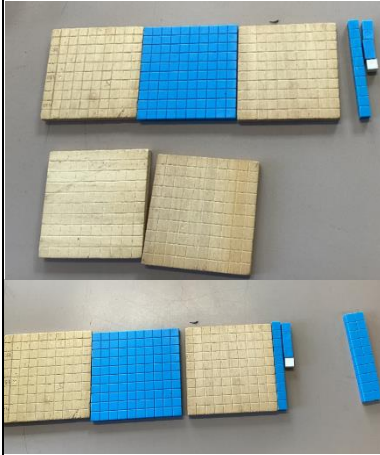
# Year 2 Writing



This week, Year 2's pet dragons have all gone missing. In order to find them, we have created 'Lost Posters' which included detailed descriptions of what they look like and their likes and dislikes.

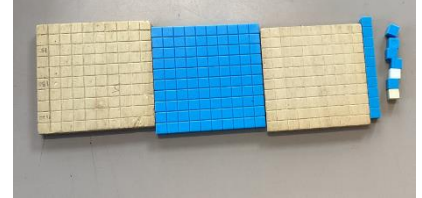


## Year 3 - Maths



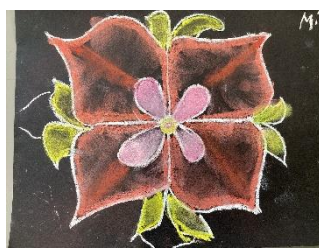
In Year 3, we have been exploring adding and subtracting 1s, 10s and 100s from 3-digit numbers. The children enjoyed using practical resources to support their learning.

$$315 + 200 = 515$$
$$315 + 20 = 335$$
$$315 + 2 = 317$$

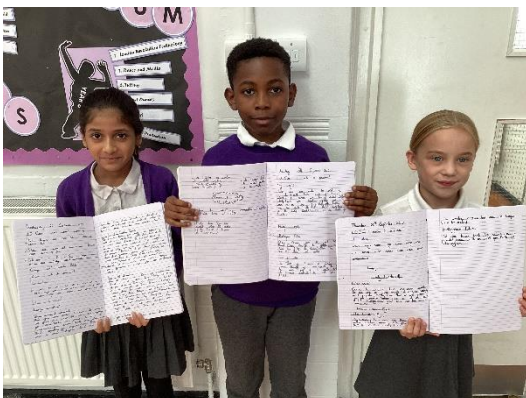


## Year 4 - RE

In year 4 RE lessons, we have been learning about the Hindu festival of light – Diwali. We learnt about the different activities that Hindus take part in during this festival. We made beautiful Rangoli patterns using chalks and pastels.



## Year 5 - English



Year 5 have been exploring persuasive techniques this week. They have been writing a leaflet to convince the reader to visit London!

5C started their swimming lessons at Glassmill this week and have been enjoying their sessions!

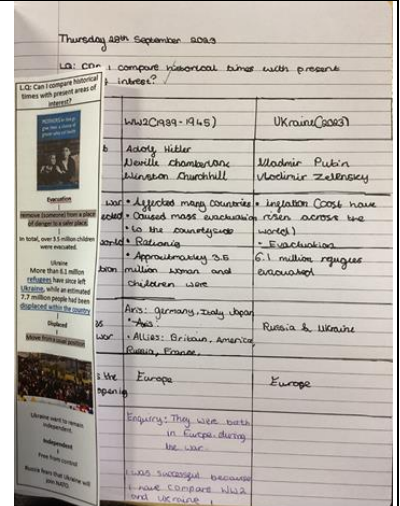
# Year 6 - English



In year 6, we have been using the skills of comparison to compare different time periods affected by war - WWII 1939-1945 and the Ukraine/Russia conflict.



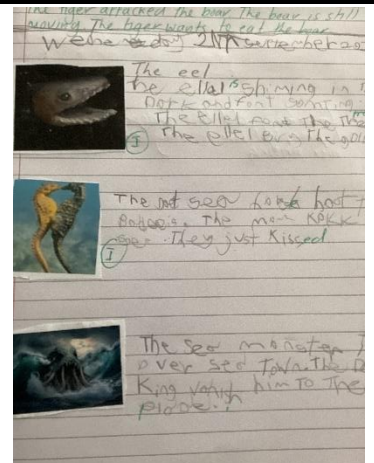
In our writing lessons this week, we have worked collaboratively to share and build on each others ideas - focusing on the use of varied sentence types.



## Resource Base – Blue Pathway



This week we have been learning about sea creatures. We have made an aquarium filled with sharks, fish, stingrays and sea monsters. We are using this to inspire our writing about sea life.



## Resource Base – Green Pathway



This week, we have continued to learn about tigers and their habitats. We worked in pairs to make jungle shoeboxes by painting, colouring, cutting and sticking. All of the children joined in so well and were very proud of their finished learning.



## Article 3: Best interests of the child



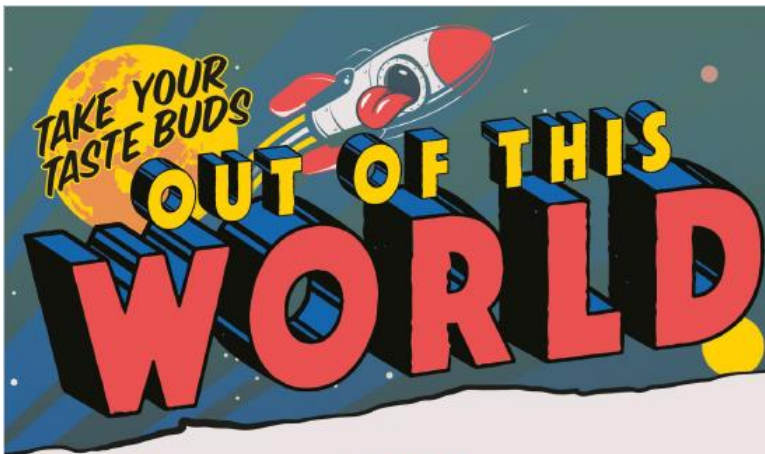
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BEST INTERESTS  
OF THE CHILD

'The best interests of the child must be a top priority in all decisions and actions that affect children.'

This week we explored Article 3, we had a discussion about decision making. We talked about who makes decisions for us and how these decisions can affect us. We also thought about how everyone in Torridon Primary School helps to keep us safe in the classroom and around the playground.

## Theme Menu



### MAINS

Cosmic Beef or Veggie Burger  
Space Race Mac n Cheese

### SIDES

Man on the Moon Wedges  
Sweetcorn & Peas

### DESSERT

Choco Mallow Crater Cake  
or Milky Way Yoghurt  
With Meteor Fruit Platter

5 Choice Salad Bar, Cool Water, Organic Milk & Freshly Baked Bread also available  
We offer medical diet and allergen support, please speak to your school office in the first instance.

If your child usually has a packed lunch but would like to have a school lunch on Thursday 4<sup>th</sup> October, please email [admin@torridonprimary.lewisham.sch.uk](mailto:admin@torridonprimary.lewisham.sch.uk)

Please remember that school meals are free to all children from Reception to Year 6.





## Stars of the Week



Class	Name	Reason
Nursery FT	Johannah	For always having good manners and being kind to your friends. Well done, Johannah 😊
Nursery AM	Lakhveer	For settling so well into Nursery. Well done, Lakhveer 😊
Nursery PM	Ivy-Rae	For being kind and sharing with your friends. Well done, Ivy-Rae 😊
Blue Class	Shiloh	For being a great role model and always following instructions, going above and beyond to help others!
Red Class	Tabitha	For her fantastic efforts to write her name! Well done Tabitha 😊
Yellow Class	Thaarani	For always being kind and helpful to others. Well done for being such a fantastic role model!
1M	Zico	For his positive attitude to learning and for always doing the right thing. Zico shows enthusiasm and is eager to share his brilliant ideas with the class. Keep it up! 😊
1N	Mohana	For coming to school with a positive attitude and for always doing her best in her learning. She sets a great example to her classmates. 😊
1W	Darcey	For working hard on her writing this week. She has shown good listening in phonics lessons and is making progress in her spelling 😊
2S	Oliver	For settling in so well to 2S! Well done Oliver! 😊
2SW	Prince	For settling in so well to 2SW! Well done Prince! 😊
2V	Mario	For using adventurous vocabulary and conjunctions in his writing. Well done Mario! 😊
3A	Faiza	For showing perseverance with their learning. Well done, Faiza. 😊
3G	Marek	For settling in so well to 3G! Well done Marek! 😊
3S	Rhonelle	For being a positive role model to others. Well done for working so hard and for encouraging others to follow your lead.
4A	Anaila	For showing aspiration and excellence by trying her best in all of her learning.
4L	Amahlia	for her effort in writing her letter and outstanding behaviour; always being ready to learn.
4S	Sasha	For her enthusiastic and hardworking attitude to learning and for showing such an eagerness to improve and do her very best.
5C	Aksa	For making good progress in swimming this week. Well done!
5L	Mahalia	For always putting in 100% effort in everything that she does with a smile! Well done
5S	Adelina	For being a valuable member of the class community and always trying her very best! Well done!
6A	Macs	For being an excellent role model for our class and school community, who treats everyone with respect and has a great attitude towards his learning. Really proud!
6C	Sukhmani	For being such a respectful and helpful member of our class community. You always use your initiative – well done!
6L	Reyhan	For always demonstrating the values of respect and excellence, as well as taking pride in all areas of his learning. Well Done!
RB Blue	Lotanna	Well done for having a great attitude to your learning this week.
RB Green	Victory	Well done for trying your best with all your learning this week and joining in with whole class activities.






## Dates For Your Diary

Monday 2 <sup>nd</sup> October	Year 3 Trip – Lewisham Walk Launch of Black History Month
Tuesday 3 <sup>rd</sup> October	9.00 – Year 5 and 6 Maths information session for parents and carers
Tuesday 10 <sup>th</sup> October	Mental Health Awareness Day
	Year 4 visit to Museum of London Docklands
	Parent and carer open evening
	All day - Y5/6 Boys and Girls Football Tournament
Wednesday 11 <sup>th</sup> October	Parent and carer open evening
Thursday 12 <sup>th</sup> October	Individual, sibling and class photographs
Friday 13 <sup>th</sup> October	2:15pm - Resource Base sensory afternoon
	3.15pm – PTA Autumn Bake Sale
Monday 23 <sup>rd</sup> – Friday 27 <sup>th</sup> October	<b>HALF TERM HOLIDAY</b>
Wednesday 1 <sup>st</sup> November	Flu Immunisation (Year 1 to Year 6)
Week Beginning 13 <sup>th</sup> November	Anti-Bullying Week
Tuesday 14 <sup>th</sup> November	Korky Paul – illustrator visit
Wednesday 15 <sup>th</sup> November	Resource Base to Panathlon Sports Festival
Friday 17 <sup>th</sup> November	Children in Need
Tuesday 21 <sup>st</sup> November	Year 2 trip to London Zoo
Friday 24 <sup>th</sup> November	<b>INSET DAY</b>
Week beginning 4 <sup>th</sup> December	Whole school assessment week
Tuesday 5 <sup>th</sup> December	Resource Base trip – Bowling Festival
Thursday 7 <sup>th</sup> December	School Disco
Monday 11 <sup>th</sup> Decemeber	Whole school art exhibition
	Y3/4 Athletics Tournament
Tuesday 12 <sup>th</sup> December	Whole school art exhibition
Wednesday 13 <sup>th</sup> December	Nursery and Reception Christmas Performance
	Y5/6 Athletics Tournament
Thursday 14 <sup>th</sup> December	9.00 Year 1 Christmas assembly 2.45 Year 2 Christmas assembly
Friday 15 <sup>th</sup> December	9.00 Year 3 Christmas assembly 2.45 Year 4 Christmas assembly
Monday 18 <sup>th</sup> December	9.00 Year 5 Christmas assembly 2.45 Year 6 Christmas assembly
Tuesday 19 <sup>th</sup> December	Christmas jumper day Christmas Lunch
Wednesday 20 <sup>th</sup> December	Last day of term – 2pm finish
Thursday 21 <sup>st</sup> December to Friday 5 <sup>th</sup> January	<b>CHRISTMAS HOLIDAY</b>
Monday 8 <sup>th</sup> January	First day of spring term



# Weekly Attendance by Class

Class	Attendance		Class	Attendance		Class	Attendance	
1M	99%		3A	99%		5C	97%	
1N	98%		3G	91%		5L	93%	
1W	97%		3S	99%		5S	94%	
2S	96%		4A	100%		6A	96%	
2SW	100%		4L	93%		6C	96%	
2V	99%		4S	94%		6L	90%	

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

## Film 4 – Casting Call



### FEATURE FILM CASTING SEARCH

We are ideally looking for real brothers to play leading roles in an upcoming feature film based on an acclaimed novel  
Shooting in London January / February 2024

We would love to hear from the following:

**Real brothers between the ages of 6 and 10 yrs  
They should be based within the M25**

**The brothers should be white or white mixed race heritage to match the actors playing their parents.**

If you know someone who might be right,  
we would love to hear from you

Please note we will also be looking at professional actors for these roles,  
agents to submit through the usual channels.

### **INFORMATION**

Please email the following details to  
[brotherscasting@shaheenbaigcasting.com](mailto:brotherscasting@shaheenbaigcasting.com)

And include:

- A recent photograph & short video (1min) telling us about yourself
  - Full name, where you are based and your age
  - Contact number

**Please note the email must include written permission from a parent/guardian giving permission for the submission and confirming they were present when the video was recorded**

Thank you

Shaheen Baig Casting have a history of casting people with no prior experience.  
You can find more details here: [www.shaheenbaigcasting.com](http://www.shaheenbaigcasting.com)  
We are committed to diverse and inclusive casting  
Flyer date: September 2023

# Lewisham Autism Support



## LEWISHAM AUTISM SUPPORT

Support for families of children with a diagnosis of autism living in  
Lewisham

### What we offer:

- 1-hour clinic appointment with experienced Family Support Coordinators who provide support for parents/carers in:
  - Understanding more about autism.
  - Information about accessing local services and benefits.
- For families resident in Lewisham, access to ongoing support (Comeback Service).
- A drop-in service at Kaleidoscope on the first Monday of each month (term-time only) 10.00 – 12.00.

### How to access our service:

- Paediatricians and other Kaleidoscope diagnosing teams can automatically refer families after diagnosis. This includes families diagnosed at Kaleidoscope but living in other boroughs. These families will receive an initial 1-hour clinic only.
- We accept referrals from other professionals working with diagnosed children living in the borough.
- Families of diagnosed children can also self-refer.

### Contact details:

- Tel: 020 8699 3066
- Email: [lewisham.familysupport@nas.org.uk](mailto:lewisham.familysupport@nas.org.uk)

# Musical Theatre – For All Ages

A MUSICAL THEATRE ADAPTATION FOR ALL AGES

Two shows each Sat & Sun at 3pm & 4.30pm

**FROM SAT 23 SEPT – SUN 22 OCT 2023\***

\*No performances Sat 7 Oct.  
Shows last approx 45 mins

**Indoor theatre  
for all ages**

**SPONTANEOUS  
PRODUCTIONS**  
in association with KIRKDALE BOOKSHOP presents

@SponProdsTC  
f t i y t r

## The Owl and the Pussycat

Adapted from the nonsense poetry of Edward Lear by  
**JONATHAN KAUFMAN and ANITA OJUKWU**

Original songs and music by  
**YUMI MASHIKI and PAUL TORNBÖHM**

Produced and directed by  
**JONATHAN KAUFMAN**

**UPSTAIRS AT  
THE SYDENHAM  
CENTRE**  
44a Sydenham Rd  
SE26 5QX

### SHOW DATES

Sat 23 Sept, Sun 24 Sept,  
Sat 30 Sept, Sun 1 Oct,  
Sun 8 Oct,  
Sat 14 Oct, Sun 15 Oct,  
Sat 21 Oct, Sun 22 Oct

### Tickets

#### Standard price

£10 adults £5 children aged 3+

#### Pay a little more

£12 adults £6 children aged 3+

#### Pay a little less

£8 adults £4 children aged 3+  
(Under 3s free as usual)

Please note our scaled ticket price enables maximum accessibility to those on a budget, so please pay what you can best afford. The ticket price does not reflect the quality of your seat!



**BOOK ONLINE** [spontaneousproductions.co.uk/owl-and-pussycat](https://spontaneousproductions.co.uk/owl-and-pussycat)

Or book in person at Kirkdale Bookshop, 272 Kirkdale, SE26 4RS, Mon-Sat 9.30am-5pm, 020 8778 4701

Main sponsor



Sponsors



SYDENHAM SOCIETY



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Supporters



# Half Term Camps

## OCTOBER CAMPS

Munchkin Sports

4-11 years Sports Activities Childcare

Scan the QR code to book

MUNCHKIN SPORTS



AGE 5-12 YEARS

## HALF TERM CAMP



23-27 OCTOBER

9AM - 3 PM  
ST MARK'S CHURCH  
BAUDWIN RD, SE6 10B



### ACTIVITIES

SPORTS  
ARTS & CRAFTS  
and more!

### PRICE

FULL WEEK £130  
ONE DAY £30  
BREAKFAST CLUB £5/DAY  
AFTER CAMP FUN £5/DAY

MORE INFO  
campolympia@outlook.com

**BOOK NOW**



Kent County Cricket Ground, Worsley Bridge Road, Beckenham BR3 1DR

16-27 OCT 2023

Equipment provided

Grouped in age & ability

Bring £1 for the tuck shop!

wet weather program

## AUTUMN HALF TERM TENNIS & MULTI-SPORT CAMPS

INC NEW EARLY RISER &/OR LATE LEAVER OPTIONS  
4-15 YEARS OLD

LTA

### PRICING

Mon - Thurs 9am to 3pm = £28.00 pp per day  
Or Mon - Fri 9am to 12.30pm = £25.00 pp per day  
(Tennis and Tennis Games only)  
Early Risers Mon-Fri 8.00am to 9.00am = £5.00 pp per day  
Late Leavers Mon-Thurs 3.00pm to 3.30pm = £2.50 pp per day  
Only in conjunction with your day/half day booking

### ACTIVITIES:

\*Tennis \*Football \*Basketball \*Golf \*Baseball \*Hockey \*Volleyball  
\*Cricket \*Table Tennis \*Badminton \*Tug of War and much more

Martin on 07528 319723  
or martin@bluetennis.co.uk

Book & pay  
www.clubspark.lta.org.uk/bluetennis

## BALLERS OCTOBER HALF TERM CAMP

MONDAY 23RD OCTOBER - FRIDAY 27TH OCTOBER

CHILD CARE VOUCHERS ACCEPTED

LOCATION:  
SYDENHAM SCHOOL  
DARTMOUTH RD, LONDON,  
SE26 1RD



5 DAYS FULL OF MULTISPORTS AND FUN!



BOYS & GIRLS | ALL ABILITIES



0207 1013 652



admin@ballerssportscoaching.com



@BALLERSSPORTSCOACHING

INVEST IN THE YOUTH

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) for further information and resources.

## What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

### WHAT ARE THE RISKS?

#### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.



#### WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

#### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.



#### POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.



#### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.



#### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2006 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.



#### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.



#### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.



#### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.



#### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.



#### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.



### Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (Commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.com/news/health-65806924>



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



@thenatcollege



/thenationalcollege

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