



Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

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Email: admin@torridonprimary.lewisham.sch.uk

12th January 2024

Dear parents and carers,

Welcome back and Happy New Year to you all! I hope you had a very good break and are looking forward to the new term as much as we are.

We were very excited to welcome the Mayor Of London, Sadiq Khan this week, who came to visit us along with his Deputy Mayor and some of the Lewisham Council members. He made a very important announcement about extending his Universal Free School Meals initiative for another year. This means that all primary school children in London will be entitled to a healthy, nutritious lunch free of charge. He enjoyed having lunch with some of the children and they had great fun chatting to him and asking him lots of questions. Tommy and Miracle (Year 4) did a fantastic job of interviewing him – they were just as professional as the interviewers from the BBC and ITV! As always, our chef Raheem and his wonderful team did a great job with the lunch menu. All in all, it was a very proud day for Torridon.

The children have really enjoyed the launch of their new learning this week. You can find out more about the focus for each year group in the curriculum bulletins on the school website.

<https://www.torridonprimary.lewisham.sch.uk/curriculum/curriculum-bulletins/>

There have been some new events added to the dates for your diary section, so please make sure you check so you don't miss out. We hope you will be able to join us for the reading workshops which will be taking place this term, starting with year 1 and year 2 at 9am next Tuesday 16th January.

Please remember next Friday is INSET Day and school will be closed to children.

Have a lovely weekend.

Best wishes

Manda George

Headteacher



Torridon Welcomes The Mayor of London, Sadiq Khan.



Challenge Greenhouse



Thank you to all who have donated their empty 2L plastic bottles this week.

So far, we have collected 1321!

Only 179 to go!!



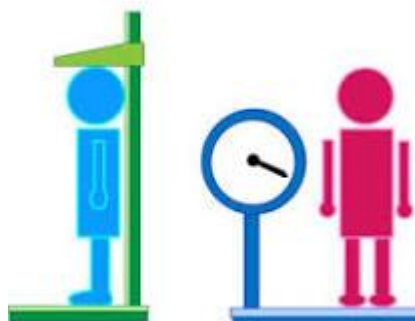
Dogs On The Playground

We respectfully ask that you do not bring your dog onto the playground. Pick up is a very busy time of day. We have a number of children with allergies and we do not want to run the risk of dog poo on the playground. Some children are afraid of dogs and if a nervous child runs or screams, a dog may think it is a game and get overexcited. This can add to the child's and the dog's anxiety.

Only assistance dogs and dogs being used for education purposes are allowed onto school premises. Thank you for your co-operation.



NHS Height and Weight Screening



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The NHS team are due in on Tuesday 16th January to screen Year 6 and Reception for Height and Weight. Opt out letters were sent via email this week.

Theme Day Menu – Thursday 18th January

If your child usually has packed lunch but would like to try our theme menu on Thursday 18th January, please let us know by emailing admin@torridonprimary.lewisham.sch.uk



GRAB YOURSELF A
PIZZA
THE ACTION

MAINS
pick a slice of your favourite
BBQ Chicken Pizza
Or
Veg Supreme Pizza
Or
Tomato & Basil Pasta

SIDES
Potato Wedges
Sweetcorn & Coleslaw

DESSERT
Chocolate Cake
with Ice Cream & Fresh Fruit
Or
Organic Fruit Yoghurt
with Fresh Fruit

Water, Organic Milk & Freshly Baked Bread, 5 Choice Salad Bar also available

Reception

999 What's your emergency?

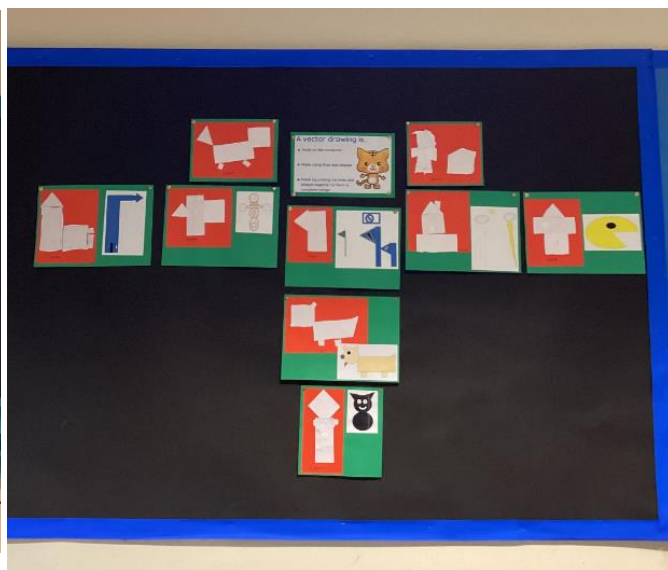
To start reception's new topic 'Real Life Super Heroes' we had some very exciting visitors! The London Fire Brigade showed us how they put on their uniforms, answered our questions, showed us their fire engine and they even let us sit in the fire engine!



We also dressed up as real-life super heroes!



Resource Base



This week the children have done a fantastic job at getting used to their new timetables! Green Pathway have been learning about under the sea animals and creating lots of art pieces linked to their learning. Blue Pathway had their first computing session of the half term and learned how to create vector drawings on the computer.

Year 1 - Maths

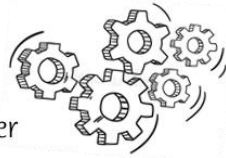
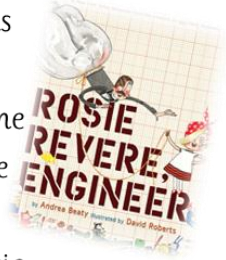
This week, Year 1's Maths lesson was interrupted with 'Breaking News'. We found out that strange footprints have been found on the moon! We investigated the images closely and, like detective, thought about what the unidentified creature could be. Could it be an alien or a space monster or maybe a monkey that slipped on a banana peel and flew all the way to space!



Year 2 - Writing



This week Year 2 came back to some very strange tools left scattered around the classroom! There were hammers, screwdrivers, saws and glue guns just to name a few. After making predictions about who might have been responsible for the mess, we then discovered a parcel wrapped up for us with the wonderful story; 'Rosie Revere Engineer' By Andrea Beaty inside. As well as making predictions this week, we have also enjoyed pretending to be the teacher when we wrote a character description of Rosie in the form of a school report! Take a look at our fantastic writing...



Friday 12th January 2024

L.Q. Can I write a character description?

BLUE RIVER CREEK SCHOOL
Year 2 School Report

Name: Rosie Revere

What is Rosie like in the classroom?

Rosie is a quiet girl, but she is very smart and creative. She likes to make things and she is very good at it. She is a bit of a perfectionist and she likes to be the best. She is also very kind and she likes to help her friends. She is a very good student and she is very smart.

Something Rosie needs to get better at:

Rosie needs to be a bit more confident and she needs to be a bit more of a leader. She needs to be a bit more of a team player and she needs to be a bit more of a helper.

Teacher: Lila Green

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Year 2 School Report

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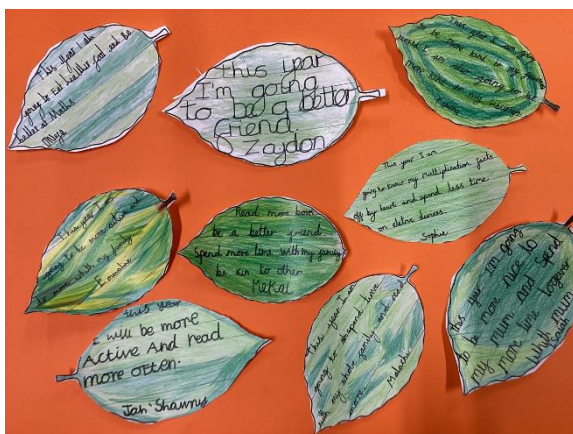
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Teacher: Lila Green

Year 3 - New beginnings

In year 3, we have been thinking about new beginnings. We thought about positive steps that we could take this year to achieve our dreams and goals.



Year 4 - History

The 3 Ages of Stone Age Britain		
Old Stone Age	Middle Stone Age	New Stone Age
1) Palaeolithic - Old Stone Age When? Almost 1 million years ago This era brought the most change. Humans learnt how to form which meant that they settled in places for longer and started to build settlements. This meant they had more time for speaking and socialising too.	2) Mesolithic - Middle Stone Age When? About 10,500 BC In this era, humans began sharpening and shaping their tools. It was warmer and there were more animals to hunt. Humans continued to live in tents and kept dogs as pets.	3) Neolithic - New Stone Age When? About 4000 BC This time was also known as the Ice Age. Humans were always on the move, hunting for animals. They lived in caves or tents made from animal skins. They used fire and very basic tools. They used grunts to communicate.

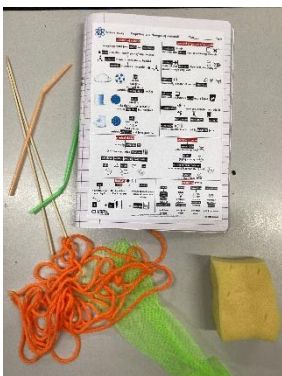
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The 3 Ages of Stone Age Britain		
Old Stone Age	Middle Stone Age	New Stone Age
1) Palaeolithic - Old Stone Age When? Almost 1 million years ago These were very basic and made from wood, bone, stone or horn. They were used for gathering and made how to make food.	2) Mesolithic - Middle Stone Age When? About 10,500 BC A human began to sharpen things. It was warmer and more animals to hunt.	3) Neolithic - New Stone Age When? About 4000 BC They do farm and make farm tools like pigs, cows, and sheep. They don't have to hunt because there are animals to good.

The 3 Ages of Stone Age Britain		
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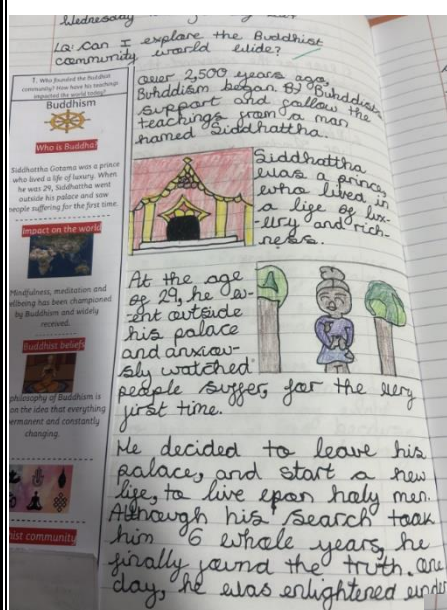
In our history lessons this week we have been learning about chronology. Take a look at our learning about the Stone Age.

Year 5 - Science

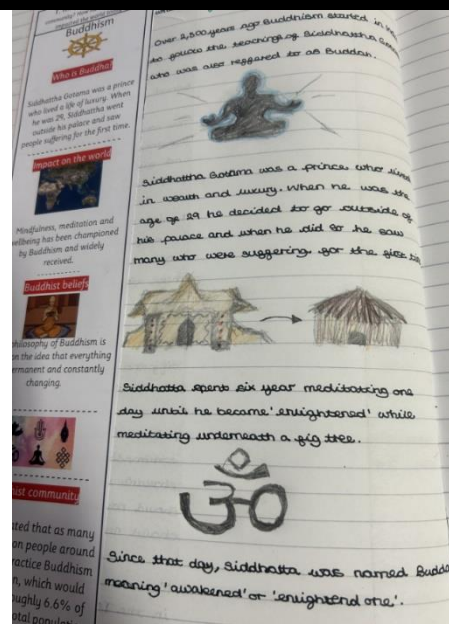
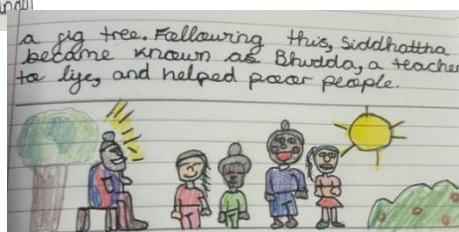


In science this week, year 5 began their topic 'Properties and Changes'. The children explored a range of materials and discussed their properties. They used scientific vocabulary to explain and describe.

Year 6 Learning



In RE, we have been focusing on the Buddhist community. We have identified who founded the Buddhist community and how it began. We have explored the teachings of Siddhartha Gautama, his teachings and impact on the world today. We also developed our understanding of Buddhist's beliefs and how the community has grown over time.



Is My Child Too Ill For School?

There are government guidelines for schools and nurseries about managing specific infectious diseases. These say when children should be kept off school and when they shouldn't. To access, please see the link below:

https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?utm_medium=email&utm_source=govdelivery

If you do keep your child at home, it is important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

Rise 'n' Shine After School Club – Ofsted Report

Congratulations to Rise 'N' Shine who received a Good Ofsted report following their inspection in November.

You can read the full report here:

<https://files.ofsted.gov.uk/v1/file/50236330>

If you are interested in signing your child up to After School Club please send an email to:

risenshineascltd@gmail.com



Inspection of Rise 'n' Shine After School Club Ltd

Torridon Primary School, Hazelbank Road, London SE6 1TG

Inspection date: 27 November 2023

The quality and standards of early years provision	This inspection	Met
	Previous inspection	Good

Forest School News

Wow! What a first week back! We have had snow, ice, bitter cold, slippery mud but we have also had so many happy children!



We smashed ice, cut up Christmas trees, wrote our name in the frost.



We skated on icy puddles, pulled ice from the pond, built dens together.






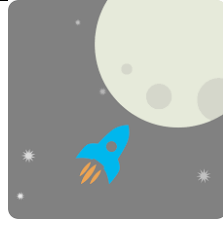
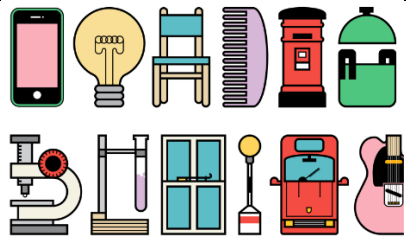

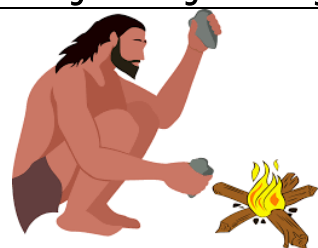


We refilled our bird feeders, we worked together to stand our Christmas trees up, we made our own ice.






STARS OF THE WEEK

Class	Name	Reason
Nursery FT	Amoiya	She is kind to her friends, and she was focused when she practised her name writing. Well done, Amoiya 😊
Nursery AM	Emmanuel	He is joining in during the carpet sessions sharing his ideas. Well done, Emmanuel 😊
Nursery PM	Mariam	She is independent when she puts on her coat and uses her zip. Well done, Mariam 😊
Blue Class	Peter	For making a huge improvement in his listening and focus this week. Well done Peter! 😊
Red Class	Matthew	For his fantastic efforts in phonics and his positive attitude to his learning. Well done 😊
Yellow Class	Grace	For always working hard and being kind to others. Well done!
1M	Mohamad	For being a kind and caring friend and for always trying to do the right thing. Keep it up Mohamad! 😊
1N	Josh	For being so enthusiastic about his learning and making excellent contributions to our class discussions. He has shown fantastic listening skills. Keep up the great work! 😊
1W	Jack	For returning to school with such a positive attitude and readiness to learn.
2S	Laura	For being such a fantastic role model to others! You are always following our school rules and always trying your best-Keep it up Laura 😊
2SW	Talula	For always trying her very best and producing an amazing piece of maths learning! Well done Talula! 😊
2V	Inayah	For working hard and making good progress. Well done Inayah!
3A	Nissi	For her excellent engagement in our drama activity and a standout performance.
3G	Ria	For working very hard in all lessons and focusing on her learning. Keep it up!
3S	Phaedra	For always having an excellent attitude towards all that she is asked to do. Well done for all the hard work, keep it up!
4A	Sukhpal	For being super focused and putting excellent effort into his learning.
4L	Levi	Showing improvement in managing his behaviour and improving listening
4S	Ariana	For having such a conscientious and hard-working attitude to her learning. Well done for giving brilliantly detailed answers to reading questions.
5C	Daniel	For being a positive role model and a helpful student in our class. Well done, Daniel!
5L	Yasir	For making good progress with long multiplication this week. You demonstrated excellent perseverance! Well done!
5S	Sophie	For exhibiting a positive attitude towards her math learning. Her perseverance and determination are truly commendable. Keep up the excellent work. Well done, Sophie!
6A	Eva	For her excellent attitude to learning. She's very resilient and never gives up. Keep it up Eva!
6C	Nicholas	For an excellent effort during RE. You have created a high-quality piece of learning linked to the Buddhist community- well done!
6L	Ezra	For being an active learner who consistently and enthusiastically contributes to class learning by sharing his ideas. Well done!
RB Blue	Gabriel	Well done for being so focused and independent in your learning this week. We are so proud of the way you have started this term.
RB Green	Amarachukwu	Well done for being so sensible during your session in Blue Pathway this week!

Spring Term Learning

Nursery Off We Go!	Reception Real Life Superheroes	Resource Base Under The Sea
		
Year 1 Fly Me To The Moon	Year 2 Incredible Inventions	Year 3 Awesome Egyptians
		
Year 4 Rocking Through The Ages	Year 5 Diversity Built Britain	Year 6 The Kingdom of Benin
		

Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	97%		3A	97%		5C	95%	
1N	95%		3G	88%		5L	91%	
1W	95%		3S	98%		5S	94%	
2S	98%		4A	99%		6A	96%	
2SW	95%		4L	91%		6C	99%	
2V	95%		4S	98%		6L	98%	

Well Done to all classes who won our attendance cups on our first week back to school!

Dates For Your Diary

Tuesday 16 th January	NCMP height and weight screening (Reception and Year 6)
	9.00 Year 1 and 2 reading workshop for parents and carers
Friday 19 th January	INSET Day
Tuesday 23 rd January	9.00 Year 3 and 4 reading workshop for parents and carers
Thursday 25 th January	Year 2 visit to the Science Museum
Friday 26 th January	Year 4 weekly cricket sessions start
	PTA Sponsored Bounce
Tuesday 30 th January	9.00 Year 5 and 6 reading workshop for parents and carers
Thursday 1 st February	4L visit to Chislehurst Caves
Friday 2 nd February	4A and 4S to Chislehurst Caves
Tuesday 6 th February	Resource Base parent and pancake afternoon
Monday 12 th – Friday 16 th February	HALF TERM
Thursday 29 th – Wednesday 6 th March	School Book Fair
Tuesday 5 th March	Kickstart to Live Dance 2024
Wednesday 6 th March	Unity to Live Dance 2024
Thursday 7 th March	WORLD BOOK DAY
Friday 8 th March	International Womens' Day
	Year 5 and Year 6 swimming gala
Week beginning 11 th March	Whole school assessment week
Monday 11 th March	Nursery to Surrey Docks Farm
Friday 15 th March	Red Nose Day
Tuesday 19 th and Thursday 21 st March	Open evenings for parents and carers
Thursday 28 th March	Last day of term – 2pm finish
Friday 29 th March – Friday 12 th April	EASTER HOLIDAY
Monday 8 th – Thursday 11 th April	Year 6 Easter school
Monday 15 th April	First day of the summer term

Parent and Carer Workshops

We are pleased to share the dates of our upcoming parent and carer meetings and workshops this half term. You are invited to attend these workshops to learn more about how we teach reading at Torridon.

Spring 1	
9.00 on Tuesday 16 th January	Y1 and Y2 Reading
9.00 on Tuesday 23 rd January	Y3 and Y4 Reading
9.00 on Tuesday 30 th January	Y5 and Y6 Reading



Free Saturday School Classes

There are some free places still available for some of our classes performing arts classes (full details below) at Prendergast School, SE4 1LE to start over the next couple of weeks. If you know a child or younger person who might benefit, please consider referring them by emailing admin@montagetheatre.com or calling us on: 0208 692 7007.

Saturday School

3 hours of drama, dance and singing workshops every Saturday, a great way to develop skills, have fun and make friends.

Apollo group – School Years 1 & 2

Palladium group – School Years 3 & 4

Adelphi group – School Year 5

Lyric group – School Years 6 & 7

Phoenix group – School Year 8 +

Weekday classes

AGES 3-5	AGES 5-7	AGES 8-11
Mini Montage (Mondays 4:30 - 5:15pm)	Junior Drama (Tuesdays 5.15-6pm)	Intermediate Street Dance (Mondays 6.15-7pm)
Mini Drama (Tuesdays 4.30-5.15pm)	Junior Ballet (Tuesdays 5.30-5.15pm or Fridays 4.30-5.15pm)	
Mini Ballet (Tuesdays - 4:45 - 5:30pm)		

Message From The Children's Commissioner

Thanks again for your support with my national campaign 'The Big Ambition' which will be **closing on Friday 19th January**. More than 300,000 children, young people, parents and carers have participated, making it one of the largest surveys of its kind, but I want to give even more people the chance to have their say.

This is the final push before the survey closes and we would like to make sure that every child in England has an opportunity to share their views with policy makers ahead of the General Election.

Children and parents or carers can complete the survey here:

www.childrenscommissioner.gov.uk/thebigambition

Dame Rachel De Souza

Children's Commissioner for England



Community Events

TALKING TEENS



Family Thrive Early Help Co-ordinators are running a free course for parents or carers of teenagers and pre-teens who are looking to better understand and communicate with them – It offers an opportunity to understand what's going on in the adolescent brain and how to understand their feelings and behaviours using an authoritative parenting style. Sessions will focus on relationships within the family, communication, negotiation, decision-making and strategies to reduce conflict.

The group aims to develop:

- relationships between teenagers and parents/carers
- a calmer home life
- confidence when talking about difficult issues
- an understanding of teenage needs and development

Who would be eligible to attend this course?

- Parents and carers of pre-teens and teenagers who are currently in years 6 & 7 but there may be availability for years 5 & 8
- There is no physical or extremely challenging behaviour present in or outside of the family home. This course focuses on the importance of empathy and positive discipline
- Family must reside in Lewisham borough or child must attend a Lewisham school

How long is the course?

- Each group is 4 sessions over the course of 4 weeks
- 2 hours per session (10.00am-12.00pm on Thursdays)

For more information or to register your interest, please email our duty box: EHCfamilythrive@lewisham.gov.uk



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Being a Parent

The course helps parents and carers learn practical communication skills for everyday life and bring up confident and happy children. It helps improve parents' wellbeing and parenting techniques, builds families' social and community connectedness.

The course is **free** and **highly recommended**.

- **Downham Library:** 7-9 Moorside Road, BR1 5EW
Wednesdays, 10:00am-12:00pm from 17th January 2024
- **Catford Library:** Catford Centre, 23-24 Winslade Way SE6 4JU
Fridays, 10:00am-12:00pm starting 19th January 2024
- **New Cross & Deptford Families First:** 4 St James's SE14 6AD
Thursdays, 9:30am-11:30am starting 25th January 2024

Course is delivered term-time only.

*We also offer **Parent Group Leader training** to parents looking to volunteer their time in facilitating the Being A Parent course to other parents in their community. **Training starts 9th January 2023**

Course and training places are limited per term. It is first come first serve basis. If in need of childcare to attend, please speak to a member of staff.

For information and registration, please contact:



Family
Information
Service

Family Information Service

Email: fis@lewisham.gov.uk

Telephone: 020 8314 3940

Mobile: 073 9286 2138



Bellingham Community Project

Your local charity promoting health & wellbeing

FREE
DEDICATED
SESSIONS

Fun Play

for

Booking
Required

**Children with
Special Educational Needs**

5 Randlesdown Road, Bellingham SE6 3BQ



Come and join us on any of these dates
BCP@BCP.UK.NET OR CALL 07549 433963

**For children
aged under 5
9.30 am – 10.00 am**

Thursday, 25th January 2024
Thursday, 21st March 2024
Thursday, 25th April 2024
Thursday, 16th May 2024
Thursday, 27th June 2024
Thursday, 26th September 2024
Thursday, 17th October 2024
Thursday, 21st November 2024

**For children
aged 5 & under
10.00 am – 11.30 am**

A partnership
project from:

Christmas Party - Thursday, 12th December 2024

Please note that the accompanying adult will be expected to stay and will be responsible for their child throughout the session.



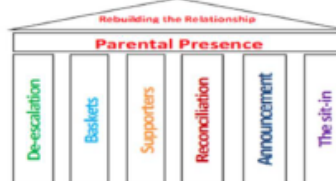
& BETTER
the feel good place

www.bcp.uk.net
bcp@bcp.uk.net
07549 433963
0208 461 2213

[bellinghamcommunityproject](https://www.instagram.com/bellinghamcommunityproject)



Non Violent Resistance Programme



We are welcoming all parents and Carers to join us in the Non-Violence Resistance (NVR) Parenting Programme.

We are pleased to inform you that **Family Thrive** will be delivering the Non-Violence Resistance (NVR) programme

What is NVR?

- Lewisham's Non-Violent Resistance programme is aimed at parents / carers of pre-teen children (aged 8 years and over) experiencing challenging / violent and extreme behaviours.
- NVR is a concept that draws inspiration from those who have sought to bring about changes in society in a non-violent manner. Famous examples include Mahatma Gandhi, Martin Luther King and Rosa Parks.
- The NVR parenting approach was introduced by Haim Omer in a ground-breaking book *Nonviolent Resistance* (2004).
- Oxleas pioneered the NVR group programme in the UK in 2006.

Aims

- Offer a series of tools and techniques to support parents and carers of children / young people age 8 years+, who display challenging attitudes and behaviours
- Parents are guided through a set of core principles based on the idea of carefully planned actions to help support the management of challenging behaviour
- As parents gain greater confidence and self-control, this enables difficult issues to be addressed in an effective manner through a process of increasing parental presence and influence
- As parental presence / influence grows, so does the rebuilding and connecting of the loving parent-child relationship

Online Safety

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVs

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Rory Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITN News at Ten. He has two children and writes regularly on the subject of internet safety.



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