



Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

Telephone: 0208 697 2762

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15th March 2024

Dear parents and carers,

The children have been brilliant and have shown real resilience and focus during their assessment week. We look forward to sharing their learning with you next week at parent and carer meetings. If you have not yet managed to book an appointment with your child's class teacher please return the slip on Monday.

Our school council organised our 'Red Nose' fundraising this year. All classes decided on how they would be 'Funny for Money'. Year 1 had amazing poker faces, as their friends, and adults, tried to make them laugh. 1M were amazing! In other year groups, children told their funniest jokes to see who could get the loudest laugh. Thank you to everyone who has been able to donate already, if you would still like to donate please click on the link: [CLICK HERE TO DONATE](#)

Don't forget that our final week before we break up is science week. We are hoping to involve some parents or carers who work in the world of science or the environment and would be interested in talking to some of the children. If you would be willing to tell your child's year group a little bit about your job and answer some questions about it as part of our Science Week, we would love to hear from you. Please contact admin@torridonprimary.lewisham.sch.uk (FAO Lizzie).

I wish you all a wonderful weekend.

Best wishes

Manda George

Headteacher



**DO
SOMETHING
FUNNY
FOR MONEY**



Red Nose Day



[CLICK HERE
TO DONATE](#)



Year 6 – Easter School Learning

The year 6 children will be taking their SATs tests in May this year. We are working hard to ensure that all children achieve the best possible outcomes in order to prepare them for secondary school and beyond. We are pleased to be able to offer additional revision sessions during the second week of the Easter holidays.

These revision sessions will run 9.00-12.30 on Monday 8th, Tuesday 9th, Wednesday 10th and Thursday 11th April. The gate will open at the usual time of 8.45 each day. We are sure that you understand the importance of this extra opportunity to assist your child with their revision to ensure they are fully prepared and can approach these tests with confidence.

We hope you will support us in encouraging your child to attend these sessions. Please note that children will not be required to wear school uniform to Easter school.

Please sign and return the slip below by **Friday 22nd March** to confirm that you would like your child to attend these sessions. If you require another letter, please come into the main office.



Nursery Admissions

If you have a child who turns 4 years old between 1st September 2024 and 31st August 2025 and you would like to enrol them at Torridon nursery, please get an application from the office or request one by email from: admin@torridonprimary.lewisham.sch.uk.

We have limited spaces, to avoid disappointment, please request and submit an application form as soon as possible.

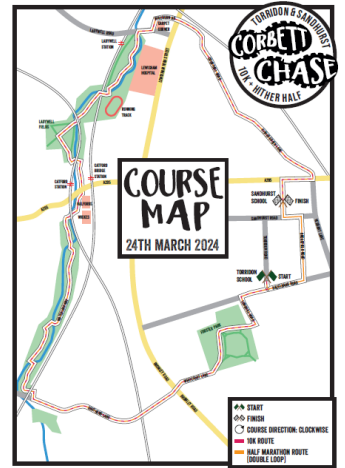


Corbett Chase – Sunday 24th March 2024



Calling all runners, walkers, volunteers, cake bakers and supporters for this year's [4th Annual Corbett Chase!](#)

[SIGN UP TODAY](#) to get involved – this event can't happen without your help! We need contributions to the cake sale at the Play Out, runners or walkers to take part in the 10k or half-marathon, volunteers to help out on the day, and families to come out, cheer and enjoy the community play out on Minard Road, outside Sandhurst School, where the event finishes.



We're fundraising this year to contribute to [Torridon's goal to improve digital learning and get iPads in every classroom.](#)

Any questions, email: friendsoftorridonpta@gmail.com.

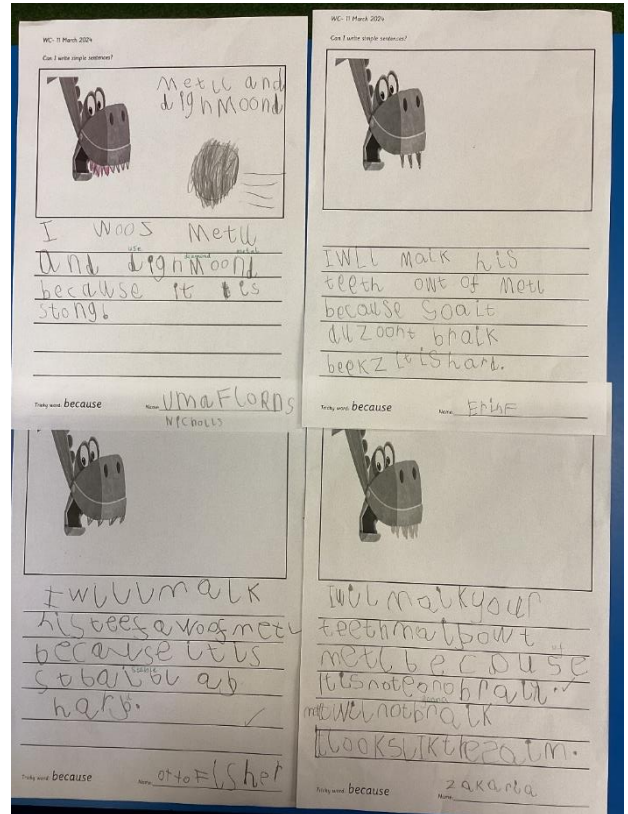
World Book Day Winners – Visit to Moon Lane Book Shop

Today, we went to Moon Lane Book Shop to celebrate winning the egg-cellent, egg-stravaganza competition. We enjoyed looking at the fantastic books in the shop. There were lots of books to choose from. It was really fun! We also bought some new books to enjoy over the weekend. Canada, Ethan and Ilakkiya



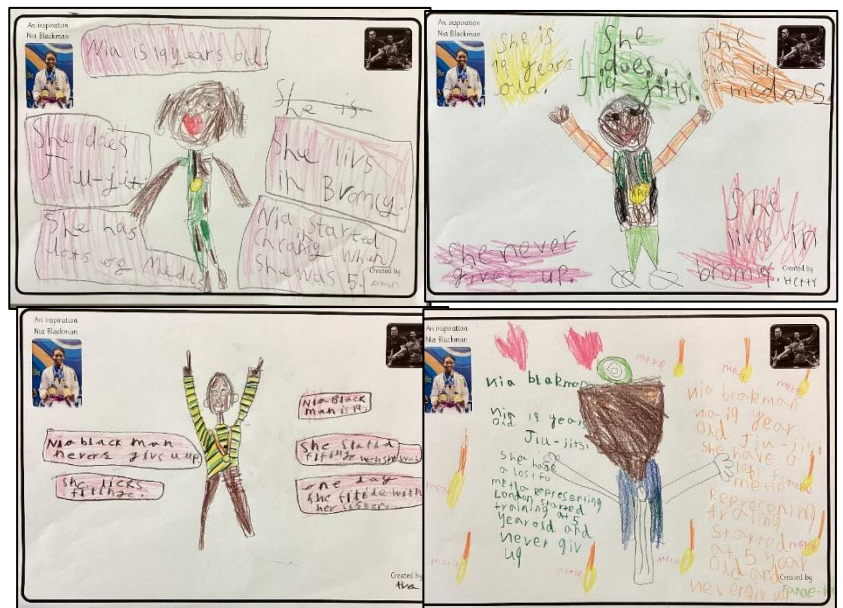
Reception – If Diggers Ruled The Earth

This week 'Excavatorsaurus' (from Diggersaurus) called upon reception for some help, he has lost all of his teeth! We were tasked with designing some new teeth, so we thought carefully about the different materials we could use and how strong they are.



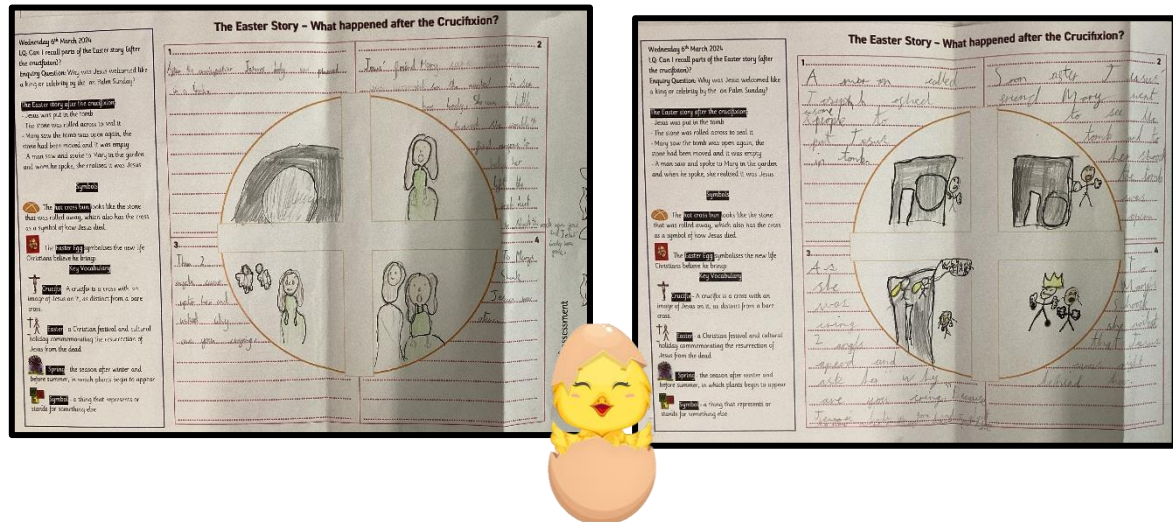
Year 1 – International Womens Day

For International women's day, Year 1 learned about Nia Blackman – a 19 year old Jiu-Jitsu gold medallist. Nia started training at only 5 years old! We talked about how important it is to never give up.



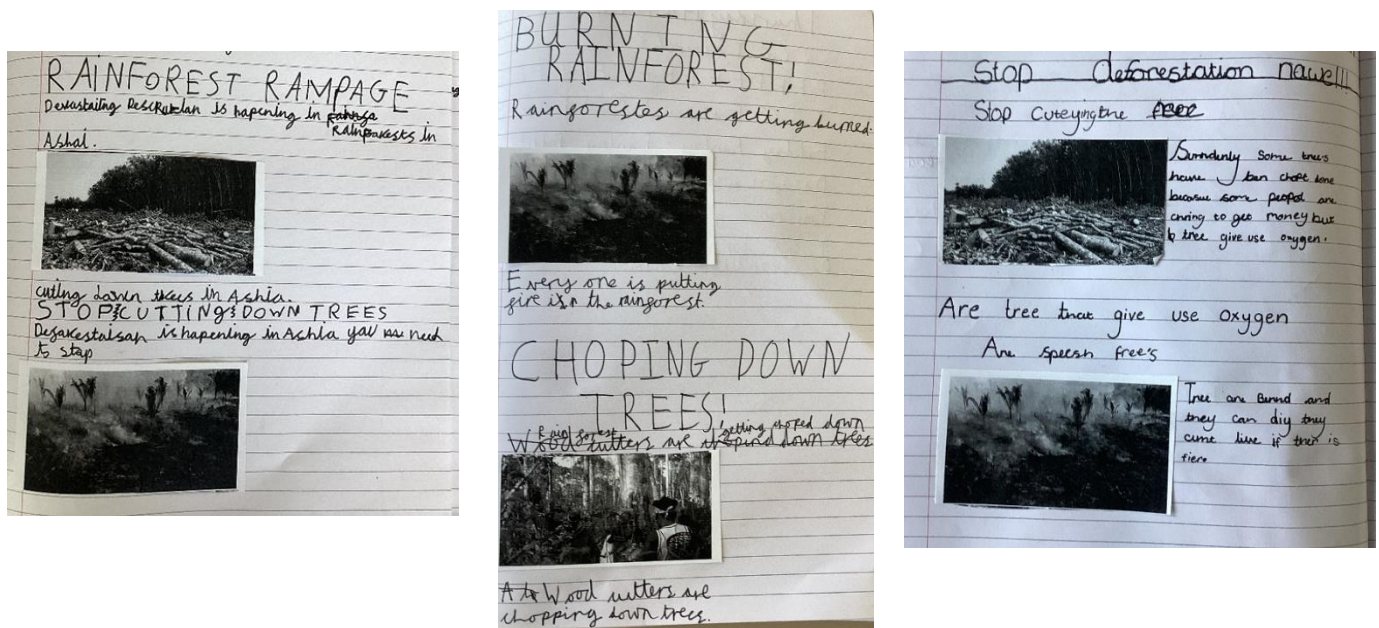
Year 2 – The Easter Story

During our RE learning this week, year 2 had lots of fun learning all about the Easter Story. We focused on the resurrection of Jesus and how this symbolises new beginnings.



Year 3 - Writing Headlines

This week, year 3 have been writing headlines, subheadings and captions that we will use for our newspaper report on deforestation. We thought about how to make our headlines catch the readers attention, and even experimented with font and letter size.



Year 4 - Art

Last week, for International Women's Day, we learnt about the Japanese artist, Yayoi Kusama. We learnt that Yayoi's mother disapproved of her ambition to be an artist so she used to rip up her paintings! Eventually her mother accepted her daughter's talent and Yayoi embarked on a successful career creating paintings, sculptures and installations.

We looked at Yayoi's style and noticed that they were so full of colour and patterns. We noticed that a lot of them included real life things like pumpkins, mushrooms and flowers. We had fun recreating her mushroom picture.

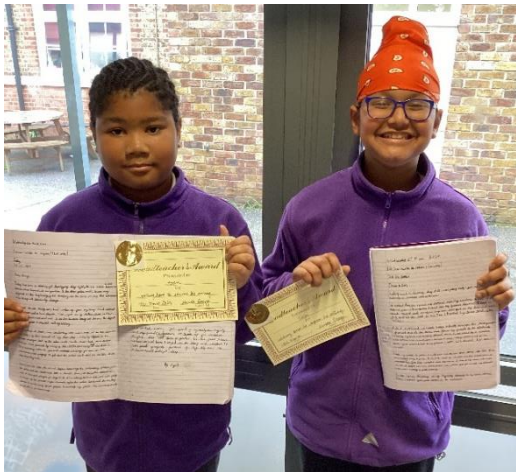


Year 5 - Hockey

Year 5 students have been delving into the intricacies of hockey, honing their skills and knowledge of this sport. From mastering stickhandling to understanding team strategies, showing great enthusiasm for the game.



Year 6 - Writing



In our writing lessons, we have been learning about the Stonewall Inn and the LGBTQ+ community. We have created diary entries from the perspective of the LGBTQ+ community. In our writing, we included adverbials, conjunctions and emotive language. We tried to make the reader feel like they were at the Stonewall Inn. We have enjoyed improving our writing and learning about the Stonewall Inn.

Adam and Gobi – 6C

Resource Base Learning



This week, the resource base children went on a trip to Co-op. Green Pathway bought different foods from the story 'The Very Hungry Caterpillar' which they used for a tasting session.

Blue Pathway bought ingredients for our Ester themed cooking session next week. The children thoroughly enjoy travelling on the bus together and spotting lots of different buses on the way!



Allotment News



This week the children proudly planted lettuce and onion seeds into one of the planters.

We are pleased to see our marigold seeds are starting to sprout in the greenhouse which will soon be added to this planter.



With all the recent rainfall the children collected a bucket full of snails and relocated them to safe habitats in Forest School.

Create Arts – Sculpture Competition

The Creative arts team have been busy entering the children into the fourth plinth sculpture competition this week. The children have really embraced this term learning and have produced such a wide range of creative sculptures. If you would like to learn more about the Fourth plinth check out, please click the link below.

<https://www.london.gov.uk/programmes-strategies/arts-and-culture/current-culture-projects/fourth-plinth-traffic-jam/fourth-plinth-schools-awards-2024>

Storm in a tea cup

Description: Every thing better when you have a cup of tea.
Student: Tracy
School: Tomsen Primary School
Borough: Lewisham



Rainforest

Description: My piece is about the rainforest and how deforestation is destroying climate change, we need all new life.
Student: Nana
School: Tomsen Primary School
Borough: Lewisham



Mysterious Dragons

Description: This piece is about friendship and that even though we can all be really different we can all support each other and be good friends to each other.
Group name: Daniel, Kiana, Harley
Students: Kiana, Daniel, Harley
School: Tomsen Primary School
Borough: Lewisham



Waves

Description: The work is a abstract sculpture inspired by waves.
Group name: Yibingo & Akina
Students: Yibingo, Akina, Tyler Rose
School: Tomsen Primary School
Borough: Lewisham



Work Of The Week WoW – Creative Learning

Top WoWs for week beginning Monday 11th March 2024

WoW
Work Of The Week

Nursery	 Spring 1	 Spring 1	 Spring 1	 Spring 1	 Spring 1
Reception	 Instrumental Lessons	 Baseline brush control colour knowledge and drawing	 Baseline brush control colour knowledge and drawing	 Instrumental Lessons	 Instrumental Lessons
Year 1	 Spring 2 Instrumental Lessons	 All Around the World	 Spring 2 Instrumental Lessons	 Sculpture Spring 2 Katarina Pitsch	 All Around the World
Year 2	 Recorders B, A & G	 Recorders B, A & G	 Recorders B, A & G	 Recorders B, A & G	 Recorders B, A & G
Year 3	 Sculpture Spring 2 Katarina Pitsch	 Ukulele - Move Chords	 Spring 2 Instrumental Lessons	 Ukulele - Move Chords	 Spring 2 Instrumental Lessons
Year 4	 Dimensions of Music	 Dimensions of Music	 Spring 2 Instrumental Lessons	 Dimensions of Music	 Dimensions of Music
Year 5	 Reggae and Ska	 Reggae and Ska	 Reggae and Ska	 Reggae and Ska	 Reggae and Ska
Year 6	 Samba Drumming	 Samba Drumming	 Samba Drumming	 Samba Drumming	 Samba Drumming



STARS OF THE WEEK



Class	Name	Reason
Nursery FT	All of Nursery	For being so amazing during our trip to the farm. You were all super stars!
Nursery AM	All of Nursery	For being so amazing during our trip to the farm. You were all super stars!
Nursery PM	All of Nursery	For being so amazing during our trip to the farm. You were all super stars
Blue Class	Rebecca	For trying her best during maths and getting better at number composition. Well done Rebecca
Red Class	Edith	For some amazing independent writing and always trying her best and being helpful.
Yellow Class	Josiah	For good listening and always trying his best. Well done!
1M	All of 1M	For being so hardworking and resilient this week. They have all tried really hard on their quizzes and have done a great job. Well done, 1M! 😊
1N	Adam	For making us proud with his increasingly positive attitude to learning and school. It's lovely to see him so happy and focused. Keep up the great work 😊
1W	All of 1W	For doing their best in their exams and persevering through the week. You were all amazing, 1W!
2S	Zariah	For her hard work during assessment week. It has so amazing to watch you confidently tackle these tricky quizzes with a big smile on your face 😊
2SW	Jared	For all of his hard work and determination in improving his reading skills! Well done Jared! 😊
2V	All of 2V	For their focus and resilience this week. They have all worked hard this week on their quizzes. Well done 😊
3A	Masih	For writing some brilliant newspaper headlines all about deforestation. Well done 😊
3G	3G	Well done for trying your best during our tricky quizzes this week.
3S	3S	You have all been amazing this week during our assessments. Well done everyone!
4A	Calieta	For making an excellent effort in writing lessons.
4L	Thashvin	For working so hard to help others in making their chatterboxes and always having endless enthusiasm for learning.
4S	Virat	For making incredible progress in learning your timetables. Well done for showing such dedication and enthusiasm to improve.
5C	Zoya	For the hard works that she has done this as a sports leader. Well, done Zoya!!
5L	Joshua	For writing an outstanding persuasive letter! You included many persuasive techniques and writing skills which made it a high-quality piece. Well done!
5S	Anisa	For her exemplary behaviour and outstanding efforts during assessment week serving as a shining example to her peers.
6A	Anayah	For being a great role model for our school community- always friendly, polite and respectful towards adults and peers. Keep it up!
6C	Ava	For a fantastic effort during your writing lessons. You have produced an excellent, high-quality diary entry – well done!
6L	Nikisha	For your outstanding attitude to learning. You have shown great focus and determination in all areas. Well done!
RB Blue	Naoki	Well done for being so focused and engaged during assessment week.
RB Green	Munasar	Well done for being so focused on learning this week and having a great attitude to learning

Lewisham Food Bank – Egg Donations



Easter 2024

CAN YOU HELP
TO ENSURE THAT EVERY
CHILD HAS AN EASTER
TREAT THIS YEAR?

Egg donations can be dropped to
Lewisham Foodbank Warehouse
353H Bromley Road SE6 2RP

Monday - Friday 9 am - 4 pm
BY 20 MARCH PLEASE

(to ensure we can distribute
them before Easter)



Foster Park Events

9-19?



HELP TRANSFORM THE OLDER KIDS PLAY AREA IN
FORSTER PARK AND MAKE IT SOMEWHERE YOU'D
LOVE TO HANG OUT...



...THIS



Sign up to take part in design workshops
taking place this Spring and Summer and
help redesign your space.

JOIN
US

FRIDAY 15 MARCH
3:30 - 4:30 PM
BY THE CAFE

COMPLETE THE
YOUTH SURVEY
AND GET A FREE
EASTER EGG

One small egg for every 9-19 year old to complete the youth survey, while supplies last.
BONUS - If you've already done the survey, bring a friend and you'll each receive an egg!

#inspireinclusion
#makespaceforgirls
#internationalwomensday

Creating a safe, inclusive and welcoming space
for older children & young people in Forster Park

www.Facebook.com/forsterMPark
#LoveForsterPark
http://forsterparkfriends.org



TREE PLANTING EVENT

Come and plant 600 trees in a Tiny Forest!



Forster Park, Lewisham,
Whitefoot Ln, London SE6 1UA
Coordinates: 51°25'57.4"N
0°00'33.1"W

DATE: Friday 22nd March
TIME: Session 1: 1pm-3pm
Session 2: 3:30pm-5pm

Come along to your local Tiny Forest tree planting day!

A Tiny Forest is a miniature native woodland about the size of a tennis court. They are an amazing location for wildlife, the local community, and can help fight against climate change. So, come join us and plant 600 trees in your new Tiny Forest!

- Free family-friendly event, everyone's welcome!
- Bring gloves and spade if you have one, if not, we will have plenty on the day.
- Arrive at the start of your slot to make sure you have plenty of trees to plant.
- If you'd like to get in touch, email us at tinyforest@earthwatch.org.uk

FREE EVENT!

SCAN ME & REGISTER



Scan the QR code to register,
or visit <https://bit.ly/4c5USnr>




Powered by:



Working in partnership with:



Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	91%		3A	98%		5C	95%	
1N	90%		3G	90%		5L	91%	
1W	93%		3S	96%		5S	91%	
2S	99%		4A	98%		6A	93%	
2SW	97%		4L	94%		6C	93%	
2V	96%		4S	99%		6L	99%	

We had a few close calls to 100% this week! Well Done to the classes that had the highest attendance, keep up the good work!

Early Years Workshops

Please see a link below to Contact's free Early Years online workshops in March, for children under 5 with disabilities.

Supporting your child with Social Communication Challenges(age 0-5 years)

Thursday 14th March 10.00am

Brighter Beginnings-Understanding Your Child's Behaviour(0 -5 years)

Tuesday 19th March 10.00am

Brighter Beginnings -Toilet Training for children with SEND (0- 5 years)

Tuesday 19th March 7.00pm

Brighter Beginnings-Wellbeing for parents of children with SEND(0 -5 years)

Friday 22nd March 10.00am

More workshops will be added throughout the year so do check the website for forthcoming dates.

<https://www.eventbrite.com/cc/early-years-workshops-2297049?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclxcollection&utm-source=cp&aff=escb>



HAF Programme – SKIPZ Production



SKIPZ PRODUCTION CIC PRESENTS

EASTER

holiday and food programme

Tuesday 2nd April to Friday 5th April 2024

10am to 2 pm

Torridon Primary School,
Hazelbank Road, SE6 1TG

4 to 11 years old
FREE FOR FREE SCHOOL
MEALS CHILDREN

Lunch provided | Siblings welcome
Paying children welcome

In partnership with
Lewisham Council

For more information and to register,
please visit

<https://www.skipzproductions.org/skipzhaflewisham>



Dates For Your Diary

Tuesday 19 th and Thursday 21 st March	Open evenings for parents and carers
Wednesday 20 th March	Year 2 to the Cutty Sark
Sunday 24 th March	Corbett Chase & street play out
Tuesday 26 th March	Year 3 to the National Gallery
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
Thursday 18 th April	Year 5 and 6 tag rugby tournament
Monday 22 nd April	Key stage 2 athletics tournament
Friday 26 th April	Year 5 and 6 Tri-Golf tournament
Friday 3 rd May	Year 5 and 6 Lewisham Games frisbee tournament
Friday 10 th May	Year 5 Lewisham Games hockey tournament
Wednesday 22 nd May	Year 3 and 4 Lewisham Games tennis tournament
Wednesday 5 th June	Year 5 and 6 Lewisham Games tennis tournament
Sunday 9 th June	FAMILY FUN RUN – Forster {ark



Raring2Go Digital Magazine



Please find our first digital magazine of the year,
Raring2go! Spring

[CLICK HERE FOR LINK](#)

Fun Activities



Bellingham Community Project
Your local charity promoting health & wellbeing

FREE
DEDICATED
SESSIONS

Fun Play for Children with Special Educational Needs

Booking
Required

5 Randlesdown Road, Bellingham SE6 3BQ



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

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 under 5
9.30 am - 10.00 am

For children
aged 5 & under
10.00 am - 11.30 am

A partnership
project from:



www.bcpuk.net
bcp@bcpuk.net
07549 433963
0208 461 2213
bellinghamcommunityproject

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.

FREE
ALL
MARCH

LITTLE GROOVERS

Join us every Saturday for some fun filled dance classes, where rhythm meets joy in every step through the vibrant beats of amapiano music.

The Garden of Lewisham SE12 8ES

10:00 am - 11:30 am

AGE
6-12

AMAPIANO
DANCE
CLASSES

Join the mailing list



Omega Sportz
Easter Activity Camp
@ Baring Primary School,
Linchmere Road
SE12 0NB



Arts & Crafts

Easter Fun for Children
Aged 5-12

Hot lunch Included



Animal Workshops

2nd April - 5th April

9:00 - 13:00

Science Experiments

Dance

Ball Sports

Free spaces for families
who qualify for Free School Meals:
Details sent by school and Local
authority

[Book Here for
paid spaces](#)

Team Games

And sooo MUCH MORE!!!

Site Phone: 07706255439 (Camp Only)

Head Office: 07444592073

www.omegasportz.com

info@omegasportz.com



@DynamicCoachingUK

Holiday Activities & Food (HAF)

Easter
Holiday Activity Club

AGES 5-15



Different Sports | Fun Games | Football Tournaments | Healthy Lunch

Sandhurst Primary School, Minard Road, London, SE6 1NW
(Access via Ardgowan Road)

10am-2pm

Tuesday 2nd - Friday 5th April

Scan QR code to book paid-for places only.



FREE places and lunches are available during the Easter holidays for children and young people entitled to Pupil Premium (Benefit-related Free School Meals). Bookings for free places must be made via Lewisham Council. Voucher codes to book will be emailed to eligible families.

FREE PLACES
AVAILABLE

07756 826105 admin@dynamiccoachinguk.co.uk www.dynamiccoachinguk.com

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gilbert – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

