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1st March 2024

Dear parents and carers,

Happy St David's Day! Some also believe that today marks the first day of spring. We are certainly starting to see lighter mornings and evenings and it won't be long before we start to see daffodils, tulips and snowdrops peeking through the ground. We are very excited to see the changes in our woodland area.

This week we welcomed some of our school governors for a visit to see some of the fantastic work we are doing to support our children with Special Educational Needs. The governors met with staff, visited classrooms and spoke to some of the children. They were very impressed with the range of support available and commented positively on how well behaved the children were in their classrooms. We were very proud to show them all our hard work!

Next week we are celebrating all things reading related. Our book fair continues to run every day after school. There is a lovely range of books to purchase so do come and have a browse.

We have an author visiting on Monday to deliver some special reading assemblies. We are also looking forward to seeing children (and staff) dressed as their favourite book characters and judging the entries for the 'Egg-cellent Egg-Stravaganza' competition on Thursday.

We wish our Kickstart and Unity dancers the very best of luck as they take to the stage at The Catford Broadway Theatre for their performances as part of Live Dance 24, if you would like to come and watch, you can purchase tickets by clicking the link below.

<https://www.broadwaytheatre.org.uk/events/live-dance-showcase-2024/>

We will also be cheering our Year 5 and 6 team as they take part in the Glass Mill Leisure swimming gala on Friday.

I hope you have a wonderful weekend.

Best wishes

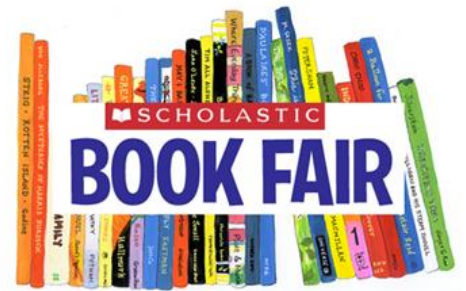
Manda George

Headteacher



Scholastic Book Fair

Thank you to those who have attending our book fair this week. Our book fair will continue next week; we look forward to seeing you there. We are hoping to sell as many books as possible, so that we can earn back FREE books for our book corners. Here are the dates and times you can visit our book fair:



Monday 4th March – Wednesday 6th March – Year 3 and 4 hall, 3:15-3:45pm.

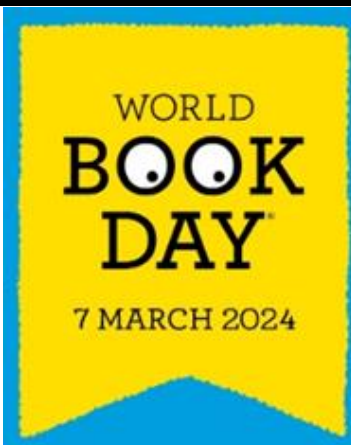
Egg-cellent Egg-Stravaganza Competition - Thursday 7th March

Would you like to create a scene from your favourite story? You could focus on either one character or your favourite part of a story. You could use an egg or potato to create your character. Please bring your creations in on **Thursday 7th March**. We can't wait to see your creative scenes!

The winners of the competition will receive a new reading for pleasure book to take home, as well as the opportunity to enjoy their new books during a special reading afternoon.



World Book Day – Thursday 7th March



On Thursday 7th March, we will be celebrating World Book Day. On this day, please come to school dressed as your favourite character from a story!

On the day, there will be a World Book Day assembly and a 'drop everything and read' session. Teachers will also swap classes and read their favourite book to another class. There will be a range of exciting, creative activities for the children to enjoy.

We are also excited to announce that we will have an author visit who will be delivering exciting and engaging assemblies during this week. There will also be the opportunity to purchase signed books from the authors at the book fair on Monday.

Corbett Chase – Sunday 24th March 2024

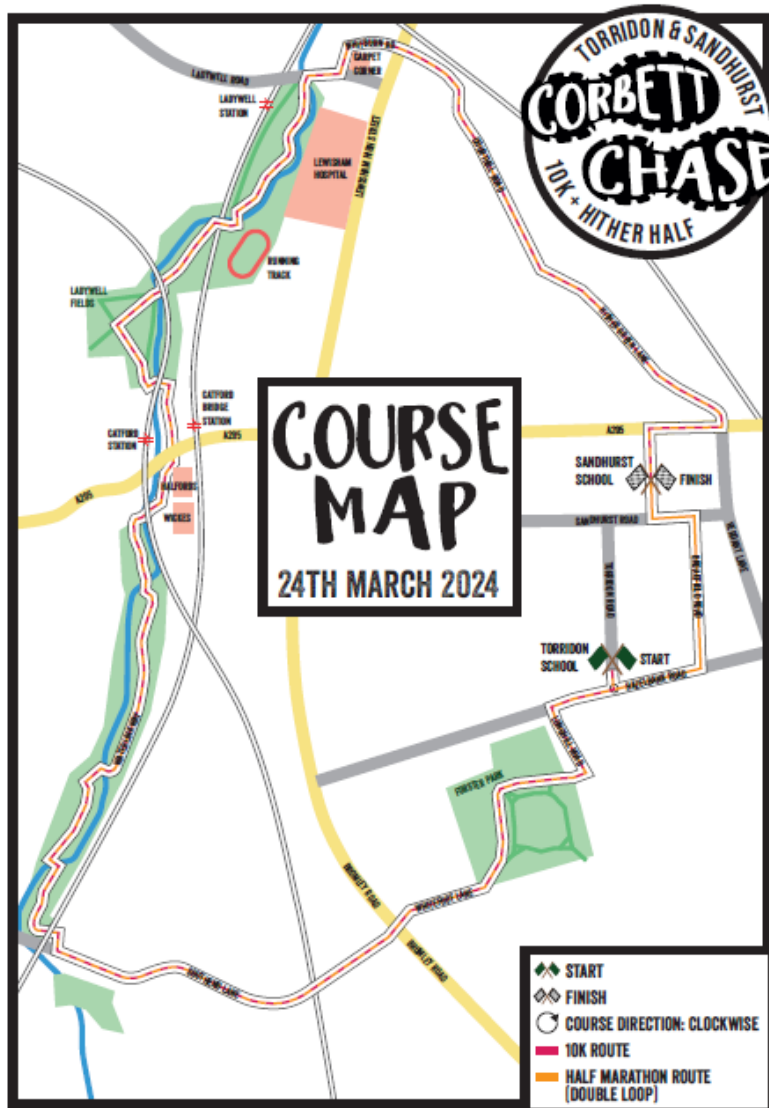


Calling all runners, walkers, volunteers, cake bakers and supporters for this year's [4th Annual Corbett Chase!](#)

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 .



Nursery

This term, we are learning about traditional tales in Nursery. We started the week by reading the story '*The Little Red Hen*'. So far, the children have created their own hens and have made focaccia bread just like the Little Red Hen.

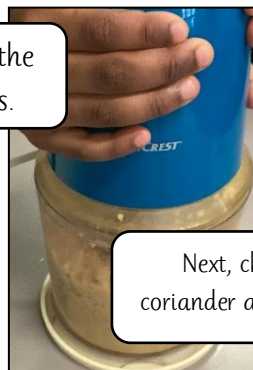


Year 1 - Cooking

Today, Snutt went on an adventure to chef school in Egypt. He made some delicious falafels and insisted we try it too. So, we carefully followed the instructions and voila... we made scrumptious golden falafels. Yum!



First, blitz the chickpeas.



Next, chop the coriander and parsley.



Add in the flour and herbs and mix.

Roll the mixture into balls.



Bake until golden brown



Year 2 - Tennis



Head up



Eyes on the ball



Ready Position



Movement



Reaction time

This week year 2 have continued to develop their ball skills. We focused on the key elements of how to successfully catch and bounce a tennis ball in different ways with control. We are all really looking forwards to developing our racket skills next in preparation for our tennis rally at the end of the half term.



Year 3 - Creative Writing

In writing this week, year 3 have been composing their own expanded noun phrases to describe animals in the rainforest. We used coloured strips to help us with our composition: red is the determiner, orange are the adjectives, green is the punctuation and purple is the noun. Read some of our fantastic writing to immerse yourself in the rainforest...



Year 4 Science: Sound

We began our new topic, Sound, by conducting a sound survey. We visited different locations in the school and recorded what we could hear. We recorded this into a table.

We learnt that sound is made via vibrations. We thought about what was making these vibrations, for example, vocal chords vibrate which create the sound of our voice.



Where were you?	What sounds could you hear?	What was vibrating to make that sound?
Nursery playground	High pitched voices, chattering	vocal chords
H. reception	Shaking, hammering, clattering, clapping	muscles playing
K.S1 Corridor	Talking, quiet, whispering	vocal chords
Room outside lunch hall	Birds high pitched tweeting	birds, vocal chords
H. forest school gate	Machine, growling, birds tweeting	vocal chords
Forest ditch	Car, leaves, goat, steps	wheel, engine, air, grass, forest

Year 5 - Dance

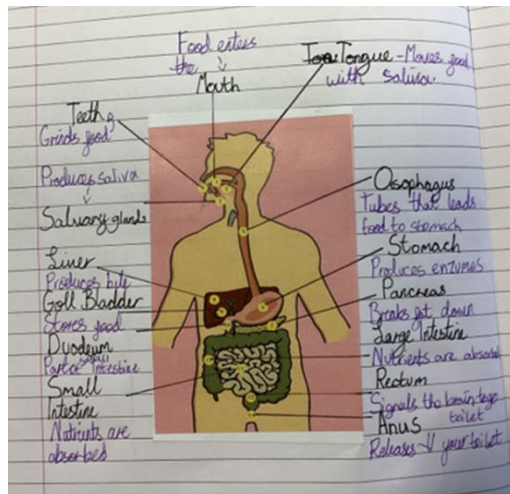
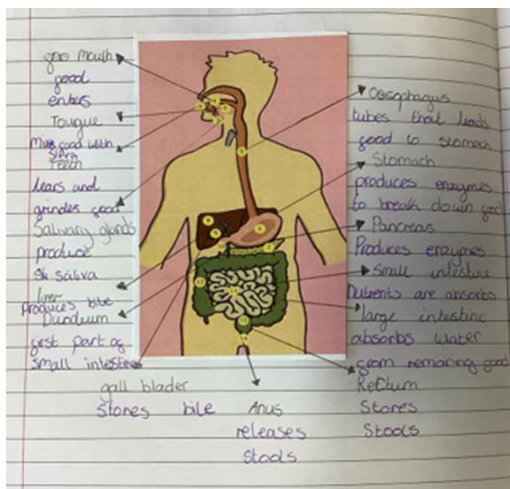
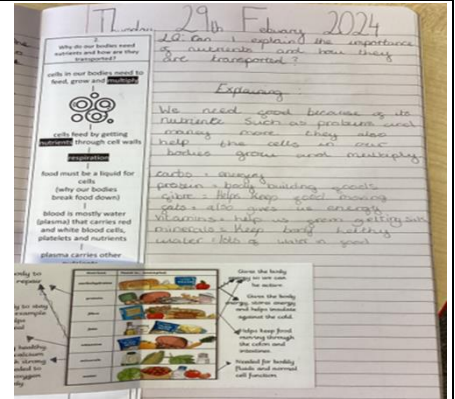
We have started our exciting topic 'Into the Hoods' which is a hip-hop production that incorporates characters from fairy tales. This week, we selected the character, 'Wolf', to create a dance sequence. We had a lot of fun coming up with the choreography and working together to create this piece.



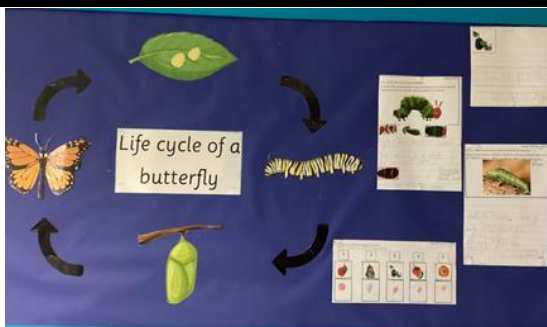
Year 6 - Science

In Science this week, we reviewed the four blood components and their functions. We explored the importance of nutrients in our bodies and how they are transported through the body. We explained the functions of nutrients such as: carbohydrates, fats, fibre, protein, vitamins, minerals and water. We then labelled the digestive system showing how the nutrients are transported through different organs.

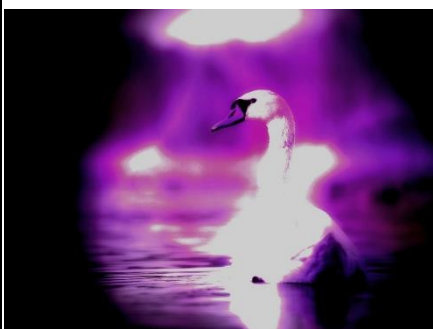
Daisy, Hali, Abshitha, Manjot and Zainab 6A



Resource Base Learning



In Green Pathway, the children have been really engaged with our story 'The Hungry Caterpillar'. We have learned the sequence of the story, thought about all of the food the caterpillar ate and also learned about the life cycle of a butterfly!



The children in Blue Pathway have continued with photo editing this week and experimented with lots of different effects. They have been selecting their own images and exploring different ways to alter them.



Forest School News

This week the children in Year 2 used a BOW SAW for the first time!

The children were chopping the Christmas trees to create wooden discs which we will use next week as forest school treasure!



Allotment News

This week saw the planting of our tomato seeds. We have planted a bumper stock in the hope we can see the plants when they are established!



The children have begun to fill the planters with compost in readiness for the next stage of our project.

Saturday League Match Result!

Well Done to the Girls' Football Team! This is what our sports coach had to say:

Last weekend, the girls' football team played their final two Saturday league matches. To end their season, they had to play the top two teams who are both challenging for this year's title: Prendergast and Stillness. The first match against Prendergast

(unbeaten all last year and this year) was by far the hardest game they've played this season. They lost that game 5-0 but that doesn't reflect the effort, passion and determination that took place within the match. The girls didn't let that result deflate them though, as the second game may go down as the best girls' team result in history!!

Our girls, off the back of a 5-0 loss, went into this game and pulled off what may have seemed impossible to them. At first, they didn't have much of the ball but, as time went by, chances were being created. Stillness had the better chances to take the lead, but they missed a penalty, and two great chances for them were denied by Nawel's brave goalkeeping.

Half time came around and the score was still 0-0. We all sensed that, although the odds were against us, there was a chance something amazing was about to happen... and it did! An opportunity came to Sadie who skipped past their defence and scored her first goal of the season! The girls' were absolutely elated (as we all were) and quite deservedly so. From that moment on - nothing was going to stop them from winning that game. Stillness hit the post, Osei, Amira and Sapphire threw themselves into last moment challenges in defence, and Nawel stopped everything that came her way. Paris, Eliza, Khloe and Sadie ran for the entire half attacking and defending whilst Zainab, Ava and Lucie kept the attacking options open. Ava also spent the final minute in defence to help the team secure the win! Although they all played outstandingly well individually, this game was won because they played as one amazing team.

They ended the season on a high and proved to themselves what we already knew - that they are more than capable of competing with, and beating, the best teams in the league. They have come such a long way since the start of the season and are now fully prepared to face the challenges of the Saturday league cup tournament! Well done to the girls!








STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Norah	For sharing her fantastic knowledge whilst we have been learning about how to make bread. Well done, Norah! 😊
Nursery AM	Othniel	For being very helpful during tidy up time and being able to zip up his coat all by himself. independent when zipping up his coat. Well, done, Othniel! 😊
Nursery PM	Ahmed	For being kind and helping his friends in Nursery. Well done, Ahmed! 😊
Blue Class	The whole class	For doing so well on our trip to the farm despite the rain! Great resilience, Blue class!
Red Class	Roman	For settling into red class so well and sharing his brilliant ideas! Well done 😊
Yellow Class	Buddy	For always sharing his fantastic ideas and always trying his best. Well done!
1M	Hannah	For working exceptionally hard on her targets in writing. She is trying her best to be independent and is making good progress. Keep it up, Hannah! 😊
1N	Samantha	For her fantastic writing and artwork. She always takes lots of care with her learning and she even produces AMAZING drawings in 'computing', on the laptops, which is very tricky! 😊
1W	Lula	For always being such a positive role model in the classroom. She always makes her best effort to learn and tries her best. Well done Lula! 😊
2S	Ethan	For his wonderful effort in writing this week! It has been wonderful to see your focus, attention and determination to achieve your best this week. Well done Ethan 😊
2SW	Jacob	For all of his hard work in writing this week. His presentation is beautiful and it is evident that he has tried his very best! Well done Jacob! 😊
2V	Steviee	For working incredibly hard to complete her writing task. Well done Steviee, 😊
3A	Esther	For producing a fantastic setting description about the rainforest.
3G	Eunice	Always being respectful to her peers and members of the school community.
3S	Havana	For showing respect for her own learning and always being respectful to others
4A	Amariah	For making a huge effort to finish learning independently.
4L	Teddy	For trying hard with his behaviour and focus. Keep it up Teddy!
4S	Djonathas	For being such a lovely, respectful, diligent member of our class. He always so polite and cooperative with everyone.
5C	Kairo	For writing an exceptional persuasive letter to King Charles II requesting that the King includes Katherine Johnson on the Honours list. Well, done!
5L	Zohal	For always actively participating in class. You always share valuable answers and ideas. Well done!
5S	Devante	For his enthusiasm for learning this week and his eagerness to challenge himself in his learning. He has approached his learning with a positive attitude and determination, setting a fantastic example for his peers. Keep up the great work! Well done!
6A	Ashanti	For her enthusiastic approach towards all areas of her learning, which has led to an excellent progress. Keep it up!
6C	Joshua	For trying very hard in all your writing lessons this week. You should be very proud of our efforts – well done!
6L	Martha	For being actively consistent and focused on improving your writing learning. Well done!
RB Blue	Naoki	Well done for being so engaged with your learning in class this week!
RB Green	Victory	Well done for being so focused and engaged with your learning this week. Amazing!

Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	97%		3A	96%		5C	97%	
1N	92%		3G	97%		5L	92%	
1W	95%		3S	98%		5S	92%	
2S	100%		4A	93%		6A	98%	
2SW	99%		4L	94%		6C	96%	
2V	92%		4S	96%		6L	94%	

Well Done to the classes that had the highest attendance this week! Keep up the good work!

Fundraising for Red Nose Day

Red Nose Day is back on Friday 15th March and we will be joining people across the nation to do something funny for money.

However much you can spare, your donation will go to Comic Relief to help people facing poverty in our communities, here in the UK and around the world.

[CLICK HERE TO DONATE](#)

From us and everyone at Comic Relief,

Thank you.



Dates For Your Diary

Thursday 29 th – Wednesday 6 th March	School Book Fair
Monday 4 th March	Year 4 visit to Natural History Museum
	World Book Day workshops
Tuesday 5 th March	Kickstart to Live Dance 2024
	National Dental Programme Reception and Year 1
Wednesday 6 th March	Unity to Live Dance 2024
	Year 5 to the Science Museum
Thursday 7 th March	World Book Day
	Egg-cellent, Egg-Stravaganza Competition
Friday 8 th March	International Women's 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
Tuesday 12 th March	SEN Coffee Morning for Parents and Carers
Wednesday 13 th March	Year 5 and Year 6 boys' football tournament
Friday 15 th March	Red Nose Day
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
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



Community Events

 **Bellingham Community Project**
Your local charity promoting health & wellbeing

**Bellingham Festival
2024
SAVE THE DATE**

SATURDAY, 22ND JUNE 2024
12-4 PM
ON
BELLINGHAM GREEN SE6 3JB

Please get in touch
bcp@bcp.uk.net
0208461 2213/07549 433963

Perform on the day
Volunteer on the day!
Have a stall on the day!

 **Bellingham Community Project**

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



 **Abbotshall**
HEALTHY LIFESTYLE CENTRE
FUNDRAISER
Sunday 3rd March 10-5

Featuring

- BBQ**
- Soft Play**
- Art Competition**
- Cake Competition**

activities all day run by our providers:

 **Nurturing Wild**
 **CORBETT GAMERS**
 **Purple Tones FACEPAINTING**
 **SINGALONG SALLY**
 **Havin' A Bubble**

FORSTER MEMORIAL PARK
Easter Market

A SMALL BUSINESSES MARKET ,
HANDMADE ITEMS, MUSIC ,
FOOD, DRINK , EASTER EGG HUNT ,
BOUNCY CASTLE & MORE
COME DOWN & BE A PART OF THE
COMMUNITY

**SUNDAY 24th MARCH ,
10:00AM TILL 3:00PM
WHITEFOOT LANE , BR1 5SD**

THIS EVENT IS BROUGHT TO YOU BY

 **THE PLACE TO BEE**
 **KEY PROPERTY**
 **Friends of Forster Memorial Park**
 **GROOVY COFFEE BAR**

Parent Notice Board

JOB OPPORTUNITY
PART TIME, TERM TIME, BANK STAFF
7.30 - 9AM & 3PM-6PM



SUPPORTING OUR
COMMUNITY LIBRARY



CORBETT COMMUNITY LIBRARY, 103 TORTINGTON RD, LONDON SE26 1TQ

• **COMPETITIVE SALARY & BONUS**

• **BENEFITS & TRAINING OFSTED REGISTERED**

• **FLEXIBLE HOURS**



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COME AND
JOIN THE
TEAM

CONTACT US
HERE

Free support for local families



Eating Well for Less

Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank?

This workshop helps the whole family to eat well for less including:

- Tips for a cheaper, healthy shopping basket
- Healthy meal planning to make the most of the food you buy

"This programme
changed my life"



"We're healthier and
happier and I put
that all down to
HENRY"

Understanding Children's behaviour

Find out what's driving your child's behaviour

- Understand feelings and needs behind children's behaviour
- Find out about parenting styles – balancing being in charge and being responsive
- Learn how to use evidence-based parenting skills to hold boundaries and encourage cooperation

Looking after ourselves

Family life can be stressful. This workshop helps you to find ways to look after yourself and stay calm so you can juggle everything better.

- Share feelings and develop realistic expectations and coping strategies
- Gain practical strategies to reduce the stresses of family life



"This is the best
thing I could
possibly have done
to help me to be
a better mum"

Contact us to book your place

Tel: 02030493415 email: lg.shishhealthy lifestyle@nhs.net
Workshop location: Torrington Primary School
Tues at 9:30am (27th Feb, 5th Mar and 12th Mar)
Thurs at 3:30pm (29th Feb, 7th Mar and 14th Mar)

Scan to find out
more
about HENRY



SCAN ME

Worrying about money?



Help and support is available if you are struggling to make ends meet.

Download the 'Worrying About Money?' leaflet for Lewisham and follow three steps to find options and places to get help.



www.worryingaboutmoney.co.uk/lewisham



Are you pregnant or have children under the age of 4?

You could get help to buy:

- Plain cow's milk
- Fresh, frozen or tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

Twitter Facebook @NHSHealthyStart

Online Safety

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or attitudes to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Bailey is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 90 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday

The National College

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/118031/survey_of_parents_and_their_children_on_bullying_2016.pdf
<https://www.ncsc.org.uk/online-safety/anti-bullying> | https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/118031/survey_of_parents_and_their_children_on_bullying_2016.pdf

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