



Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

Telephone: 0208 697 2762

Email: [admin@torridonprimary.lewisham.sch.uk](mailto:admin@torridonprimary.lewisham.sch.uk)

23<sup>rd</sup> February 2024

Dear parents and carers,

Welcome back! I hope you all had a lovely half term break. It was so nice to see all the children returning to school and they have had a great week finding out about their new themes.

Curriculum bulletins are available on the website and can be found here:

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

Year 3 had a very sporty week with the launch of their tennis workshops and several of them joining year 4 for the tri-golf tournament. We were very proud to be awarded second place overall. Thank you to Michael and Elijah who accompanied the team on the trip.

This week, we have welcomed back Rachel Wills (formerly Rachel Owen) who will be joining the year 6 teaching team this term.

Huge thanks to those of you who have found some spare time to come and volunteer in classrooms hearing children read. The children love to share their stories with you and it makes all the difference when they can practise reading with adults on a regular basis. We still have some vacancies and would love to add to our team of volunteers. If you have an hour or so to spare and would like to help out, please get in touch:

[admin@torridonprimary.lewisham.sch.uk](mailto:admin@torridonprimary.lewisham.sch.uk)

Whatever you have planned, I hope you have a fantastic weekend.

Very best wishes

Manda George

Headteacher



## Healthy Snacks

Fresh fruit snacks are provided daily for children in early years and key stage 1.

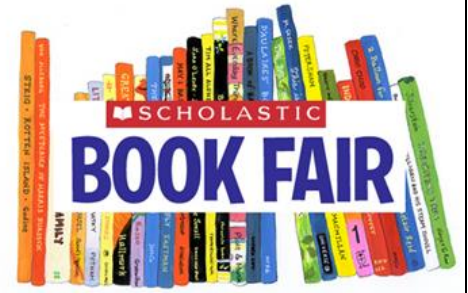
If children in key stage 2 would like to bring in a piece of fruit for a break time snack, they are more than welcome to do so. Please do not send crisps, sweets, chocolate or biscuits as these are not allowed.

Thank you



# Scholastic Book Fair

We are very excited to announce that we will be holding a Scholastic book fair next week and would like to invite you all to visit. 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:



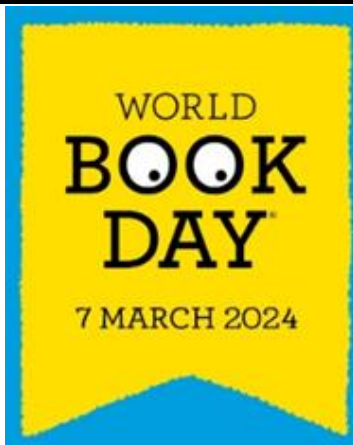
Thursday 29<sup>th</sup> February – Wednesday 6<sup>th</sup> March – from 3.15pm - Year 3 and 4 hall.

## Egg-cellent, Egg-Stravaganza Competition Thursday 7<sup>th</sup> 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 7<sup>th</sup> March**. We can't wait to see your creative scenes!



## World Book Day – Thursday 7<sup>th</sup> March



On Thursday 7<sup>th</sup> 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.



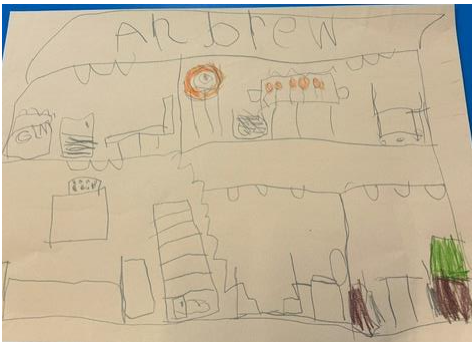
## Resource Base - Phonics

This week, the children have done a fantastic job of settling back into their routine. We have had some great photo editing learning from Blue Pathway and amazing independent writing from the children in Green Pathway, who are learning to use their phonics to write their own sentences.



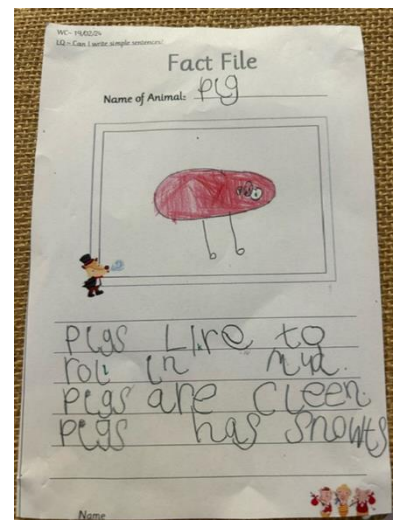
## Reception – The Three Little Pigs

Reception has enjoyed the story of 'The Three Little Pigs' and designed their own wolf-proof houses!



At forest school they made some houses for the pigs.

They also learnt and wrote facts about pigs!





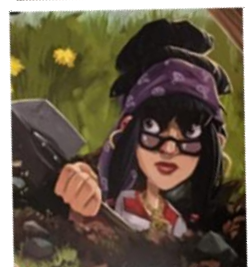
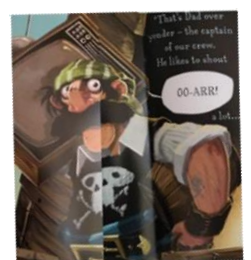
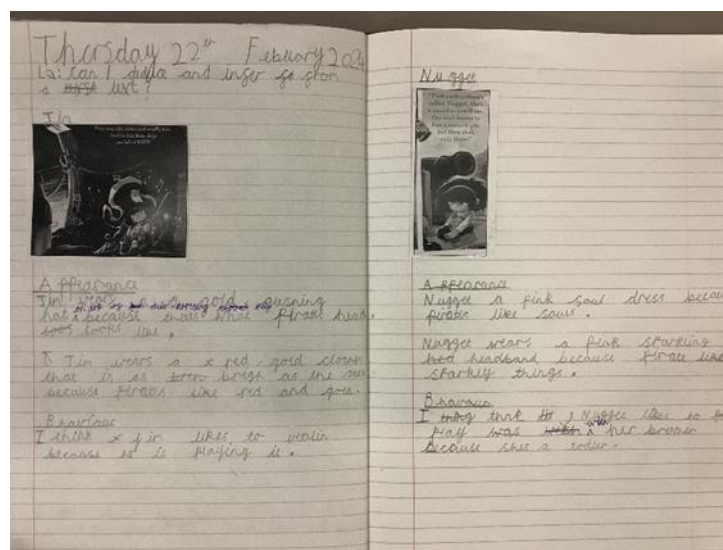
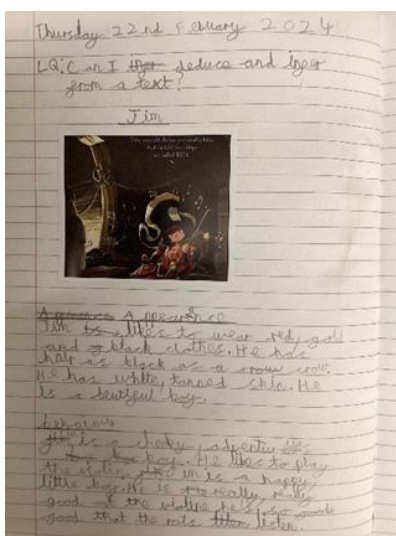
# Year 1 – The Christian Story Of Easter

In Year 1, we have started learning the Christian story of Easter. We began by acting in role as Jesus riding on a donkey, on his way to Jerusalem to celebrate Passover. After learning the story and imagining what it must have been like to be Jesus and the crowds that welcomed him, we did some beautiful illustrations.



## Year 2 - Pesky Pirates

This week in year 2, Pesky Pirates have moved in next door. After reading about them, they seem to be a rather interesting crew, so year 2 wrote character descriptions about them.





## Year 3 - Remarkable Rainforests

To introduce our new theme 'Remarkable Rainforests', year 3 ventured out to the garden to explore the local wildlife in our school! We were very excited to find lots of different insects and plants. When we returned to class, we created mind-maps in groups based on these senses: sight, hearing, touch, smell and feelings. Lots of wonderful ideas were generated based on all the senses we experienced in the garden.



## Year 4 - Design Technology



In Year 4 we have been learning how to make a pouch. We learnt how to thread a needle, do running stitch and sew on a button. We had great fun learning these new skills.



# Year 5 – Solar System



Mercury



Venus



Earth



Mars

The children in Year 5 have thoroughly enjoyed delving into the wonders of the solar system! They've demonstrated their creativity by devising clever acronyms and strategies to remember the names of the planets.



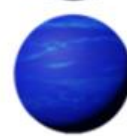
Jupiter



Saturn



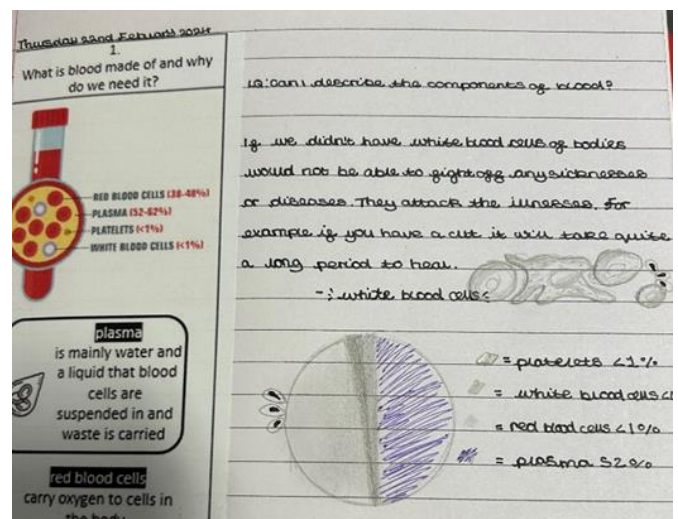
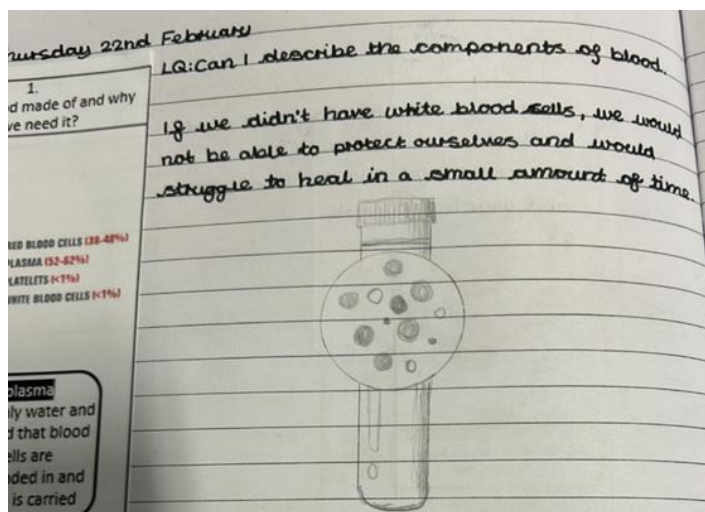
Uranus



Neptune

# Year 6 – Science

In Year 6, we have started our new topic in science which focuses on 'animals, including humans' and the circulatory system. We have been learning about the different components of blood. We have been exploring how red blood cells carry oxygen to cells in the body and exchange it for carbon dioxide, as well as how white blood cells defend us and attack the threats that could harm us. We have enjoyed starting this new topic, and we are looking forward to learning more next week.





## Fundraising for Red Nose Day

Red Nose Day is back on Friday 15<sup>th</sup> 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.



## Allotment News

Over the half term break our greenhouse was built. A huge thank you to Mike Collins (Vivien's Dad 2V) who gave up his time to dig the foundations, set the corner posts and construct the greenhouse side walls. Tom did an amazing job of securing the roof panels.

The children have been so excited this week to see the end product with lots of seed planting happening at Forest School to get our spring growing started.

Nursery were the first to add to the greenhouse by planting Sweet Pea seeds.



## Congratulations to the Tri-Golf Team!

A big well done to the children who participated in the tri-golf tournament this week!

They came in second overall - which was amazing - but the manner in which they earned that result was even more impressive. Throughout the entire day - bus journeys, walking in the rain, transitioning around 8 golf stages and, of course, playing the games - their behaviour, teamwork and general enthusiasm was outstanding.

They listened well, worked as hard as they could for their team, improved as the day went on, and even remained smiling when they found out that they missed out on first place by 5 points (one single golf shot). They earned 857 points from the 8 activities whilst Tidemill sneaked ahead with 862. They were so impressive, and to get such a great result considering it was the year 3's first taste of competitive sports for Torridon is just amazing.

We are so proud of how you represented Torridon.



## Corbett Chase – Sunday 24<sup>th</sup> 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 Sandhurst Road, 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](mailto:friendsoftorridonpta@gmail.com) .





## STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Rasha	For being kind to her friends in Nursery. Well done, Rasha! 😊
Nursery AM	Omar	For his fantastic Maths learning this week. Well done, Omar 😊
Nursery PM	Taisija	For joining in during the carpet sessions and your amazing drawings. Well done, Taisija! 😊
Blue Class	Sarvan	For improvement in his listening and behaviour choices as well as being such a kind friend. Well done, Sarvan!
Red Class	Rizwan	For his fantastic writing this week! Well done 😊
Yellow Class	Cameron	For fantastic ideas and working hard on his writing. Well done!
1M	All of 1M	For their fantastic efforts this week. They have all tried really hard in their writing and have been super creative. Well done 1M! 😊
1N	Idris	For his fantastic writing! Idris often surprises us with his great ideas and thoughtful phrasing. He has recently been working on his handwriting and presentation. Keep up the great work! 😊
1W	Liam	For surprising everyone with his writing this week. He has been coming up with his own ideas and tried extremely hard to complete his learning every day. Keep up the positive effort!
2S	Marley	For his brilliant effort in all areas of his learning! It has been lovely to see your enthusiasm with our new Pesky Pirates topic! Keep it up Marley 😊
2SW	Knox	For trying his very best in maths and writing. It has been lovely to see him joining in with our class discussions and growing in confidence. Keep it up Knox! 😊
2V	Hafiziou	For being fully engaged with his writing, independently creating his sentences and even remembering to use his capital letters and full stop. Hafiziou, I am so incredibly proud of you. Well done. 😊
3A	Zenab	For being a good role model to her peers.
3G	Mariah	For settling into our class. Thank you for joining us!
3S	Avani	For her enthusiastic approach to all aspects of her learning. Well done for trying your very best and for helping others to do the right thing. Keep it up!
4A	Zayd	For always making an exceptional effort in his learning and being kind, polite and respectful to everyone in our community.
4L	Thea	For not only showing an aptitude for sewing, but also for using her creative skills and kindness to help others sew their pouches together. Well done!
4S	Natalie	For showing a delightful enthusiasm for sewing when making our felt pouches and for showing kindness and consideration to her peers by helping them.
5C	Hirav	For an exceptional attitude towards your learning this week. Well done! Keep it up!
5L	Azariah	You have an excellent commitment to your reading in and outside of school. It's great to see your passion for reading! Well done!
5S	Arthur	For exhibiting exemplary behaviour by demonstrating respect towards both adults and peers. His eagerness and enthusiasm towards learning are truly commendable. He actively engages in classroom activities, displaying a genuine interest in acquiring knowledge. Well done!
6A	Amar	For his excellent behaviour for learning. He is beginning to share his ideas with his peers during class discussions. Well done and keep it up!
6C	Nathaniel	For being an excellent role model and a very helpful member of our class community – well done Nathaniel!
6L	Olivia	For a great start to the new term and being focused in your learning. Well done!
RB Blue	Kenny	Well done for great perseverance during sewing this week!
RB Green	Knox	Well done for being so engaged and focused on your learning this week.

# Parent Wrap-Around Survey

Family Information Service is currently conducting a parent survey regarding the national wraparound childcare program. Parents should expect to see an expansion in the availability of wraparound care from September 2024.

Please see attached QR code in addition to the link.

<https://forms.office.com/e/dEyxVG9zwF>

Lewisham parent/carer wraparound childcare survey



## Creative Team Learning Of The Week

Please see a snapshot of our creative lessons across the year groups, chosen by the children.



## Community

 **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](mailto:bcp@bcp.uk.net)**  
**0208461 2213/07549 433963**

**Volunteer on the day!**

**Perform 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




 Pace Type

 SINGING ALONG SALLY

 Havin' A Bubble



# Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	91%		3A	92%		5C	98%	
1N	95%		3G	95%		5L	93%	
1W	96%		3S	98%		5S	92%	
2S	97%		4A	99%		6A	93%	
2SW	97%		4L	98%		6C	96%	
2V	98%		4S	96%		6L	96%	

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

# School Street Update



Highways and Transport  
5th Floor Laurence House | Catford | SE6 4RU

**schoolstreets@lewisham.gov.uk**  
**020 8314 6000**

Dear Parents/Carers

## Re: Lewisham School Street Programme: Torridon School Update

We are writing to update on the progress of the School Street at your school. Unfortunately, there has been a slight delay in the programming of the works.

The School Street has now started to be built, over the next few weeks week you will see the infrastructure being installed, this includes the one-way plug, the signs, and the cameras.

We are very sorry for the delay however please be assured we are working hard to get the School Street completed as soon as possible.

As the School Street is due to go live, we will contact you again with a further update.

If you have any questions, please go to <https://lewisham.gov.uk/mayorandcouncil/complaints-and-feedback/how-to-send-a-complaint-to-us> alternatively if you do not have access to the internet, you can write to the team at the above address. If an urgent issue arises, you can also contact the Council on [020 8314 6000](tel:02083146000).

Yours sincerely

*School Streets Team*

**Strategic Transport**

Public Realm

London Borough of Lewisham, Laurence House, 1 Catford Road, London, SE6 4RU

## Dates For Your Diary

Tuesday 27 <sup>th</sup> February	Yellow Class to Mudchute Farm
Wednesday 28 <sup>th</sup> February	Year 3 and Year 4 boys' football tournament
Thursday 29 <sup>th</sup> March	Blue Class to Mudchute Farm
Thursday 29 <sup>th</sup> – Wednesday 6 <sup>th</sup> March	School Book Fair
Friday 1 <sup>st</sup> March	Red Class to Mudchute Farm
Monday 4 <sup>th</sup> March	Year 4 visit to Natural History Museum
	World Book Day workshops
Tuesday 5 <sup>th</sup> March	Kickstart to Live Dance 2024
	National Dental Programme Reception and Year 1
Wednesday 6 <sup>th</sup> March	Unity to Live Dance 2024
	Year 5 to the Science Museum
Thursday 7 <sup>th</sup> March	World Book Day
	Egg-cellent, Egg-Stravaganza Competition
Friday 8 <sup>th</sup> March	International Women's Day
	Year 5 and Year 6 swimming gala
Week beginning 11 <sup>th</sup> March	Whole school assessment week
Monday 11 <sup>th</sup> March	Nursery to Surrey Docks Farm
Tuesday 12 <sup>th</sup> March	SEN Coffee Morning for Parents and Carers
Wednesday 13 <sup>th</sup> March	Year 5 and Year 6 boys' football tournament
Friday 15 <sup>th</sup> March	Red Nose Day
Tuesday 19 <sup>th</sup> and Thursday 21 <sup>st</sup> March	Open evenings for parents and carers
Wednesday 20 <sup>th</sup> March	Year 2 to the Cutty Sark
Sunday 24 <sup>th</sup> March	Corbett Chase & street play out
Thursday 28 <sup>th</sup> March	Last day of term – 2pm finish
Friday 29 <sup>th</sup> March – Friday 12 <sup>th</sup> April	<b>EASTER HOLIDAY</b>
Monday 8 <sup>th</sup> – Thursday 11 <sup>th</sup> April	Year 6 Easter school
Monday 15 <sup>th</sup> April	First day of the summer term
Thursday 18 <sup>th</sup> April	Year 5 and 6 tag rugby tournament
Monday 22 <sup>nd</sup> April	Key stage 2 athletics tournament
Friday 26 <sup>th</sup> April	Year 5 and 6 Tri-Golf tournament





# Saplings Vacancy

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



SUPPORTING OUR  
COMMUNITY LIBRARIES



CORBETT COMMUNITY LIBRARY, 103 TORTITON RD, LONDON SE6 1RQ

• **COMPETITIVE SALARY & BONUS**

• **BENEFITS & TRAINING**  
OFSTED REGISTERED

• **FLEXIBLE HOURS**



**Ofsted**  
raising standards  
improving lives

07393 858245

ADMIN@SAPLINGSAFTERSCHOOLCLUB.COM

SAPLINGSAFTERSCHOOLCLUB.COM

COME AND  
JOIN THE  
TEAM

CONTACT US  
HERE

## Clubs and Activities

**START YOUR  
FOOTBALLING JOURNEY WITH**

**WE MAKE  
FOOTBALLERS**

LEWISHAM



**FOOTBALL TRAINING FOR  
4-12 YEAR OLDS  
OF ALL ABILITIES**

Developing children's footballing  
ability each and every week!



**BOOK YOUR  
FREE SESSION TODAY!**

### Details

**Wednesday**  
4-7 Years old  
5.45pm-6.45pm  
8-12 Years old  
6.45pm-7.45pm

**Saturday**  
4-6 Years old - 9am-10am  
6-8 Years old - 10am-11am  
8-12 Years Old - 11am-12pm

Conisborough College  
Catford  
London SE6 2SE

### Price

£76 for 8 sessions

**All year round training**

Indoor in the winter, outdoor in the summer

www.wemakefootballers.com/lewisham

Lewisham@wemakefootballers.com

07400-363-781 or 07943-808-508



**SATURDAY  
2ND MARCH 6PM**

**FOUR  
SEASONS  
CHARITY GALA**

**BLACKHEATH HALLS**



# Parent Notice Board

## St. Olave's Grammar School:

An exciting opportunity for boys in Year 5

## WAKEHAM CHORISTERSHIP

Are you a boy in Year 5 who likes to sing?  
Maybe you're already a member of a choir?

St. Olave's Grammar School has 4 places for Year 7 entry available every year via our Wakeham Choristership scheme singing with the prestigious choir at:

## The King's Chapel of The Savoy

Singing in a Chapel Royal Choir  
Musical training at the highest standard  
Admission to one of the country's best state schools

**APPLICANTS MUST BE BORN BETWEEN  
1 SEPTEMBER 2013 – 31 AUGUST 2014**

Applications open via our website on 26 February 2024  
and close on 22 March 2024

for further information on how to apply and what's involved please see our  
website [www.saintolaves.net](http://www.saintolaves.net)



## 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"

### 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

### 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



"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.shshhealthy lifestyle@nhs.net](mailto:lg.shshhealthy 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

## Dads Stay and Play

Saturday 24<sup>th</sup> February  
&

Saturday 23<sup>rd</sup> March

10am – 12pm

Bellingham Family Hub

109 Randlesdown Road, SE6 3HB

Join Future Men and your local Family Navigator  
for a morning of activities for you and your children

All Dads and Male Carers welcome

Activities and Refreshments Provided



## 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](http://www.healthystart.nhs.uk)

Twitter Facebook Instagram @NHSHealthyStart



## 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

### 1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

### 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

### 3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

### 4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

### 5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

### 6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

### 7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

### 8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

### 9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

### 10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

### Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College