



Hazelbank Road, Catford, London, SE6 1TG

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9th February 2024

Dear parents and carers,

The spring term is flying by. I can't believe we are at half term already. We have had a lovely day today with lots of children wearing green or dressing up as their favourite woodland creatures in support of the fundraising for our new allotment project. Thank you for your generous donations. So far, you have raised over £330. Kelley will be working on setting the allotment up over the holiday and is very keen to get started as soon as we get back.

You will see later in the newsletter that Lewisham Foodbank are appealing for donations to support vulnerable families at this difficult time. If you are not able to deliver to the Foodbank, we are always happy to receive your donations at school and will pass them on for you.

We are looking forward to hosting the HENRY programme after half term. The programme is designed to support families with healthy eating for less, looking after ourselves and understanding children's behaviour. Further detail is available later in the newsletter. If you are interested in taking part, please email lg.shshealthlylifestyle@nhs.net

For those of you celebrating the Lunar New Year, I hope you have a wonderful time with friends and family.

Have a fantastic half term break.

Warmest wishes

Manda George

Headteacher



Woodland Dress Up Day



Healthy Eating Workshops at Torridon

Free support for local families



NHS
Lewisham and Greenwich
NHS Trust

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

Contact us to book your place

Tel: 02030493415 email: lg.shshealthylifestyle@nhs.net

Workshop location: Torridon Primary School

Tues at 9:30am (27th Feb, 5th Mar and 12th Mar)

Thurs at 3:30pm (29th Feb, 7th Mar and 14th Mar)



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

Scan to find out more about HENRY



SCAN ME

Safer Internet Day

CERTIFICATE OF SUPPORT

THIS IS TO CERTIFY THAT

Torridon Primary School

Supports Safer Internet Day 2024

6 February 2024

#SaferInternetDay

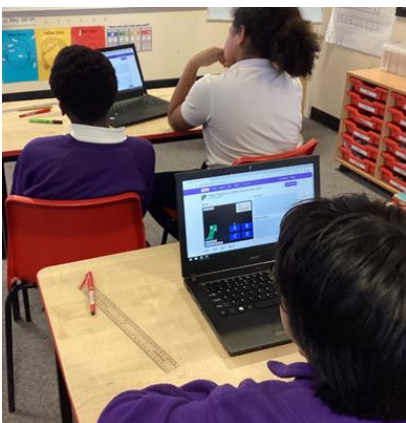


saferinternetday.org.uk

Year 6 Internet Safety Day

Year 6 took part in a coding workshop using Scratch.com.

Scratch is a free programming language and online community where you can create your own interactive stories, games, and animations!



Nursery – Emergency Services



The children have enjoyed learning about the emergency services and they had a special visit from the Police. They brought the pixie carrier onto the playground. The children explored inside and heard the sirens too!



Reception – Terrific Teeth Brushing!

Reception have had another eventful week! We welcomed 'Denise the Dentist' to show us how to properly brush our teeth. The Tooth Fairy has reported an increase in tooth decay, plaque and cavities. Did you know you should brush your teeth for 2 minutes, twice a day, every day? This will help look after our teeth and keep them sparkling, ready for the tooth fairy! The children have their very own brushing chart, can they complete the challenge?

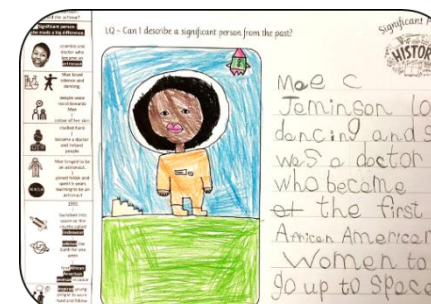
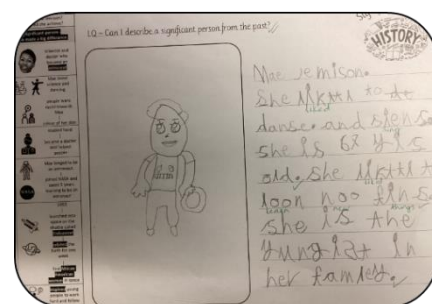
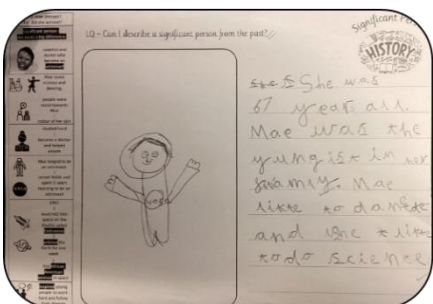
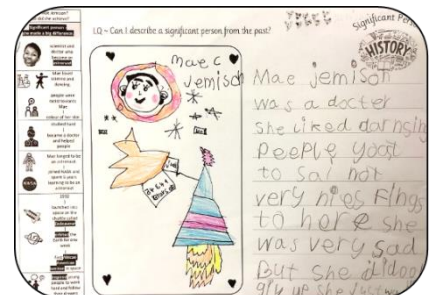
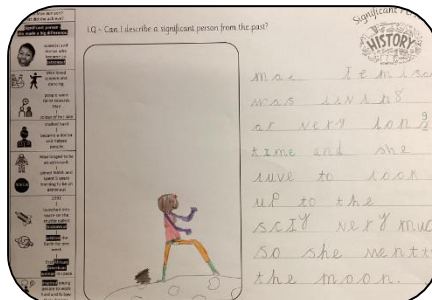
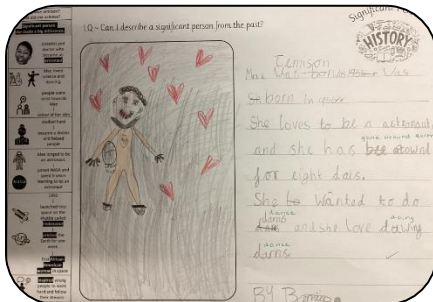
My brushing chart

	Week 1		Week 2		Week 3		Week 4	
	Morning	Night	Morning	Night	Morning	Night	Morning	Night
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								



Year 1 – Significant Person (History)

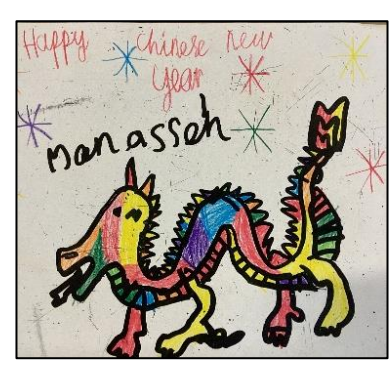
As part of our topic 'Fly Me To The Moon', Year 1 learned all about Mae Jemison: the first African American woman to fly to space. We learned about her love for science and dance, and were inspired to write about her amazing achievement. Who knew that big dreams can come from looking up at tiny, twinkling stars!



Year 2 - Chinese New Year



This week Year 2 have been learning all about Chinese New Year. Did you know that 2024 is the year of the dragon? To celebrate we created some fantastic dragon pictures! Happy Chinese New Year to all that are celebrating this weekend!



Year 3 - Gymnastics

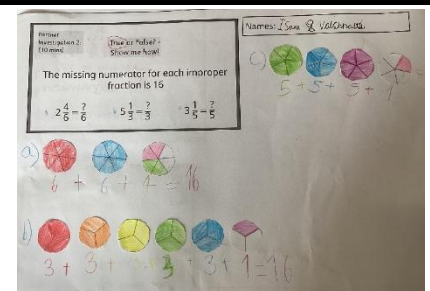
This week, year three have been having lots of fun in gymnastics! Although the equipment can be quite daunting, everyone has been so brave and given it their all. Over the half term, can you practice your pikes, tucks and balance poses?



Year 4 – Fraction Fun!

We have been having a tremendous amount of fun learning all about fractions this term. To consolidate our learning, we took part in a number of investigate tasks which required our fraction expertise.

We worked in pairs to solve some fraction problems and used fractions circles to prove why our answer was correct. We also worked in groups, to sort and match a number of fractions represented as shapes, improper fractions and mixed numbers. We did a superb job!



Year 5 - Science



Year 5 students in science have been engaging in exciting experimentation, exploring methods to separate materials from mixtures. Their hands-on learning showcases a budding understanding of scientific principles in action.



Year 6 – Buddhist Workshop

On Thursday, Year 6 participated in a Buddhist workshop. During the workshop we developed our understanding of the Buddhist faith. We discovered how monks meditate and the importance of this practice. Then, we had the chance to try it out for ourselves. This made us feel relaxed, calm and peaceful. 6C



On Thursday, we had a very interesting workshop where a monk came to visit our school. He taught us about the story of Buddha and how to meditate. We even had a go at meditation ourselves. This was very informative and we all really enjoyed it.

Skye, Grace and Lucy 6A.



Resource Base - Pancakes



We invited parents and carers in for our Parent and Pancake afternoon. The children did a fantastic job making batches of pancake mix and working together to cook them. We had a variety of toppings which everyone enjoyed.

Forest School News



This week we have celebrated Chinese New Year at Forest School by cooking noodles on the campfire.



We shared the story of 'The Great Race' while enjoying our noodles.

Year 1 have finished their term at Forest School and will return in April.

We look forward to welcoming the Year 2 children back after half term for their sessions. Please look out for information from your child's class teacher.



Lewisham Foodbank

LEWISHAM FOODBANK LENT APPEAL

#GIVEUPANDGIVE

WEEK 1 Toiletries week

Ideas:

- Shampoo
- Conditioner
- Shower gel
- Sanitary towels
- Deodorant
- Razors
- Shaving foam/gel
- Razors
- Toothbrushes
- Toothpaste
- Soap



#GIVEUPANDGIVE



WEEK 2 Veggie/vegan week

Ideas:

- Chickpeas
 - Tinned tomatoes
 - Pasta Sauce
 - Pulses
 - Rice
 - Pasta
- NO BAKED BEANS!



#GIVEUPANDGIVE



WEEK 3 Baby week

Ideas:

- Nappies (large sizes only)
- Baby wipes
- Baby toiletries

NO FORMULA OR
BABY FOOD



#GIVEUPANDGIVE



WEEK 4 Treat week

Ideas:

- Chocolate
- Easter eggs
- Biscuits
- Crisps



#GIVEUPANDGIVE



WEEK 5 World foods week

Ideas:

- Why not check the World Foods section of your supermarket and choose something in a packet or tin
- Coconut milk
- Halal meat



#GIVEUPANDGIVE



WEEK 6 Cleaning week

Ideas:

- Laundry tablets/capsules
- Washing up liquid
- Surface cleaners
- Toilet roll
- Bleach



#GIVEUPANDGIVE



Donations can be dropped off at

Lewisham Foodbank Warehouse | 353H Bromley Road | SE6 2RP

(entrance via Beachborough Road)

Monday – Friday 9 am – 4 pm



Thank you!

Corbett Chase – Sunday 24th March 2024



Friends of Torridon PTA is delighted to be teaming up with Sandhurst School once again for our 4th Annual Corbett Chase and Street Play Out.

9:15am - 10k and half-marathon run/walk starts at Torridon Primary School

10am-12noon - Play Street for families on Minard Road in front of Sandhurst Primary School, where run finishes

Runners, walkers, volunteers, supporters all welcome!

More details to come. In the meantime, please register interest here (either running/walking or volunteering): <https://forms.gle/gNY2LoUbwbP4bqBCA>

Bringing things in from home

Please remember that children should not bring items in from home. Items confiscated this week have included:

- Sweets
- Chewing gum
- Fidget toys
- Lip Gloss
- Football cards

SEND Coffee Morning

Does your child find it difficult to regulate emotions?

Then please join us for our coffee morning on Tuesday 12th March from 9am-10am where we will discuss how you can support your child to manage their emotions using the Zones of Regulation. Staff will then support you to make your own resources and visuals which you can use at home.





STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Daya	For being so brave after she hurt her ankle. Well done, Daya! 😊
Nursery AM	Lakhveer	For being very helpful during tidy up time and being kind to her friends. Well done, Lakhveer! 😊
Nursery PM	Vinnie	For sharing his ideas during carpet sessions. Well done, Vinnie! 😊
Blue Class	Josiah	For working so hard on his reading and writing this term, and for being so kind. Keep it up Josiah!
Red Class	Saffy	For being a fantastic member of red class. Saffy always has a smile on her face, and we will miss her!
Yellow Class	Maya	For working hard in phonics and always trying her best. Well done!
1M	Malia	For her positive attitude towards her learning and for showing matured behaviour in all areas. Malia has tried really hard in her writing this week and has made good progress. Keep it up! 😊
1N	Mateo	For his fantastic writing and drawing. He always takes lots of care with everything he does, and he produced a wonderful piece of learning about Mae C Jemison in history. 😊
1W	Shanaya	For being dedicated and coming into school, on time, every day this week. She has been settled and ready for learning. Keep it up Shanaya! 😊
2S	Zainab	For always trying her best in all her learning and for being such a brilliant role model to others! Well done Zainab 😊
2SW	Uzair	For his positive attitude towards his learning. He tries his very best in every lesson! Well done Uzair, keep it up! 😊
2V	Maleena	For her amazing drawing of a dragon for Chinese New Year, Well done, Maleena 😊
3A	Zoe	For working really hard, especially in writing. Well done, keep it up!
3G	Allegra	For her beautiful presentation in writing and creating a wonderful non chronological report about ancient Egypt.
3S	Elizabeth	For always trying her best and helping to make our classroom a positive learning space for everyone. Well done, keep it up!
4A	Alex	For being a fabulous independent thinker. Keep it up!
4L	Beni	For his continued hard work during class and great improvement in his spelling and reading
4S	Jace	For being focused and settling down to his learning quickly. He takes a lot of care and pride in his learning – his handwriting is so beautiful!
5C	Harley	For showing matured behaviour throughout this week as well as producing some learning that he should be proud of.
5L	Amelia	For always having a positive attitude in school. You are extremely conscientious over your learning. Well done!
5S	Sobaan	For his eagerness to learn and a desire to contribute to class discussions. His willingness to not only improve himself but also extend a helping hand to his peers, is truly commendable. Well done!
6A	Hali	For her consistent positive approach to her learning and for embracing the diversity of our school community by treating everyone with kindness and respect. Keep it up!
6C	Amira	For an excellent attitude during assessment week. You have tried your best, and you should be very proud of your efforts – well done.
6L	Alayah	For your hard work and resilience during assessment week. Well done!
RB Blue	Isaiah	Well done for being so resilient and hardworking during Year 6 assessment week!
RB Green	Gregory	Well done for fantastic independent writing this week!

Lunar New Year



The Lunar New Year Spring Festival runs from

10th – 24th February.

Families will celebrate with traditional food and customs, culminating in the ceremony of the lanterns on 24th February.



This year will be the Year of the Dragon. It is believed that people born in the year of the dragon are confident, intelligent, powerful and lucky.

Nursery Admissions






A place where staff meticulously consider and plan for individual needs, interests and stages of development for each child resulting in a nurturing, stimulating and exciting learning experience for all.



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 request an application from the school office or 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.

Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	96%		3A	96.7%		5C	94%	
1N	94%		3G	93%		5L	94%	
1W	96%		3S	96%		5S	94%	
2S	97%		4A	97.05%		6A	94.5%	
2SW	96%		4L	96%		6C	95.07%	
2V	95%		4S	96%		6L	95.09%	

Well Done to 2S who have won the Attendance Cup for three weeks in a row! Keep up the good work!

Dates For Your Diary

Monday 12 th – Friday 16 th February	HALF TERM
Wednesday 21 st February	Year 3 and Year 4 Tri-Golf tournament
Wednesday 28 th February	Year 3 and Year 4 boys' football tournament
Thursday 29 th – Wednesday 6 th March	School Book Fair
Monday 4 th March	Year 4 visit to Natural History Museum
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
Thursday 7 th March	World Book Day
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
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



Clubs and Activities

CAMP OLYMPIA

AGE 5-12 YEARS

FEBRUARY HALF TERM CAMP

14-16TH FEBRUARY
9:00 AM - 3:00 PM
ST MARK'S HALL
BAUDWIN RD, SE6 1 0B

PRICE
3 DAYS £90
ONE DAY £30
BREAKFAST CLUB £5/DAY
AFTER CAMP FUN £5/DAY

BOOK NOW
campolympia@outlook.com
07838917851

@CAMP_OLYMPIA_

A musical version of the classic fairy tale for all ages

Two performances each Sat & Sun* at 2pm & 3.30pm

*No performances Sat 16 March.
Shows last approx 45 mins

SHOW DATES

Sat 2 March,
Sun 3 March,
Sat 9 March,
Sun 10 March,
Sun 17 March,
Sat 23 March,
Sun 24 March
(7 show days in total)

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



Advance booking
online recommended



Adapted from the classic fairy tale by
JONATHAN KAUFMAN and JANE WALKER
Original songs and music by
JAMES BOSTON (lyrics)
and TOM NUGENT (music)
Produced and directed by
JONATHAN KAUFMAN
Assistant director and choreographer
VALENTINA PAKOU

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

@spontprodTC
1000000

Indoor
theatre for
all ages

Hansel & Gretel

BOOK ONLINE spontaneousproductions.co.uk/hansel

Main sponsor



Sponsors



Supporters



Enrol your child to

Feb - May
2024

Good Therapy

A music therapy project supporting all
children's mental health!

Free Sessions!

- . African Drumming
- . Singing
- . Dancing
- . Storytelling through music
- & Much more

To Enrol

Email us at
progress4youthc.i.c
@gmail.com
or Tel:
07960490383

Ages 3-16

Location

Charter School East
Dulwich - 117 East Dulwich
Grove - SE22 8PU



Wildcats

FS

Catford Wildcats are now looking for footballers to join the new U6 training sessions.

Catford Wildcats is a football club and football school formed to help 4-10 year olds develop the skills needed to be able to start playing as part of a team. Sessions are run by DBS checked, FA trained coaches.



Currently looking for Reception and Year 1 footballers to join our new
Saturday sessions (12:30 - term time)
Mountsfield Park, Catford, SE6 starting in March 2024

Please contact Marco for further details or to register interest at
wildcatsfootballschool@gmail.com

Parent Support

Your baby & You

Learn how to support your baby's early communication and language through everyday opportunities and play



Would you like to

- Find out how your baby learns and develops through practical and fun activities
- Meet other parents
- Receive free resources to take home

Come to our FREE fun group sessions

Thursday mornings

10am - 11:30am
22nd February
29th February
7th March
14th March

For parents with babies 12 months and under

At Clyde Family Hub,
Alverton Street, SE8 SNH

To book a place please sign up using the QR code

or ask at the Reception at Clyde Family Hub



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)

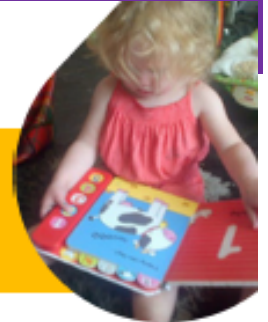
For more information or to register your interest, please email our duty box: EHCFamilyThrive@lewisham.gov.uk



Sharing REAL with Parents

(Raising Early Achievement in Literacy)

A fun, 4-week course with crèche available
Booking is essential



Would you like to

- Meet other mums and dads, share ideas to support your child's early learning.
- Learn new ways to support your child's interest in books, early writing songs & rhymes.
- Find out how to make use of the print that is all around us.

Come and join our free fun workshops!

FREE Crèche is available for under 5s only, needs to be booked in advance, places are limited.

Where?

Youth First Building 20 Woodpecker Road SE14 6EU

When – 4 Weekly sessions

Monday 4th March – 25th March 11.30-1.30

To book a place or for more information please contact

Angela Russell on

07432 739032 or 07342 023965

or email arussell@nchb.org.uk

Paul Nash Lewisham Libraries



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Would you like to

- Meet other mums and dads, share ideas to support your child's early learning.
- Learn new ways to support your child's interest in books, early writing songs & rhymes.
- Find out how to make use of the print that is all around us.
- Take home Free Resources each week.

Come and join our free fun workshops!

FREE Crèche is available for under 5s only, needs to be booked in advance, places are limited.

Where

Bellingham Children & Family Centre,
109 Randlesdown Road SE6

When – 4 Weekly sessions

Wednesday 6th March – 27th March 9.30-11.30

To book a place or for more information please contact

Angela Russell on 07432 739032

or email arussell@nchb.org.uk

Paul Nash Lewisham Libraries

Paul.nash@lewisham.gov.uk



UNITED FOR A BETTER CHILDHOOD

What Parents & Carers Need to Know about

MONKEY

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.

CONTACT WITH STRANGERS

The obvious risk in accepting random video chat partners is that users cannot know who or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.

IN-APP SPENDING

While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.

INTRUSIONS ON PRIVACY

According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared) and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.

Advice for Parents & Carers

DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.

REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that "people are given the power" and that, to a large extent, Monkey is "self-governing." If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.

RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature: young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.

SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.

Meet Our Expert

Dr Claire Burrows is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and safety behaviour of young people in their 15-18 and 18-24 age groups.



The National College



National Online Safety

#WakeUpWednesday