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19th April 2024

Dear parents and carers,

Welcome to the summer term. I hope you all had a good break. It was lovely to see the children back at school this week. They were very excited to find out about their new themes for this half term. Curriculum leaflets are available on the website where you can find out a little more about your child's learning. Please click here for more information: [Curriculum Bulletins](#)

Thank you to those who were able to make our PTA coffee morning today. There are lots of plans taking place for upcoming events. We would love to hear from you would like to get involved. Please email friendsoftorridonpta@gmail.com if you can spare an hour or two to help out.

You will have seen that the school street came into force this week. Cars without an exemption are prohibited from entering the zone between the hours of 8.15am-9.15am and 2.45pm-3.45pm. Any vehicle entering the school street zone during these restrictions will be issued with a penalty charge notice unless they hold a valid exemption certificate. For more information about the School Streets programme in Lewisham, please click here: [Lewisham School Streets](#)

I am very pleased to inform you that we are planning to increase our wraparound offer after the summer holiday. From September we intend to provide onsite childcare until 6pm Monday to Friday for children from Reception to Year 6. The provision will be led and managed by members of the Torridon Team. I will be writing to you next week with further information and to secure expressions of interest. Please do not hesitate to get in touch in the meantime if you have any questions.

Good luck to any of you who are running in the London Marathon this year!

Have a lovely weekend

Best wishes

Manda George

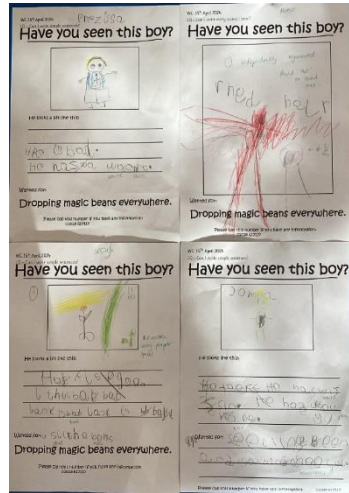
Headteacher



Reception – Jack and the Beanstalk



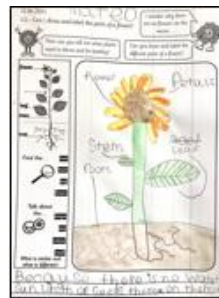
Breaking News! As part of our new learning, Reception were tasked with making a 'Wanted' poster to help find missing Jack – whose magic beans have been found all over Catford, causing giant beanstalks to grow everywhere! We also made our very own beanstalks. Take a look!



Year 1 – Spring Has Sprung In Year One

(...apart from the cold and the rain!)

We have begun our 'Plants' topic in science and because flowers are 'works of art', we thought we would take time and care, drawing and painting our flowers with watercolour paints, before labelling them with their parts. We are looking forward to investigating plants further, and even planting and growing our own.



Year 2 - Pirates

This week, year 2 received a letter and a map from our old pirate friend Jim. After giving us a brief update into his life whilst sailing the seven seas, he also reported that there were rumours of buried treasure at Torridon Primary School. As a result, we followed the map and uncovered some peculiar items...

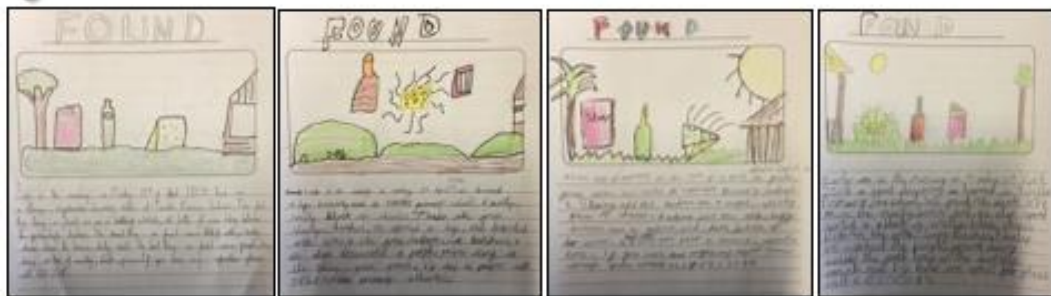


1. A bottle of wine

2. A diary

3. A block of STINKY cheese!

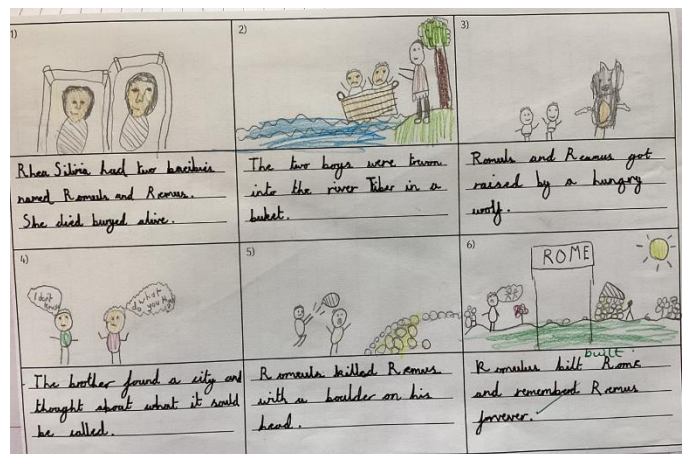
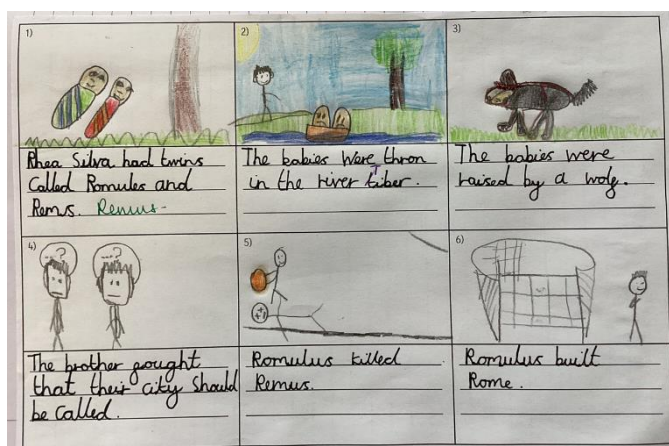
As a result of our findings, we decided to try and find out who these items belonged to and have displayed 'FOUND' posters in and around our school in the hope of finding answers. Take a look at our wonderful 'FOUND' posters...



? If you have any information about our recent discoveries, please contact Torridon Primary School immediately and ask for Year 2. ☺ ?

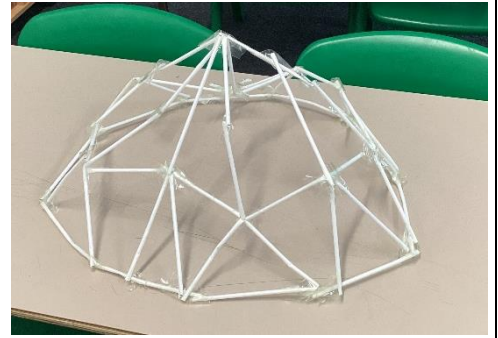
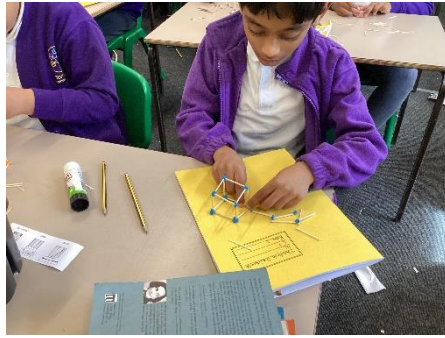
Year 3 – Rotten Romans

We have kicked off our 'Rotten Romans' topic by reading the myth 'Romulus and Remus'. It is a gruesome, gory tale... Read our story maps to see if you can figure out what this myth is about!



Year 4 – DT Structures

We started off the Summer Term by having DT day. We learnt all about structures and how structural engineers ensure buildings are strong and stable. First, we explored the strength of cylinders using straws. Then we investigated the strength of different 2D and 3D geometric shapes using plasticine and craft sticks. Finally, we discovered that triangles are the strongest shape and so we worked in teams to make a geodesic dome.



Year 5 - Cricket



Year 5 started their first session of cricket this week with the charity 'Chance to Shine.' They loved their session as they developed their catching skills. They practised short catches as well as really high catches which they loved!

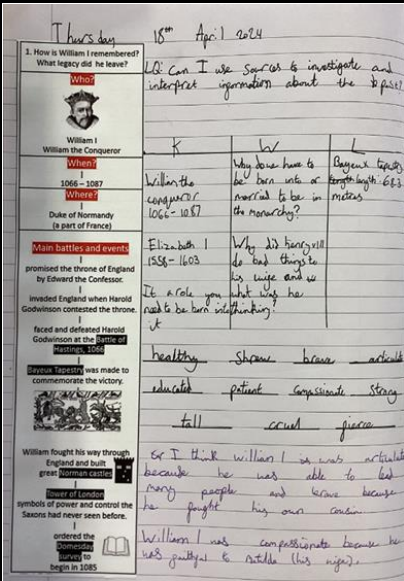
"The lesson was really engaging!" - Zohal

"I have never experienced a cricket lesson like this!" - Ariz

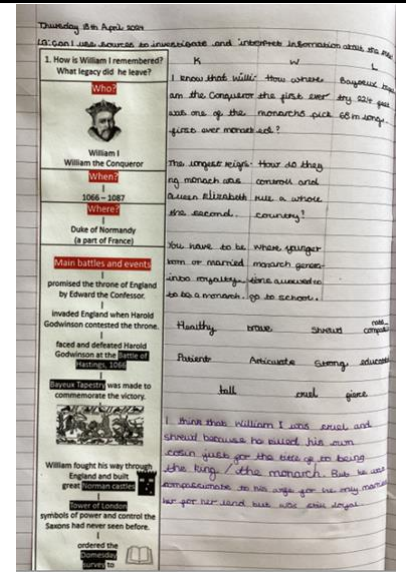
"It was amazing and super fun!" – Stephen



Year 6 - History



We began our history learning about monarchs through time by learning more about William the I (also known as William the Conqueror). We learnt that the Bayeux Tapestry was an amazing 68m long and that William I became in Duke when he was only 7 years old. We also considered the qualities and attributes that William showed in order to be a successful King.



"I think William was fierce because to battle your own cousin, like he did, you would need to be. He was also compassionate as although he married for land he stayed faithful to his wife." Sukhmani

"I think William I was articulate because he was able to lead many people and brave because he fought his own cousin." Yasmine



Resource Base Learning



The children have been very excited to receive our baby caterpillars that we are going to care for until they turn into butterflies. This week, we recapped the life cycle of a butterfly so that the children know what to expect. When the caterpillars arrived, the children scooped the food into pots and placed one caterpillar in each pot where they will stay until they turn into a chrysalis.



This week Blue Pathway were so engaged in their computing learning using microbits. They explored how to use a microbit and what happens when they programme them to do different things.



Congratulations Grace!



Well done to Grace who passed her Grade 3 violin exam with Merit!

We are all extremely proud of her.



Eco Leaders



Our amazing ECO Leaders have taken on the responsibility of watering our new trees throughout the warmer months as each tree needs at least 20 litres of water every week.




Skye, Lucy, Grace, Sophia, Tommy, Otilie, Elsie, Emmaline, Sophie and Gaby are all in charge of a tree each and are even encouraging their friends to help!



Dates For Your Diary

Monday 22 nd April	Key stage 2 athletics tournament
Tuesday 23 rd April	Year 3 to the British Museum
Thursday 25 th April	Green pathway to Bellingham Playzone
Friday 26 th April	Year 5 and 6 Tri-Golf tournament
Monday 29 th April	Reception Minibeast Workshop
Tuesday 30 th April	Year 5 Ancient Greece Workshop
Wednesday 1 st May	1N to The Ragged School Museum
Friday 3 rd May	Year 5 and 6 frisbee tournament
	1W to The Ragged School Museum
Monday 6 th May	BANK HOLIDAY – SCHOOL CLOSED
Thursday 9 th May	1M to The Ragged School Museum
	Blue Pathway – Tate Modern Workshop
Friday 10 th May	Year 5 hockey tournament
Week beginning 13 th May	YEAR 6 SATS WEEK
Wednesday 15 th May	Year 4 to London Symphony Orchestra concert
Monday 20 th May	9am – Piano performance for parents and carers
Tuesday 21 st May	9am - Guitar performance for parents and carers
	Year 5 and 6 girls' cricket tournament
Wednesday 22 nd May	Year 3 and 4 tennis tournament
Wednesday 22 nd – Friday 24 th May	Year 6 School Journey
Thursday 23 rd May	Reception vision and hearing screening
Friday 24 th May	Year 5 and 6 boys' cricket tournament
Monday 27 th – Friday 31 st May	HALF TERM HOLIDAY
Wednesday 5 th June	Year 5 and 6 tennis tournament
Sunday 9 th June	FAMILY FUN RUN – Forster Park
Friday 21 st June	INSET DAY – SCHOOL CLOSED TO CHILDREN
Tuesday 2 nd June	Ceate Day with the Royal Opera House
Wednesday 3 rd July	9am Year 5 Steel Pans performance
Thursday 4 th July	9am – Year 3 Ukulele performance
Friday 5 th July	Drum Fun performance
Monday 8 th July	Welcome meeting for new reception parents and carers
Week beginning Monday 8 th July	Whole school assessment week
Monday 15 th July	Nursery and Reception sports day
Wednesday 17 th July	Summer music concert
Thursday 18 th July	Year 1 and 2 sports day
Friday 19 th July	Year 3, 4, 5 and 6 sports day
Monday 22 nd and Tuesday 23 rd July	Year 6 production
Thursday 25 th July	Last day of term – 2pm finish

Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	92%		3A	98.8%		5C	96%	
1N	87%		3G	94%		5L	97%	
1W	95.5%		3S	94%		5S	94%	
2S	96.2%		4A	99.2%		6A	91%	
2SW	91%		4L	96%		6C	88%	
2V	95%		4S	96%		6L	95%	

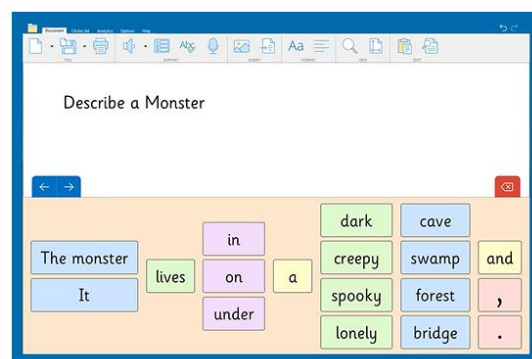
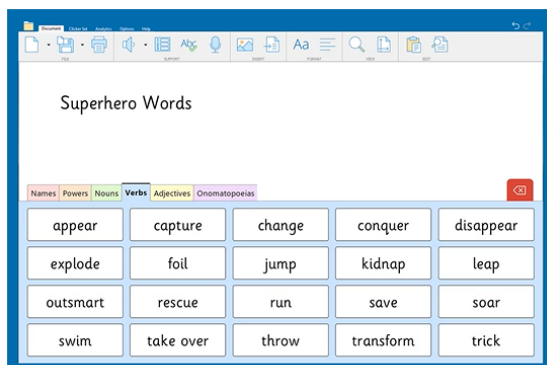
Well done to all the classes who have won the attendance cup this week. Keep up the good work!

Clicker Word Processing

[Support your child with their writing and reading](#)

The school has recently purchased Clicker 8 which is a word processing programme that can effectively support children with the learning.

Parents also have home access to use this programme at home.



For more information please go to:

<https://www.cricksoft.com/uk/training/clicker-training/parents>

To download the app please scan the QR code or go to:

[Clicker Word Processing](#)





STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Joshua	For being kind and playing nicely with his friends. Well done, Joshua! 😊
Nursery AM	Seja	For settling well into Nursery. Well done, Seja! 😊
Nursery PM	Ezra	For developing his confidence and speaking to his friends and adults. Well done, Ezra! 😊
Blue Class	Manane	For settling so well into Blue class this week, showing great confidence and enthusiasm. Well done Manane!
Red Class	Vetri	For showing such enthusiasm in phonics group. Well done!
Yellow Class	Aaranya	For always displaying a positive attitude to learning and being kind to others.
1M	Gerald	For trying really hard in our writing lessons. Gerald is beginning to hear and write the sounds in words. Well done, Gerald! 😊
1N	Melita	For being so considerate with her good listening and for always doing her best with her writing.
1W	Milo	For always making an effort to be a positive role model in the class and trying his best in all lessons. Well done Milo! 😊
2S	Omar	For taking such pride and care with his learning this week! It has been wonderful to see Omar independently making corrections and striving to achieve his best learning! Well done Omar 😊
2SW	Mateo	For being kind and supportive towards his peers. He is happy to help them and is a great team player. Well done Mateo- keep it up! 😊
2V	Masha	For settling in so well into year 2 and making many new friends. 😊
3A	Zach	For sharing insightful thoughts about our Rights Respecting article of the week.
3G	Gracie-May	For working extremely hard in all lessons and reading through her learning so she can uplevel her writing.
3S	Matilda	For sharing some amazing drama work in her depiction of Remus when working on the story of Romulus and Remus.
4A	Jesika	For always trying your best in your learning and for being kind and helpful towards other people.
4L	Aathesh	For his fantastic behaviour and effort this week. He is more focussed and has a good attitude towards school.
4S	Ofure	For making interesting contributions to peer discussions and listening well to other people when working as a team.
5C	Jordan	For displaying a positive attitude in class this week towards his learning as well and trying his best to always remain on task. Well done!
5L	Kayden	For having a positive attitude to learning in the first week of term. You have been engaged in class and trying your best. Well done!
5S	Sophie	For her demonstration of excellence and patience especially this week with children in lower year groups on the playground. Her ability to engage with them with such kindness and understanding is admirable. She sets a wonderful example for her peers. Well done!
6A	Manjot	For her excellent behaviour for learning. She takes pride in all areas of her learning, which has enabled her to make progress. Keep it up!
6C	Miri	For superb writing when defining and using scientific vocabulary in context. Well done.
6L	Trayvon	For showing enthusiasm and attention in his writing learning and presentation. Well done!
RB Blue	Naoki	Well done for being such a great role model to others.
RB Green	Joshua	Well done for coming back to school with a positive attitude to your learning.

Good Food Lewisham

The Good Food Lewisham project are setting their priorities for the next three years, and would like people working and living in Lewisham to help them to develop these. You can find out more about the work of Good Food Lewisham here [Good Food Lewisham | Greater London](#)

Good Food Lewisham is a network of passionate people working together to change the world of food in Lewisham. Their vision is to see Lewisham become a diverse and lively community that connects people to healthy, sustainable and affordable food that is grown, produced and prepared locally to promote a vibrant food culture and prospering local economy that is committed to protecting the climate.

Please could you respond to the survey below: <https://forms.office.com/e/i06a75rAby>



SEN SUPPORT FOR PARENTS AND CARERS

As we know, parents and carers play a crucial role in supporting their children with SEN, and it's essential for them to have strong coping skills and low stress levels to effectively navigate the challenges they face.

Having personally experienced the overwhelming journey of being a SEN/EBSA parent on the brink of burnout, I discovered and implemented quick, simple, and effective tools to manage stress, improve mental wellbeing and rebuild resilience.

Now, as a resilience mentor, I am deeply passionate about empowering other SEN/EBSA parents and carers to enhance their wellbeing and so I have created the SHARE Project (Self-Help and Relaxation Exercises) to equip them with the tools they need to thrive.

The SHARE Project is a series of four weekly online group workshops, delivered via Zoom, to provide parents with practical techniques to cultivate calmness, strengthen their coping skills and foster resilience. In addition, the workshops offer a supportive environment where parents can connect with others facing similar challenges, creating a sense of community and understanding.

Spaces are limited to ensure a quality experience for all participants. For more information about me and The SHARE Project please visit: <https://ausomemums.cademy.co.uk/theshareproject>

Are you a **stressed, exhausted**, SEN/EBSA parent, **running on empty** with **no time** to shout "HELP", let alone step off the hamster wheel to **rest, relax or recharge**?
Are you **mentally and physically drained** from **managing meltdowns and fighting for support**; **frustrated and isolated** because people don't understand?



I GET IT!

And, after being on the **brink of burnout**, I realised no-one was coming to save me and so I had to find ways to help myself!

I learned and implemented **quick and simple** tools that have helped me to feel **calm, relaxed, happy** and **resilient** again, regardless of what's going on around me! And I've created The **SHARE Project** because I'm on a mission to **help YOU** do the same!



Delivered over **4 weekly Zoom workshops**, The SHARE Project will teach you sustainable tools to help you:

feel **less stressed**, more **calm**, more **relaxed**, have **clarity of mind**, feel **happier, hopeful, optimistic** and, ultimately, to

REBUILD YOUR RESILIENCE AND RECLAIM YOUR SPARK!

My aim is to give you tools to help you to feel better, regardless of what's going on around you.

What's included?

4 x live, weekly Zoom workshops

4-week printable tracker

Printable journal sheets and worksheets

Connection with other **SEN parents or carers** who are experiencing similar challenges.



For more info and to book your place go to:

<https://ausomemums.cademy.co.uk/theshareproject>

or email: hello@ausomemums.com



Clubs and Events

We have Junior age groups for boys and girls from ages 5 - 15 years old!



New Beckenham
CRICKET CLUB

Training available from January to September!

Based at HSBC Sports Club -

- 3 Squares
- 4 Outdoor Nets
- 3 Indoor Nets

Coaches are ECB qualified and DBS checked

HSBC Sports Ground, Leeward Road, Beckenham, BR3 1QW




SouthEast LondonTennis
TENNIS FOR ALL

Torricon Primary School Tennis Offer

We hope you enjoyed the tennis coaching at Torricon Primary School delivered by Parrey. We'd like to offer all participants a subsidised 6 week follow on course at Catford Wanderers Tennis Club

We have sessions running Wednesday 5 - 7pm and Saturday morning 9 - 12pm. Please register your interest using the QR code. Email chris@southeastlondontennis.com if you need further information



Junior Teams Playing in the North Kent Junior League
Contact Andrew Counce - andrewraunce35@gmail.com

SCAN ME



Torricon Primary School Tennis

[fb.com/goldsmithsdance](https://www.facebook.com/goldsmithsdance)






Royal Academy of Dance Accredited Ballet Classes

GOLDSMITHS DANCE ACADEMY Est.1999

WEDNESDAY & THURSDAY EVENINGS AT GOLDSMITHS COMMUNITY CENTRE, SEE 1QD






100% EXAMINATION SUCCESS

MUSICAL THEATRE ALSO AVAILABLE

SHOWS & PERFORMANCES

We've been delivering affordable RAD ballet to local students aged 3-18 for over 20 years. Places are now available at all levels.

Financial difficulty?

In cases of genuine financial difficulty, we can now offer limited **Free & Half Price** places for children age 7-14 in Grade 1-4 Ballet classes on Wednesday & Thursday evenings. To apply or for more information email: goldsmithsdanceacademy@gmail.com

 **CHRIST'S HOSPITAL**
A SCHOOL LIKE NO OTHER

OPEN MORNING INVITATION

SATURDAY 27 APRIL

Click here to book your places

Year 7, Year 9 and Sixth Form Entry

What Parents & Educators Need to Know about **ENERGY DRINKS**

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washington Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TestEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guidance page at www.thenationalcollege.com/guides/energy-drinks