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19th July 2024

Dear parents and carers,

It is hard to believe that we are almost at the end of term. Time has definitely flown by! Rather than winding down in the last few days, we have had another super busy week at Torridon.

Thank you to all of those who came to support the summer fair last weekend. We had an amazing day with lots of fun games, activities and performances and delicious tasty treats. The weather held out for us and we had a brilliant time! None of this can happen without the hard work and commitment of our wonderful PTA. A huge thank you to Megan and the team for such excellent planning, organisation and enthusiasm on the day.

Thank you also to Chris, Sam and our fabulous music teachers for all their hard work in providing such a rich and varied music programme for our children. The summer concert had a little something for everyone from Beethoven to Blur, sea shanties to Stevie Wonder! It was a great success and the children loved sharing their talents with their families.

Sports Days have also been excellent. We are so lucky to have talents like Mike and Whitley who organised and ran not one, not two but THREE sports days this week. The year 5 and year 6 sports leader team were fantastic role models and such a great help. We could not have done it without them.

The year 6 children are getting ready for their last week at Torridon. I think they are feeling very mixed emotions as they come to the end of their primary school years. They are looking forward to seeing their parents and carers at their performance and leavers' assembly next week.

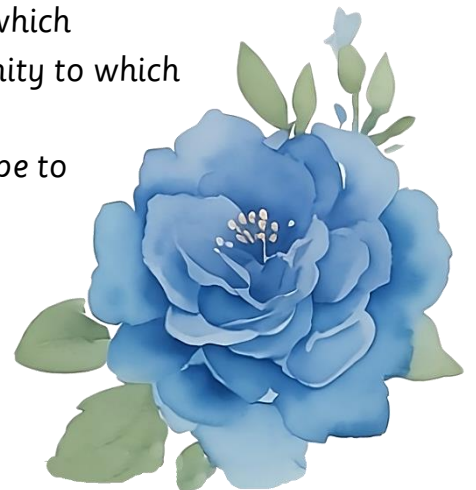
Don't forget we will be holding our '*One School, Many Cultures*' community celebration on Wednesday next week. Children are invited to wear clothing which represents their cultural or geographical heritage or a community to which they belong. You are invited to bring a dish to share for our community tasting tables at the end of the school day. We hope to see you there.

Have a lovely weekend

Best wishes

Manda George

Headteacher



Torridon Bake Off Winners

Well done to the following children who were winners of the summer fair bake off competition. Take a look at their delicious cakes!

Thea – Red Class



Zoe – 3A



Daisy – 6A



Staffing Updates

We will be saying goodbye to some of the team at the end of this term.

Heather, who has been at Torridon for many years (as a parent and volunteer before she became part of the staff team) will be moving out of London in the summer. We will miss lots of things about her but particularly her cheerful smile on the gate in the mornings.

Davina has worked in the Early Years team for four years. She will be jetting off to start her new married life in Ghana. Her kind and gentle manner with the children will be greatly missed but we wish her luck as she starts her new adventure.

You may have seen Amelie on the playground in the mornings leading sensory circuits with groups of children - come rain or shine. Amelie is off to start her teaching training in September. We know she will be a brilliant teacher and we wish her all the best for her course.

Shalom started at Torridon as a newly qualified teacher and since then has grown into the wonderful teacher she is today. She is taking a short break from teaching to start a Master's Degree. We wish her the best of luck for her and hope that she returns to the classroom very soon.

Emily has been an incredible member of the creative arts team and has played a vital role in putting Torridon on the map. She and her family will be moving to the coast in the summer. We will make sure that we continue to uphold her legacy in the arts world. We know she will be keeping up to date with our Instagram efforts!

Karen joined the team not long after the amalgamation of the infant and junior schools. She has worked tirelessly as a member of the inclusion team to support children and families with SEND. She has been instrumental in making sure that children have the right support in place to help them to thrive and achieve well and has helped hundreds of our parents and carers to navigate the complex world of SEND and EHCP applications. Karen has taken a new position in a school which is much closer to home and we wish her well in her new role.

I am sure you will want to join me in thanking them for their hard work, dedication and commitment to the Torridon community and in wishing them all the very best as they move on to their new adventures.

Summer Fair



Message from the Chair of Governors

Where does the time go? It seems like September was only yesterday, and yet here we are at the end of another great year at Torridon. As always, it's been a busy year, and everyone has earned some rest and relaxation ahead of the next academic year. The governing board have been busy too, and I wanted to take this opportunity to update you on some of the important work we have been doing across the various committees that support the school.

In our Quality of Education Committee there has been a strong focus, as ever, in monitoring pupil progress and attainment. Our data group meets with senior leaders each term to review progress across the school and look closely at outcomes across different groups of pupils. We have had a strong focus on SEND pupils this year, with governors visiting the school to look at how learning is adapted so all children can access a broad and varied curriculum. We have also taken a close interest in how the curriculum represents our diverse Torridon community. It was a real pleasure for governors to talk with children from across the school on a recent visit and hear about who children have enjoyed learning about across the academic year.

Our Children, Families and Communities committee has focussed strongly on attendance and punctuality this year, and I have been pleased to note the important progress that has been made after the school transitioned to a new approach to managing attendance. We have also had governors visit the school to look at key issues like the sustainability of the site, as well as undertaking our regular safeguarding audits.

Our Resources Committee has worked to explore potential new income streams for the school, and to support Manda, Claire and Richard in developing plans for the Wrap Around Childcare offer that I am delighted will be launching in the next academic year. The school has worked hard to set up this new offer and we're delighted at the high levels of interest. The school has managed to make substantial efficiencies across the last year, but the outlook for all schools is still very challenging, and generating additional income to invest straight back into the school will remain a key priority for the future.

Before I sign off I want to finish by congratulating all of our children across the school on a brilliant year, and by thanking staff for all of their efforts. It is so exciting to see another group of Year 6 children ready to leave Torridon and take up places at schools across London. They have worked so hard on SATs in the past year, and all deserve copious amounts of ice cream and a really good summer break. Good luck to all of our Torridon leavers! Indeed, across the whole school our children have worked so hard and deserve huge praise for all the progress they have made – well done and enjoy your break!

And finally I want to extend a huge thank you to all of the staff across the school who have made Torridon such a fabulous environment for our children to learn in. Every member of staff from our super senior leadership, through to our brilliant class teachers, fabulous support staff, amazing office team, and tremendous premises colleagues have worked so hard and all made such a difference to the school, our children and the wider community – a huge thank you to everyone.

The end of the year will of course see some change and I wanted to say a final special thank you to those staff members who will be leaving the team at the end of the year. Thank you so much and good luck for the future.

Wishing you all a wonderful and restful summer.

Levin Wheller

Chair of Governors



Sports Day



Year 2 Recorder Performance

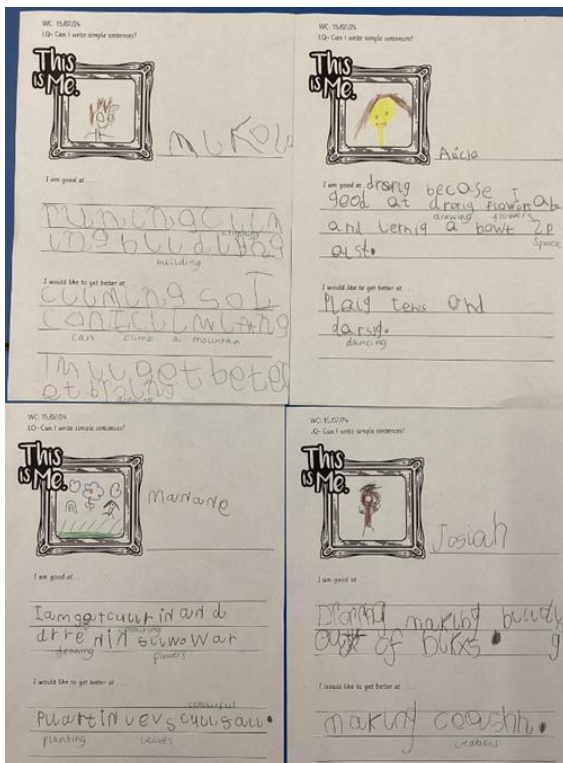
We are proud of all our children that participated in our Recorder Performance! Thank you to all the friends and family who came to support. The turn out was amazing!



Summer Concert



Reception – Transition to Year 1



This week, Reception have been preparing for the next exciting stage in their learning journeys. They got to meet their new teachers and see their future year one classrooms for the very first time. The children were super excited to explore and couldn't wait to share their exciting news with each other. We looked back at our favourite memories from Reception and thought about things we are good at, and things we would like to improve.

Take a look at some self-portraits the children made for their new teachers...

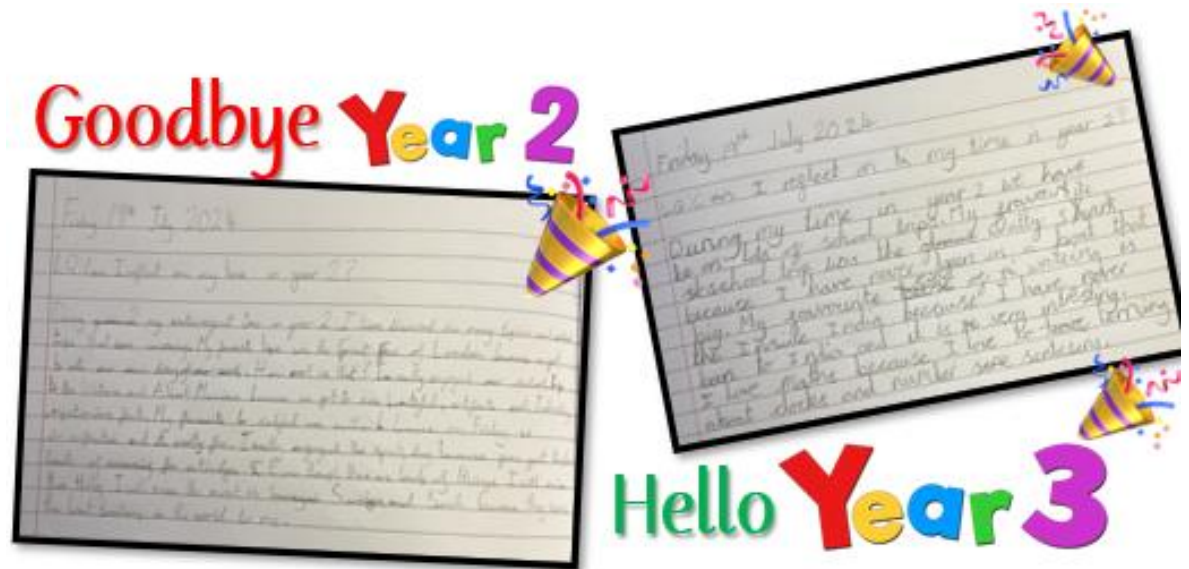
Year 1 – Sports Day

Year 1 had a great time at Sports Day this week. They all played enthusiastically and demonstrated great sportsmanship! A massive well done to them all! We also loved seeing the parents and carers join in with all the games!



Year 2 - Transitioning to Year 3

This week year 2 have been reflecting on a fantastic year full of lovely learning and exciting school trips! We enjoyed discussing and reminding ourselves about all of the lovely topics we have learnt and how much wonderful progress we have made in all areas of our learning. It has been a fantastic year and we are all super excited for year 3!



Year 3 - Writing

In writing, year 3 have been busy preparing for the final hot write of the year. Having identified our inspirational people, we worked in groups to carry out research. We then planned and wrote our biographies, and shared them with each other.

The amazing Cristiano Ronaldo

Early Life

Cristiano Ronaldo was born in the 5th of February 1985. He had a brother named Hugo and two sisters called Elma and Katia. He went to a school called Escola Basica e Secundaria Goncalves Ronaldo is known for the greatest players of in his generation.

Hobbies

Ronaldo's hobbies are Gambling and Poker, music and even watching movies that are very funny and ones that are action-packed.


Sports Life

In sports Cristiano Ronaldo did some ball skills and shooting practices. Cristiano Ronaldo started playing when he was seven years old when he was little.


Famous Life

Cristiano Ronaldo has become very famous! He is the first male player in history to score a goal in different World Cups. Over 1200

professional career appearances, Cristiano Ronaldo has become richer and richer by having 903 million pounds! He has winning the FA Cup in his very first season. Everybody thinks that he is the most amazing football player in the whole entire world!



Terrific Tay-Tay



Early Life

Taylor was born on the 13th December 1989 in America. She has a brother called Austin Swift. She was 1 when she went to Aaron Academy. She loved doing cooking and baking. She started singing when she was 10 years old. Her favourite colour is purple.

Family Life

Taylor has a cat and she doesn't have any other jobs even this might surprise you but she is not even married. She doesn't even have kids.

School Life

She went to Aaron Academy and this might even surprise you but she can't play the guitar, piano, banjo and ukulele. She even said 'I wrote my own songs'. I thought she had a job as a singer but NO! She had ONE job. She can even play your instruments.

The Future

She is the world's 3rd amazing singer in the world. Guess how much Taylor Swift is, she is worth \$1.1 billion dollars.

By Rhonelle

Year 4 – Geography



This week we learnt all about the different geographical features of South America. We worked in small groups to make informative posters about each region, before presenting our posters to the rest of the class.



Year 5 – Businesses in the Arts



This week 5C went to Cockpit Arts in Deptford to learn about real life businesses in the Arts. We went by bus and then took the DLR. I'm pretty sure we all had fun! First, we went in the polyblock printing room and created some art. Then, we did some stitching and made some really cool designs. Also, we met someone who runs his own fashion business and saw some of the bags he made out of different animal skins!

Year 6 – Aladdin Production



Year 6 have continued to work towards their production. They have been designing the programme, rehearsing, making props and have produced the most incredible set design, supported by adults. We are looking forward to seeing all Year 6 parents and carers on Monday or Tuesday.



Year 6 - Bikeability

Last week, 24 year 6 children took part in Bikeability training - a course designed to build confidence and teach children the skills they need to cycle confidently on the roads. They started the week cycling around the school playground and by the end, they were travelling around the local roads in small groups with the two qualified instructors. It was great to see how their confidence improved on their bikes and even more impressive how they all ended the course with a level 2 cycling badge and certificate! Well done to all the children involved. Peter, the Bikeability trainer, emphasised how amazing our children have been and would very much like to be the instructor that comes back next year!



Resource Base – Forster Park

This week we celebrated all of the children's achievements this year and spent the day at Forster Park. Thank you to all of the families that came along to celebrate with us. The children had a fantastic time and particularly loved pushing the staff members on the swing!



Summer Reading Challenge

Please [Click Here](#) to participate in this year's Summer Reading Challenge!

Join in NOW!

Take on the Summer Reading Challenge!

This year it is all about getting CREATIVE. Music, junk-modelling, photography, dancing, story-writing... the possibilities are endless.

Discover fantastic new books, unlock rewards along the way, and achieve something amazing this summer.

Create your profile or sign in on the home page.

[Meet the characters!](#)






Dates for Your Diary

Monday 22 nd (5.30pm)	Year 6 production
Tuesday 23 rd July (9.15am)	PLEASE NOTE CHANGE OF TIMES
Tuesday 23 rd July	Nursery Teddy Bears' Picnic – Forster Park
	5pm Year 6 leavers' disco
Wednesday 24 th July	Community Celebration Event
Thursday 25 th July	9.00am Year 6 leavers' assembly
	Last day of term – 2pm finish
Monday 1 st and Tuesday 2 nd September	INSET DAY (school closed to children)
Wednesday 4th September	First Day of Autumn Term
Monday 9 th September	9.00am Year 1 Welcome meeting
	2.45pm Year 2 Welcome meeting
Tuesday 10 th September	9.00am Year 3 Welcome meeting
	2.45pm Year 4 Welcome meeting
Wednesday 11 th September	9.00am Year 5 Welcome meeting
	2.45pm Year 6 Welcome meeting

Weekly Attendance

Well Done to All the Classes Who Won The Attendance Cup This Week!

Class	Attendance		Class	Attendance		Class	Attendance	
1M	82%		3A	96.4%		5C	91%	
1N	82%		3G	93%		5L	92%	
1W	86%		3S	94%		5S	96%	
2S	94%		4A	96.2%		6A	93%	
2SW	92%		4L	92%		6C	81%	
2V	86%		4S	89%		6L	84%	

Term Dates

AUTUMN TERM 2024

INSET DAYS	Monday 2 nd and Tuesday 3 rd September 2024
First Day of Autumn Term	Wednesday 4 th September 2024
HALF TERM HOLIDAY	Monday 28 th - Friday 1 st November 2024
INSET DAY	Friday 22 nd November 2024
Last Day of Autumn Term	Friday 20 th December 2024
CHRISTMAS HOLIDAY	Monday 23 rd December 2024 – Friday 3 rd January 2025

SPRING TERM 2025

First Day of Spring Term	Monday 6 th January 2025
INSET DAY	Friday 17 th January 2025
HALF TERM HOLIDAY	Monday 17 th - Friday 21 st February 2025
Last Day of Spring Term	Friday 4 th April 2025
EASTER HOLIDAY	Monday 7 th – Monday 21 st April 2025

SUMMER TERM 2025

First Day of Summer Term	Tuesday 22 nd April 2025
BANK HOLIDAY	Monday 5 th May 2025
HALF TERM HOLIDAY	Monday 26 th May – Friday 30 th May 2025
INSET DAY	Friday 20 th June 2025
Last Day of Summer Term	Tuesday 22 nd July 2025

Children do not come to school on INSET Days

Smartphone Free Childhood Campaign



If you visited the plant stall at the summer fair last weekend, you will have had the chance to complete our survey and learn a little about smartphones and their potential impact on children's mental and emotional health and wellbeing. The survey results were very interesting and we will be using the outcomes for further discussion in the autumn term. In the meantime, we would urge all parents and carers to listen to this very thought-provoking podcast about social media and mental health.

<https://podcasts.apple.com/gb/podcast/456-how-smartphones-are-rewiring-our-brains-why-social/id1333552422?i=1000657050717>

Lewisham Bank of Things

The Bank of Things is a Young Mayors Project working in partnership with Lewisham Local aimed at Young People aged 11 to 25 living in Lewisham. Former Young Mayors have used their budgets to develop the Bank of Things to address the issue of poverty and lack of resources for young people in the borough. We now supply everyday necessities to any young person facing hardship living in Lewisham



Art Competitions

Art Competitions to keep you busy over the summer:

<https://www.warthroughchildrenseyes.org.uk/>

<https://www.artdega.org/programs/international-kids-art-contest/>



School Games Mark - Silver Award



Torridon Primary School

has achieved the Silver School Games Mark
award for their commitment, engagement
in the School Games for 2023/24.





STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Azariah	For being more confident during carpet time and sharing his ideas with his friends. Well done, Azariah! 😊
Nursery AM	Yonathan	For being very helpful during tidy up time. Well done, Yonathan! 😊
Nursery PM	Asma	For being independent and playing nicely with her friends. Well done, Asma! 😊
Blue Class	The Whole Class	We have watched you grow in confidence and independence. We are so proud of your positive attitudes at sports day and on transition morning. Well done everyone!
Red Class	The Whole Class	You have all worked so hard this year! We have watched you grow in confidence and independence. We are so proud of your positive attitudes at sports day.
Yellow Class	The Whole Class	You have all worked so hard this year! We have watched you grow in confidence and independence. We are so proud of your positive attitudes on transition morning.
1M	The Whole Class	Congratulations 1M for all your enthusiasm and great teamwork during Sports Day and for giving it your all! Well done to all of you! 😊
1N	The Whole Class	Congratulations 1N, for your energy and effort during Sports Day! Your enthusiasm and team spirit shone through. Well done to every one of you! 🏆🏆
1W	The Whole Class	Congratulations 1W for their enthusiasm, determination and team spirit during Sports Day. You are all winners, well done! 🏆
2S	The Whole Class	For their amazing effort during our sports day! It was wonderful to see you all being such an excellent team and cheering one another on! It has been a pleasure to have you all in 2S this year! 😊
2SW	The Whole Class	For their amazing effort and support during our sports day!
2V	The Whole Class	For doing such an amazing job on Sports Day! It was lovely to see them all having so much fun and loudly supporting each other at every game! It has truly been a pleasure to be your teacher and I wish you all the best in year 3. 😊
3A	Ethan	For all of his hard work during the week and making lots of progress with your learning. Well done 😊
3G	Otilie	For always trying her best and being a great team player! Keep it up
3S	Libby	Thank you for always working doing your very best in everything. You are a star! 😊
4A	Kenny	For amazing resilience during sports day!
4L	Yathurshan	For participating well in group learning!
4S	Yacine	For showing lots of enthusiasm when talking about 'Ma Famille' in French lessons.
5C	Radiatoulaye	For working exceptionally hard in her reading assessment. Well done Rad and continue to do well!
5L	Enis	For making excellent progress and improvements in his assessments during assessment week. Well done. Keep it up!
5S	Taylen	For good progress during his time in Year 5. We are very proud!
6A	Abshitha	For helping to design our programme for the production and for her performance and enthusiasm with the whole play. Keep it up!
6C	Mustafa	For excellent performance skills during production rehearsals!
6L	Khloe	For making fantastic progress throughout her time in year 6. You are a star! Well done!
RB Blue	Ibrahim	Well done for an amazing year. You have shown great determination and resilience, and we are all so proud of you!
RB Green	Gabriel	Well done for fantastic participation at sports day!

Summer Fun

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messy
play



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15 August | Catford Wanderers, SE6 3NU
22 August | Bellingham Green, SE6 3HQ

Phoenix

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www.phoenixch.org.uk/summerfun2024
or scan the QR code



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SUMMER SHOWS

TUESDAY

20TH AUGUST

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Week 2: 5th Aug – 8th Aug
Week 3: 12th Aug – 15th Aug
Week 4: 19th Aug – 22nd Aug

9:00 – 13:00

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Time
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www.beleveuk.org



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HOLIDAY AND FOOD PROGRAMME

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Around the World from

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Thursday, 22nd August 2024
10 am to 2 pm**

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

Online Safety

At The National College, our Mental Health and Wellbeing guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally endorsed by National College Safety, these guides now address wider topics and themes. For further guides, links and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential outcomes, while anxiety is characterized by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognize when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Unaddressed worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unmanaged worry and anxiety can negatively impact self-esteem, confidence and social interactions. It's essential to address these concerns proactively and provide appropriate support and interventions.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unaddressed, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or fatigued. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impact concentration, memory and problem-solving skills, resulting in difficulties for children to succeed in education. Anxiety can also hinder social development by making children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion at schools.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the likelihood of internalizing their feelings. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help reduce anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of calmness. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognizing when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillis is Associate Vice President for Personal Development at Positive Futures School and was an awarded one day a week for Mind Ahead, which collaborates with schools on improving their mental health provision.



#WakeUpWednesday

The National College

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