

Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

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Email: admin@torridonprimary.lewisham.sch.uk



Friday 6th September 2024

Dear parents and carers,

Welcome back! I hope you had a good summer break. It has been lovely to see all our families returning to Torridon this week.

We have had a great start the term with the launch of our sustainability week. Children have been learning about the dangers of climate change and have been thinking about ways in which we can take care of our planet.

You will have noticed that the Y3/4 Gate on Hazelbank Road has been out of use this week. We will no longer be using this gate at drop off and pick up times. All other gates will be available and children can use the gates on Torridon or Hazelbank Road, whichever is more convenient. From Monday 9th, we will be asking you to drop children who are in Y1 to Y6 off at the gates to make their own way to their classrooms. Staff will be available in the playground to support any children who may need a little help.

We are hoping to see you at our welcome meetings next week when you will have a chance to meet the teaching team and find out a little more about your children's learning for their new year group. We will also share with you some ways in which you can help at home. Curriculum bulletins and home learning will be launched next Friday once all the meetings have taken place.

I hope you have a lovely weekend.

Best wishes

Manda George

Headteacher



REMINDERS

PE kit

All classes are timetabled for PE and Dance lessons.

Year 1	Tuesday and Thursday
Year 2	Monday and Wednesday
Year 3	Wednesday and Friday
Year 4	Tuesday and Wednesday
Year 5	Tuesday and Thursday

On PE days, children should come into school wearing appropriate clothing. For indoor PE, this should be **black shorts or tracksuit bottoms, white T-shirt with or without the Torridon logo and trainers or plimsolls (preferably black).**



Walking home alone

Please note that we permit only children in year six to walk home alone after school. They will not be allowed to take responsibility for taking younger siblings home.

Mobile phones



Children are only allowed to bring a mobile phone to school in year six if they make their own way home. Children may bring a phone with basic functionality (calls and texts) but will not be allowed to bring smartphones to school. The phone must be switched off before the child enters the school premises and handed into the adult in their classroom. The phone must not be kept in a bag or pocket. Smartphones, or phones that are not handed in, will be confiscated.

Jewellery:

Stud earrings and watches are the only items allowed to be worn. SMART watches are not allowed in school, and will be confiscated if worn.

Nut and Seed Allergies

Due to some children in school having a severe nut allergy and the risk this poses to their health and wellbeing, we cannot allow any nut-based products in school. Allergies like this can cause what is called an 'anaphylactic shock' and even very small quantities have the potential to be life threatening.

This means that the children **cannot** bring anything into school for **snack or in their packed lunches** that contains nuts or traces of nuts. Please note, children allergic to nuts may also have a severe reaction to sesame.

THIS SCHOOL IS
NUT FREE



THANK YOU
for keeping our school safe!

WELCOME MEETINGS

We hope that you are available to join us for our welcome meetings next week. They will provide an opportunity for you to meet the teaching team, find out about the curriculum and ask any questions you may have. We hope you will be able to join us.

Monday 9th September	9.00am	Year 1
	2.45pm	Year 2
Tuesday 10th September	9.00am	Year 3
	2.45pm	Year 4
Wednesday 11th September	9.00am	Year 5
	2.45pm	Year 6
Thursday 12 th September	5.00pm ONLINE	ANY YEAR GROUP

For anyone who is not able to attend, slides shared will be emailed out afterwards. A member of the senior team will also be running an online session at 5.00pm on Thursday 12th September to share some key points that are relevant to parents and carers of children in any year group.

SEND Cofee Morning for Parents and Carers

Thursday 26th September, 9am – 10.30am

Come and meet the Inclusion Team over a cup of tea or coffee,

Inclusion Team

Sai Satyadeva – Inclusion Lead

Ciara Cullen – Resource Base Lead

Esther Parish – Speech and Language Therapist (Mainstream)

Laura Roddis – Speech and Language Therapist (Resource Base)



If you have any questions about special educational needs, or if you have any concerns about your child's ability to understand and use language, the team will be on hand to chat to you and offer support.



We look forward to seeing you.

Thank You From The PTA!

Thanks to our generous supporters and committed volunteers, 2023/24 was our best year yet! Please come along to our Annual General Meeting at

9am on

**Friday 27th September
at school**

to learn more about what the PTA does and how you can get involved.

Questions or comments?
Want to get involved?

Email Megan at friendsoftorridonpta@gmail.com or join our WhatsApp group [here](#).



Welcome to Nursery

This week we have had a fun time exploring the Nursery environment and making new friends.



Reception - Exploring

We are so proud of the reception children. They have enjoyed exploring their new learning environment and making lots of friends!



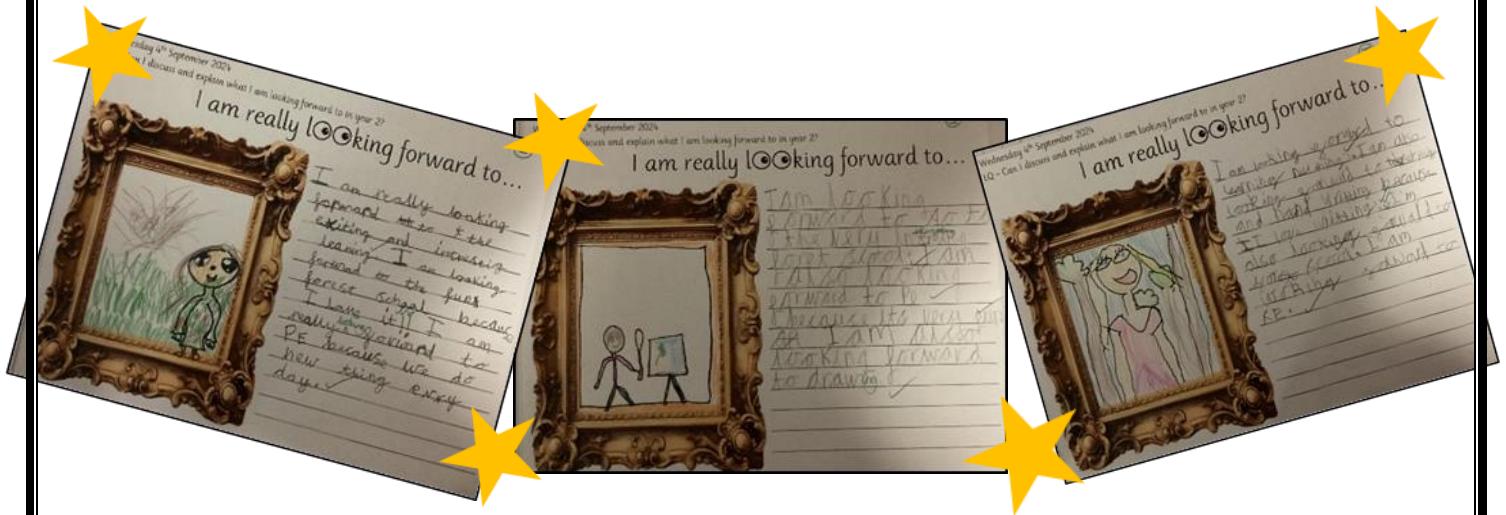
Year 1 – Reading, Writing and Maths Skills

The year 1 children have been impressing us with their reading, writing and number skills and having a lovely time, both inside and outside their new classrooms, with lots of activities to explore. Here are just a few of the things they have been doing this week...



Year 2 – What I Look Forward To

During our first few days in year 2, we have been thinking about what an exciting year we have ahead of us! There are so many amazing things that we learn in year 2 and so we decided to share what we are most looking forward to this year. Take a look...



Year 3 - Drama

What a fantastic first few days back it has been in year 3! All of the children have settled in really well. We have especially enjoyed reading the Lorax by Dr Seuss, which we have brought to life through drama. We worked well in groups, and had lots of fun using freeze frames to re-tell this wonderful story.



Year 4 – Settling In

Year 4 have made a great start to the year and are settling in to their new classes very well. We have been doing lots of ice breakers and team games to encourage the children with their communication and collaborative skills. Here are a few pictures of the children in 4L enjoying their team games – make a pyramid of cups with your group. You can't touch the cups, but have to pull the elastic band around them to pick them up. It was hard but every team managed to complete the challenge!



Year 5 – Sustainability Week

Welcome to our new year 5 children! It has been a fantastic first three days back and the children have had an excellent start to the term. They sat in their classroom with smiles and eager to learn. The children started their learning for sustainability week and enjoyed discussing ways to prevent water pollution.

Please remember to bring in a 1/1.5L plastic bottle and a plastic bag by Monday!



Year 6 – Carbon Footprints

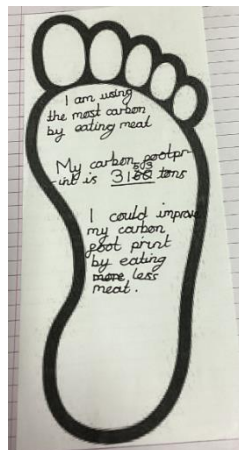
Year 6 have made a superb start to the new school year and have contributed thoughtfully to class discussions about sustainability. We have been learning all about climate change including what 'greenhouse gasses' are and have calculated our 'carbon footprint'. We are working towards writing our own poetry about sustainability.



Friday 6th September 2024
LQ Can I calculate?

- How do you get to school?
a. walk ✓
b. bike ✓
c. car ✓
d. bus ✓
- Do you eat meat?
a. yes ✓
b. no ✓
- Do you eat meat?
a. yes ✓
b. no ✓
- Do you turn off lights when you leave a room?
a. yes ✓
b. no ✓
- Do you unplug appliances/chargers when not in use?
a. yes ✓
b. no ✓
- How do you dry clothes?
a. hang to dry ✓
b. dryer ✓
c. both ✓
- Do you turn off the water when brushing your teeth?
a. yes ✓
b. no ✓
- Do you turn off the TV when you're not watching it?
a. yes ✓
b. no ✓
- Do you turn off your video game system when you're not using it?
a. yes ✓
b. no ✓
c. don't have one ✓
- Do you recycle? (for this question, select all that apply)
a. newspaper ✓
b. glass ✓
c. plastic ✓
d. aluminium and steel cans ✓

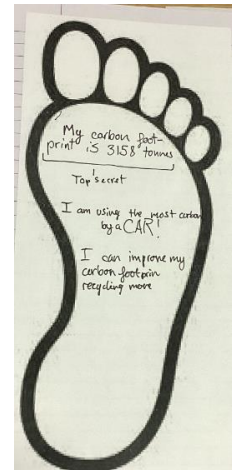
Total 15



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Exam Success



Congratulations to Amelie who achieved a merit in her grade 1 ABRSM violin exam.

Well done Amelie for all your hard work and commitment – we are all very proud of you!



Greenhouse Development - Small Change Big Difference

It is time for the next stage of our greenhouse development.

Funds raised from the Forest School activities at the summer fair are already paying for a new corrugated roof.



small change...
BIG difference!

We are hoping to increase the humidity of the greenhouse by adding clear plastic tarpaulin sheets to the walls.

We need your help to make this a possibility!

If you have any small change that you are able to donate our collection buckets will be on the gates for the week commencing **Monday 16th September**.



Instrumental Lessons

We currently have spaces for recorder, saxophone and clarinet lessons.

Recorder can start from reception up, saxophone and clarinet can start from year 4, dependent on height.

Recorder



Clarinet



Saxophone



We also have spaces for guitar for children from year 2 up.

Lessons are also available on violin and this is for children from reception up

Violin



Guitar



Piano lessons have a waiting list, but if you apply now, you will be on the waiting list for when space comes up. year 1s and above can start piano lessons.

Piano



Drum fun – large group drumming, for reception up to year 3 is available.

Drum kit – solo or paired lessons are also available.

If you wish to apply for any of these lessons, please visit the music page on the school website and fill out the form:

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

If you have already applied for a lesson, you can check your child's position in the waiting list by entering the unique code that was emailed to you when you completed your application.

Dates for Your Diary

We are finalising key dates for the rest of the academic year and will publish the yearly calendar of events next week. In the meantime, here are some of the key dates for this 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
Thursday 12 th September	5.00pm Online Welcome meeting
Thursday 26 th September	9.00am SEND Coffee Morning
Friday 27 th September	9.00am PTA Annual General Meeting
Week beginning 7 th October	Year 6 assessment week
Tuesday 15 th and Thursday 17 th October	Parent and carer open evenings
Tuesday 22 nd October	4L and 4K to Museum of London Docklands
Wednesday 23 rd October	Reception to Year 6 Flu Immunisation
Thursday 24 th October	4S to Museum of London Docklands
Monday 28th October – Friday 1st November	HALF TERM HOLIDAY
Week beginning 11 th November	Anti-Bullying week
Friday 15 th November	BBC Children in Need
Monday 18 th November	Individual, sibling and class photographs
Friday 22nd November	INSET DAY – SCHOOL CLOSED TO CHILDREN
Week beginning 2 nd December	Whole school assessment week
Friday 20 th December	Last day of the autumn term
Monday 23rd December – Friday 3rd January	CHRISTMAS HOLIDAY
Monday 6 th January 2025	First day of the spring term



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contact@southlondongirlsfootballacademy.co.uk



Online Safety

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extra-curricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to advise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and an ITT wellbeing coach. Amy has previously been a SMH coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://thenationalcollege.com/resources/supporting-children-going-back-to-school>