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10th January 2025

Dear parents and carers,

Welcome back and Happy New Year to you all! I hope you had a fantastic break and enjoyed some time with family and friends. It has been lovely to see everyone back at school this week.

We have had a great start to the term. The children have settled back into their learning and have been very excited to hear about their new curriculum themes for this half term. Curriculum leaflets are available on the website so you can find out more about what children will be learning and ways in which you can help at home. Click here for more information: [curriculum leaflets](#)

I am delighted to inform you that we will be starting our work with the schools mental health team this term. Together we will be developing our approach towards supporting emotional wellbeing. Members of the team will be running launch assemblies with the children next week and there are parent and carer sessions planned later this term. Further details about the work of the Mental Health Schools Team (MHST) is provided later in the newsletter. If you have any questions or would like to discuss a referral for your child, please speak to Sai (our Inclusion Lead) or a member of the senior team in the first instance.

Don't forget to keep an eye on the 'dates for your diary' section of the newsletter. New events such as trips and workshops are added regularly.

Please remember we have an INSET Day next **Friday 17th January**. School will be closed to children.

Have a wonderful weekend.

Best wishes

Manda George

Headteacher



Rights Respecting School

This week during our rights respecting assemblies, we have been discussing article 15. Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights. We thought about why it is important for young people to meet, spend time together, share ideas and how together as a group we can bring positive changes.



Lewisham Mental Health Schools Team



Who are Lewisham MHST?

We are working in your child's school to support emotional wellbeing. We work with the whole school community; for example, workshops and coffee mornings for parents and carers, assemblies and pupil voice groups for young people, and training and consultation for staff. We work individually and in groups with parents and carers too (turn the page for more information).

Our focus is on early intervention - noticing and addressing difficulties as soon as possible. Some of the things we help with are:

Behaviour that challenges Friendship difficulties
Low mood Managing emotions
Dealing with change Anxiety



Find out more or make a request for support:

- Speak with your school's Senior Mental Health Lead (usually the SENDCo or Inclusion Lead)
- Email LewishamMHST@slam.nhs.uk
- Call 020 3228 1000 and ask for the MHST
- Go to www.slam.nhs.uk/mhst-home

We've requested support, what next?

We look at requests for support as a team and decide what type of support is likely to be helpful. This might be:



Contacting you to arrange an assessment so we can find out more. After the assessment, we will offer an intervention or help you to find support elsewhere.



Working with you and school to find and contact the best service to meet your goals, for example if you're looking for a specialist service that we don't provide.



Giving indirect support by advising and consulting with school staff, helping them to put in place the support your child needs in school.

What are the interventions?

- Our guided self-help interventions are for anxiety or behaviour that challenges, and are based on Cognitive Behavioural Therapy.
- We work with you - parents and carers - rather than directly with the child. Research tells us that this is more effective as you know your child best!
- We will meet with you for 6-8 sessions, with some 'homework' (reading or activities) between sessions. We run both 1-to-1 and group sessions.
- Our aim is to understand together what's going on for your child and to practice strategies that will help you towards your goals.

Corbett Chase - Sunday 23rd March 2025

Calling all runners, walkers and supporters: Friends of Torridon is thrilled to be putting on, for the 5th year in a row, the Annual Corbett Chase in partnership with Sandhurst School. This local 10k and half-marathon, alongside a community street play out and cake sale, will take place on Sunday 23rd March 2025.



Mark your diaries! More info to come in the new year. If you'd like to get involved, whether running or volunteering, please email: friendsoftorridonpta@gmail.com

After School Club @Torridon

We have a limited number of places available at our wraparound after school club for this term. Our after school club @Torridon runs until 6pm.

Our after school club has outdoor and inside options for all the children. Outdoor activities include multi-sports, relay races and free play. Our inside options always include creative arts activities and a range of table top games to choose from. The table top games include board games such as chess, jenga, table football, table tennis and ludo. Children can also enjoy activities such as construction, role play and small world imaginative play with dolls, dinosaurs, farm animals etc.

All children are provided with a piece of fruit at the start of the session and then a healthy snack. The snack menu includes items such as; cheese/ tuna/ chicken rolls, tomato pasta, pesto pasta, baguette pizza, crumpets, cheese and crackers, hummus and muffins, served with a selection of cucumber, carrot and celery sticks and fruit.

If you would like further information or to book a place, please email us at: clubs@torridonprimary.lewisham.sch.uk



Small Toy Donation

As you know we are developing our outdoor play this year. We are looking for items for the children to play with in the playground. If you are clearing out spaces for new toys please donate the older ones for our playground. Boxes will be in the admin office.



Calling all families! We are looking for any small toy donations such as dinosaurs, small action figures, Sylvanian Families etc.



Resource Base – Bus Trip



Our new topic this half term is learning all about travel and transport. This week we went on a bus trip around Lewisham to experience a bus ride, to see what buses look like in real life and how they work

e.g. pressing the bell to get off. The children had their own bus sequences to help them follow our route and they carefully looked out for the correct bus to make sure we did not end up in the wrong place. They had a fantastic time riding on the buses and particularly enjoyed the double decker buses.

EYFS – Little City

To kick-start our new theme 'Real-Life Superheroes', Little City came to visit us! We explored lots of different jobs and enjoyed role-playing as vets, café servers, mechanics, hairdressers and many, many more! Take a look at what we got up to.



Year 1 – Dance

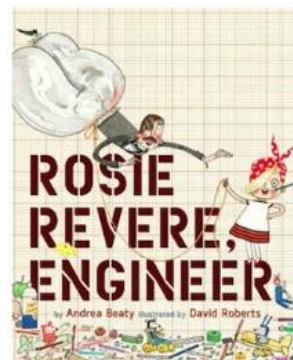
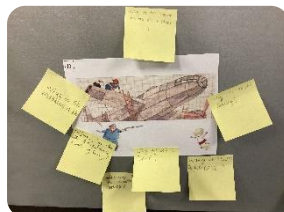
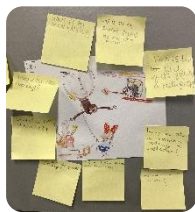


This week in dance Year 1 have become astronauts flying to the moon. They have created their own spaceships using props to make special features and functions. The children then moved in and around their vessels using actions and transitions. Each week they will respond to a space inspired story developing dance making skills - Blast off!



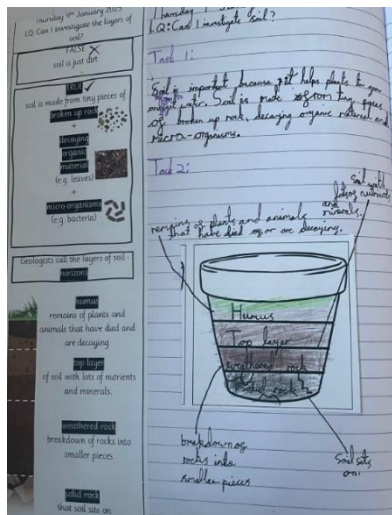
Year 2 – Writing

As we arrived in our classrooms this week, year two were baffled to find a variety of very strange and unusual objects! There were strange tools everywhere and some illustrations left on our tables with no explanation as to who they belonged to or where they had come from. As a result, we all had lots of very important questions that just needed to be answered! We worked together to generate our questions and made sure that we included a question word at the start of our questions and a question mark at the end. It turns out it was Rosie Revere Engineer from our core text this half term!

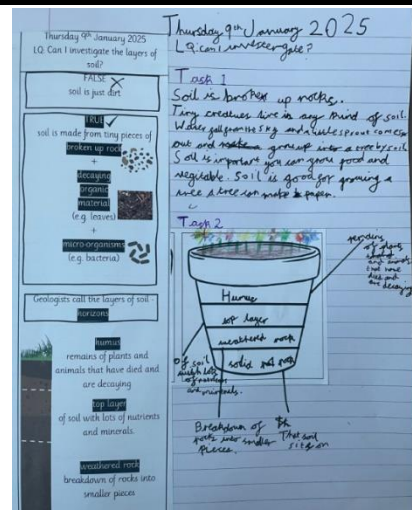


Year 3 – Science

This week, we have dug in to all things soil. We began the lesson by sharing what we know already about soil, and how it is not just dirt. In fact, soil is incredibly important for the planet, as it helps plants to grow, is home to many creatures, and even stores carbon dioxide!

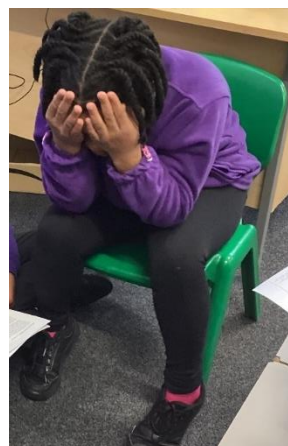
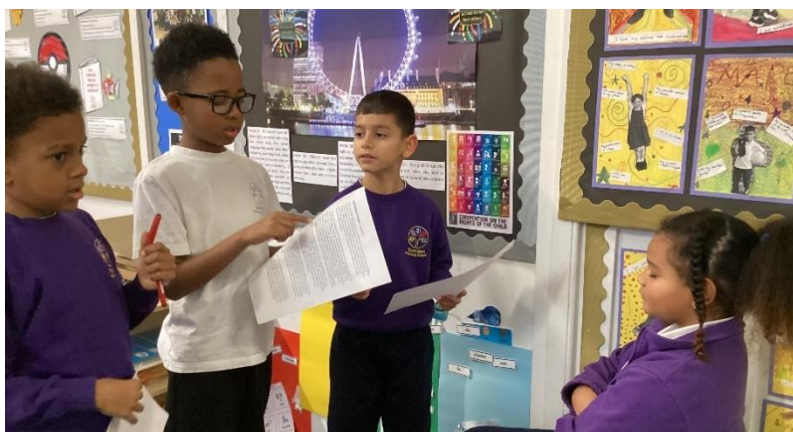
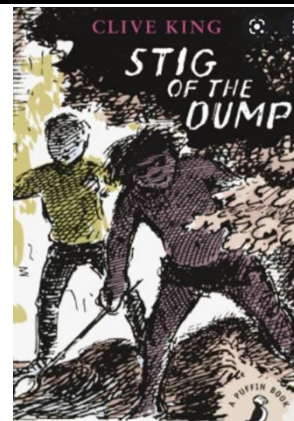


We then got stuck in and investigated different types of soil including: peat, clay, sand and rocky soil. We discussed the different textures, colours and the moisture levels. Finally, we learnt how soil is made up of 4 different layers, called the horizons. We used this knowledge to label our own pot.



Year 4 – Writing

We are really enjoying our new book, Stig of the Dump. This week, we took part in a drama activity to explore how the main character, Barney, felt when he fell down into the chalk pit and met Stig for the first time. Whilst one person read the opening of the story, we took turns to sit in the chair, close our eyes and imagine we were Stig. We told our group how we felt at different stages of the story. We all took a turn to imagine, read and note down feeling words.



Year 5 – Writing



This week, Year 5 began their exciting new core text, *Coming to England* by Floella Benjamin. The story, which tells the author's personal journey from the Caribbean to England, provides a rich opportunity for students to explore themes of migration, identity, and resilience.

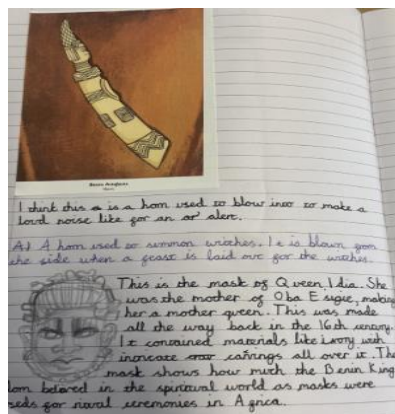
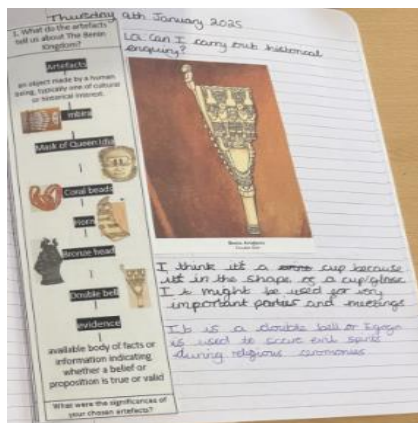
To bring the text to life, the children took part in an engaging drama

activity where they performed scenes from Chapter 1. Through role-play and improvisation, the students stepped into the shoes of the characters, exploring their emotions and reactions. This hands-on approach not only helped deepen their understanding of the text but also enhanced their creative expression and teamwork skills.



Year 6 – History

Year 6 have begun their new learning on The Kingdom of Benin. They began by looking at pictures of some Benin artefacts before moving to form hypothesis on their significance, and what they might have been used for. They were then given the information on what these items were and what they were used for. The children went on to further explore other artefacts, and wrote a detailed explanation of their significance and what these artefacts tell us about the Kingdom of Benin.

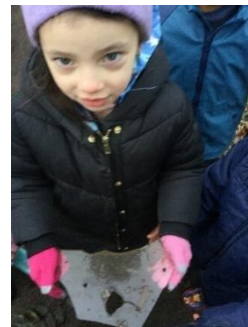


Forest School News



It has been an amazing first week back in our woodland for the new term. The children have been wrapped up warm to embrace the freezing temperatures with the Nursery children being the first to discover that the pond and chocolate river had frozen!

Nursery then went on an ice hunt around Forest School.



We have been helping the birds and squirrels this week by making bird feeders to hang on our trees.






Spring 1 2025 Forest School timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Yellow class		Nursery AM/FT	Red class	Blue class
Nursery PM/FT	2E		2SW	2S
Resource Base	4S		4L	4K

Dates for Your Diary

Monday 13 th January (weekly)	Year 4 girls' football training
Tuesday 14 th January	Year 5 and 6 SEND sitting volleyball tournament
Wednesday 15 th January	Mental Health Schools Team Launch Assemblies
Friday 17th January	INSET DAY – SCHOOL CLOSED TO CHILDREN
Monday 20 th January	Year 6 to the Horniman Museum
Tuesday 21 st January	Year 2 to the Science Museum
Wednesday 22 nd January	Year 1 to the Royal Observatory
Friday 24 th January (weekly)	Year 4 cricket workshops
Tuesday 28 th January	Year 5 and 6 pickleball festival
Thursday 30 th January	PTA Sponsored Bounce
Friday 31 st January	Year 4 to Chislehurst caves
w/b Monday 3 rd February	Year 6 assessment week
Wednesday 5 th February	9am – parent and carer coffee morning with the Mental Health Schools Team
Tuesday 11 th February	Safer Internet Day
Thursday 13 th February	Year 6 Bake Sale
Thursday 13 th and Friday 14 th February	Whole school art exhibition
Friday 14 th February	PTA fundraiser (Non-uniform day)
Monday 17th – Friday 21st February	HALF TERM HOLIDAY
Monday 24 th February	Year 4 swimming starts
Thursday 27 th and Friday 28 th February	Book Fair
Thursday 6 th March	WORLD BOOK DAY
Friday 7 th March	Year 5 and 6 girls' football tournament
Monday 10 th March	Yellow class to Mudchute Farm
Thursday 13 th March	Red class to Mudchute Farm
Friday 14 th March	Blue class to Mudchute Farm
w/b Monday 17 th March	Whole school assessment week
Sunday 23 rd March	Corbett Chase
Tuesday 25 th and Thursday 27 th March	Parent and Carer open evenings
Tuesday 1 st April	Year 5 and 6 tag rugby festival
Friday 4 th April	Last day of the spring term
Monday 7th – Monday 21st April	EASTER HOLIDAY

Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	97%		3A	92%		5V	92%	
1N	94%		3G	94%		5L	94%	
1W	98%		3S	92%		5C	95%	
2S	95%		4K	92%		6R	90%	
2SW	85%		4L	98%		6A	91%	
2E	91%		4S	95%		6L	93%	

Well done to all the classes who won the attendance cup on their first week back to school

Spring Term PE Days

Year 1	Tuesday and Thursday
Year 2	Monday and Wednesday
Year 3	Monday and Wednesday
Year 4	Monday and Friday
Year 5	Wednesday and Thursday
Year 6	Tuesday and Friday





STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Razzaq	For being fantastic during tidy up time. He is always so helpful at Nursery. Well done, Razzaq! 😊
Nursery AM	Tishara	For her amazing independent name writing and for being kind to her friend when he was upset. Well done, Tishara! 😊
Nursery PM	Kallie	For joining in during carpet time and sharing her ideas with the class and for playing nicely with her friends. Well done, Kallie!
Blue Class	Emmanuel	For being so kind to his friends this week and showing great enthusiasm for writing. Keep it up! 😊
Red Class	Majesty	For her fantastic independent writing this week! Well done, Majesty! 😊
Yellow Class	Avery	For always trying his best with his learning and being kind to others. Well done!
1M	Preziosa	For her hard work and enthusiasm in our writing lessons. Preziosa has made lovely progress and is becoming more independent. Well done Preziosa! 😊
1N	Rebecca	For her fantastic self-motivation. She has been trying her best in every subject and it's wonderful to see how independent and confident she is now. Well done! 😊
1W	Lorcan	For returning to school with a positive attitude to school. It is lovely to see him making an effort to work independently and feel more confident. Well done Lorcan!
2E	Mateo	For being such an excellent member of 2E! He is always focused and on task which means he consistently produces amazing pieces of work! Well done and keep it up!!!! 😊
2S	Elsie	For her amazing independent maths learning this week! Keep up the wonderful learning Elsie 😊
2SW	Elyne	For trying hard to improve her handwriting. Her presentation is beautifully neat. Well done Elyne, keep it up! 😊
3A	Lamine & Valentina	For settling so well into your new school and class. We are very lucky to have you both in 3A! 😊
3G	Frankie	For his dedication to improving his presentation. Keep it up! 😊
3S	Nova	For always trying her best. Well done for being a positive role model for everyone in 3S 😊
4K	Mia	For actively taking part in class discussions. Mia also demonstrates excellent behaviour consistently inside and outside of the classroom. Well done 😊
4L	Neveah	For being a kind friend, considerate of others such as helping to take another child's boots off after forest school. Well done Neveah
4S	Jah'shawny	For showing great enthusiasm for learning by answering lots of questions and participating in discussion.
5C	Kai	For demonstrating excellent learning behaviour, staying focused, and actively contributing to his learning this week, well done!
5L	Jace	For improving your focus this week and taking pride in your presentation. Well done and keep it up!
5V	Jevon	For being focused during his learning and taking part in class discussions. Well done Jevon and keep it up.
6A	Malik	For his consistent positive attitude towards every area of his learning, and for always eager to share his learning and ideas with his peers. Keep it up!
6L	Stephen	For showing a great effort in your learning this week. You have consistently been focused and resilient. Well done – you should be very proud!
6R	Meyshia	For demonstrating integrity and consistently showing excellent behaviour for learning.
RB Blue	Gabriel	Well done for a week of great learning behaviour!
RB Green	Victory	Well done for fantastic independent writing and maths this week. We are so proud of you!

NHS Flu Clinics

NHS
South London Children and
Young People's Community
Immunisation Service

Missed your flu vaccine?

Live or go to school in the borough of
Lewisham? Aged 4-16?
Come down to a flu catch-up clinic and protect
yourself this winter!

Monday 13 January 15:30 - 17:00
Downham Health & Leisure Centre, BR1 5EP

Thursday 16 January 15:30 - 17:00
Downham Health & Leisure Centre, BR1 5EP

Friday 17 January 15:30 - 17:00
Downham Health & Leisure Centre, BR1 5EP

Saturday 18 January 10:00 - 14:00
Evelyn Family Hub, SE8 3PZ

No appointment necessary.
Call 020 3903 3635 for more
information

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Wednesday 22 January 15:30 - 17:00
Downham Health & Leisure Centre, BR1 5EP

Thursday 23 January 10:00 - 14:00
Downham Health & Leisure Centre, BR1 5EP

Friday 24 January 10:00 - 14:00
Downham Health & Leisure Centre, BR1 5EP

No appointment necessary.
Call 020 3903 3635 for more information



The word 'JANUARY' is written in a large, stylized, dark blue font. Each letter is filled with a white geometric pattern. The word is surrounded by several light blue snowflakes of various sizes, creating a winter theme.

Online Safety

What Parents & Educators Need to Know about **JUSTALK KIDS**

WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JustTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JustTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JustTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a chat, exclusive stickers, a badge denoting them as a premium subscriber, and exclusive avatars and themes.

RESISTANCE TO CONTROLS

JustTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JustTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JustTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JustTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JustTalk and JustTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction, introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JustTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JustTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home, remind them that they can block a contact if someone is treating them disrespectfully.

Meet Our Expert

Dr Claire Sutherland 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 sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/justalk-kids>



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