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17th January 2025

Dear parents and carers,

We have had another great week at Torridon with some fantastic learning happening across the school.

We would like to say thank you to the members of the Lewisham Fire Service who gave up their valuable time to come and visit Reception on Monday. The children were thrilled to see some real life superheroes in action and to spend some time in an actual fire engine.

We welcomed some visitors from the Mental Health School Team who came in to deliver some special assemblies with the children. We spoke about the importance of taking good care of our mental health and ways in which we can do so. The team are looking forward to meeting with parents and carers at their upcoming coffee morning on Wednesday 5th February. We hope you will be able to join us.

Unfortunately, we have had some reports that a small number of children have been copying programmes and games which are inappropriate for their age e.g. squid game. We strongly recommend that you check your children's devices and ensure that the appropriate security settings are in place. Please check that your children are not accessing material which is not age appropriate. If you would like to find out more about how to protect your children online, you may want to come and join us for our internet safety workshops on 11th February. Look out for more detail later in the newsletter.

For all our families celebrating the Hindu harvest festival this week, we wish you a happy Pongal and all the best for 2025.

Have a super weekend.

Best wishes

Manda George

Headteacher



Rights Respecting School

During our rights respecting assemblies, we had lots of fun exploring article 45. We discussed all the ways that the convention can support children, families and different countries in the world. We all have a voice and must work together up to protect and promote children's rights.



SEND Workshop: Social Skills

SEND Workshop: Social Skills

Thursday 30th January, 9.00 am



This session will be delivered by our Speech and Language Therapists.

The session focus on how we can support social skills within our daily routines so that you know when and how to model and develop these skills for your child.

The therapists will also discuss different ways we can socialise and also how we can support different neurodiverse communication styles.



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.



Year 6 Bake Sale - Sweet Treats

SWEET TREATS

Year 6 Bake Sale

This event will take place
Thursday 13th February after
school.

If you can bring any cake /
biscuit donations please bring it
into the office.

**Also can you provide a list of
ingredients.**

Thank you.

Resource Base – Naughty Bus

This week we received a mysterious present. It was a red London Bus! Since we received it, very strange things have been happening in the Resource Base and the Naughty Bus is always close by. The children have been searching for any unusual activity in the Resource Base everyday and this week we saw lots of paint squirted in the quiet room! We are going to continue investigating next week!



Reception – Fire Fighter Visit

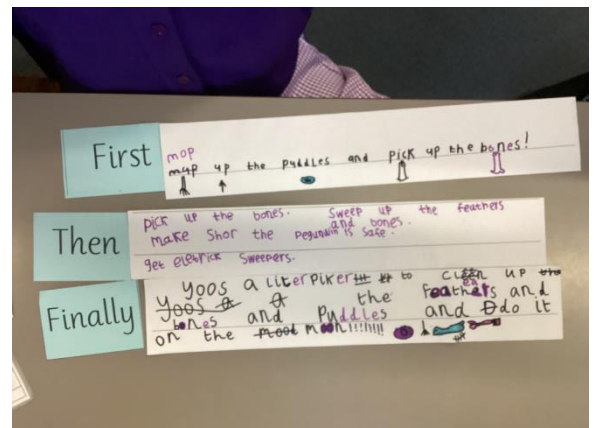
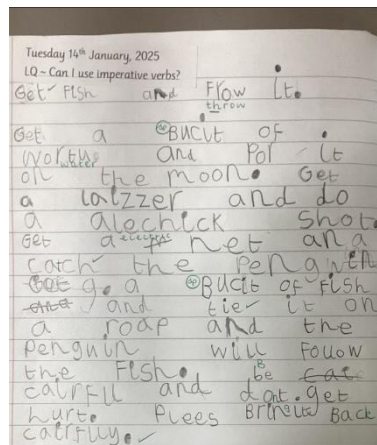
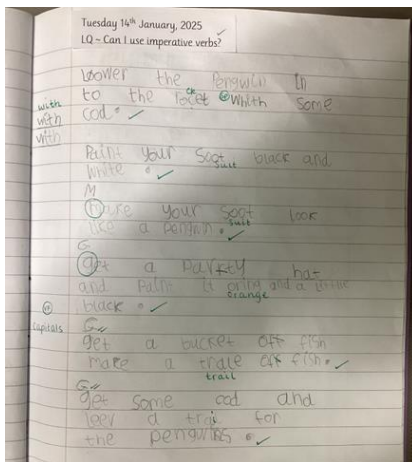
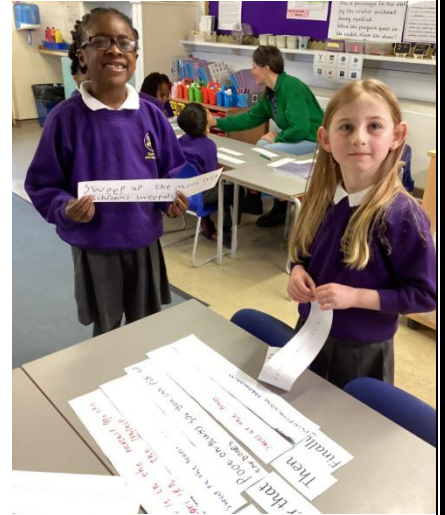


Reception enjoyed meeting some real-life superheroes this week. The firefighters explained how they help people and the children were able to sit in a real fire engine!

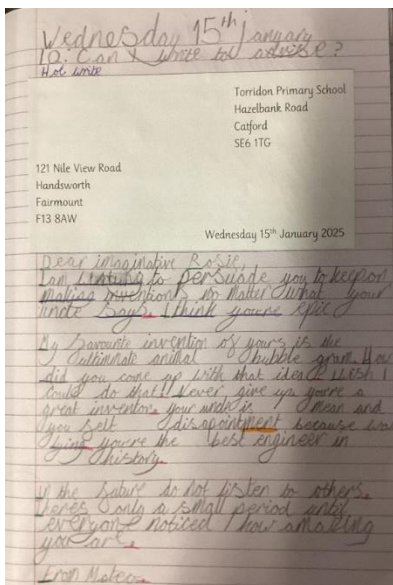


Year 1 – Writing Instructions

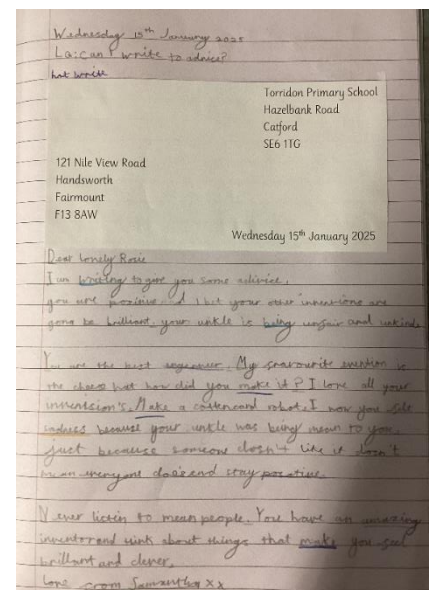
Breaking news! This week, Year 1 discovered (with the help of NASA's astronauts) that there is a lost penguin on the moon! We used 'bossy' imperative verbs to write instructions advising the astronauts how to catch the creature, safely. It also left quite a mess out in space... so, we wrote instructions for how to clean the moon. We added adverbials of time to sequence our ideas, which took lots of teamwork. We wonder who will help us tidy up all those penguin feathers and smelly fish bones?



Year 2 – Writing Letters



In Year 2, we've been writing letters of advice to Rosie Revere the Engineer, encouraging her not to give up creating wonderful inventions. We used different sentence types such as statements, questions, exclamations and commands to make our letters more interesting. We hope that our



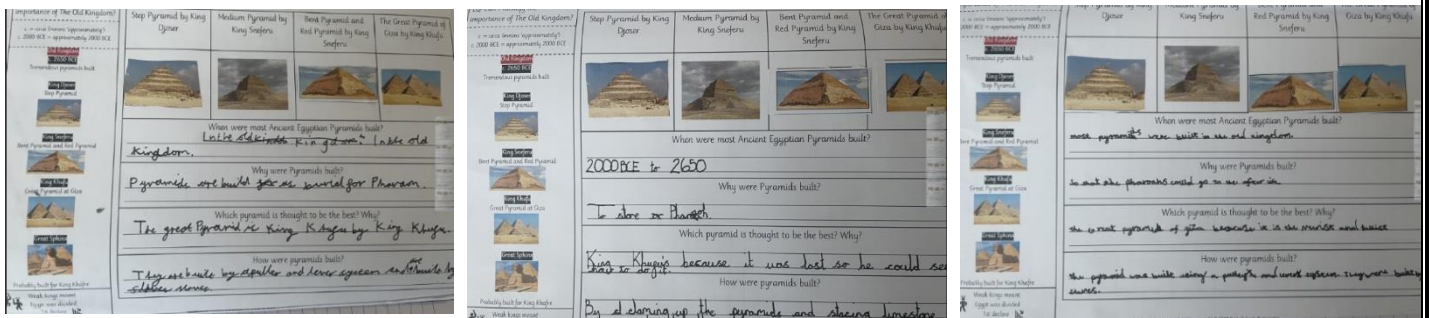
letters inspire Rosie to continue creating amazing things and never give up on her dreams! Take a look at our fantastic letters....

Year 3 – History

Our topic this term is Ancient Egypt. The year three children have really impressed us with all their super knowledge about pyramids, but we are finding out that there is so much more to learn! Here are some amazing facts that might surprise you...

- Most pyramids were built during the Old Kingdom
- They were built as burial chambers for Pharaohs
- Pyramids were built using a pulley and lever system

Which one is your favourite fact? What else would you like to find out about these mysterious structures? If you are curious, think like a historian and do some research at home by taking a book out on Ancient Egypt from the library. Then, you could share your findings with the class!



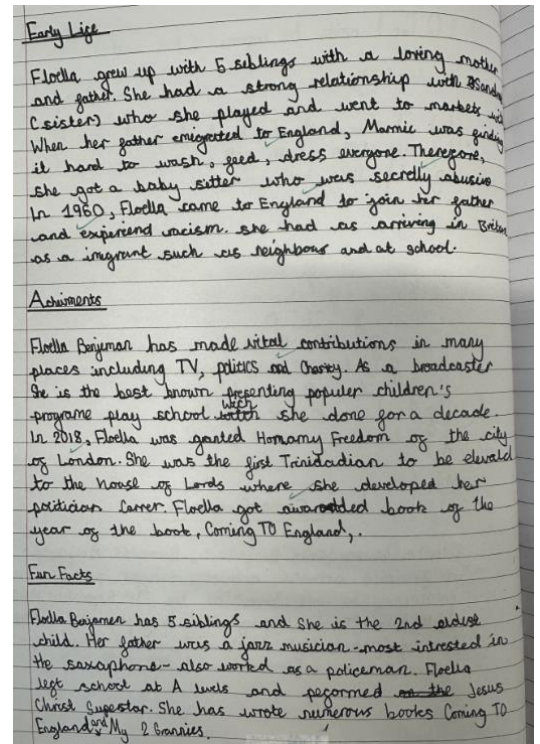
Year 4 – Science



In Science, we have been learning about living things and their habitats. This week, our focus was on invertebrates (animals without a backbone). Using a special equipment called a 'pooter,' we explored the Forest School area to carefully observe and collect invertebrate specimens without harming them. We discovered a variety of fascinating creatures and wrote about their unique characteristics. It was an exciting and hands-on lesson that we all enjoyed!

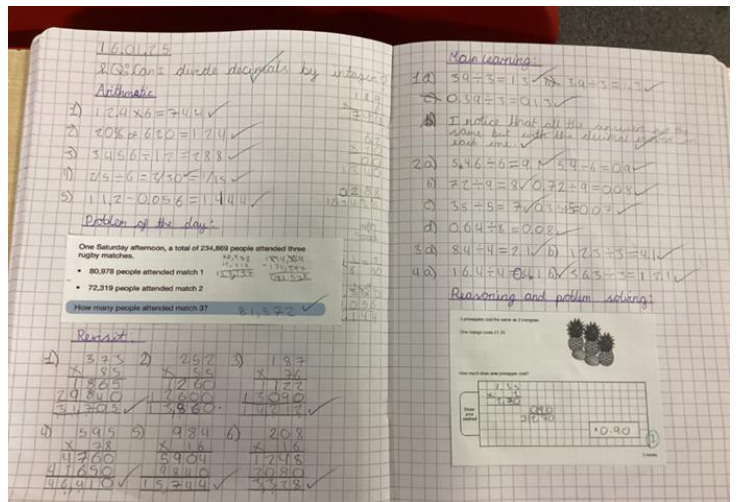
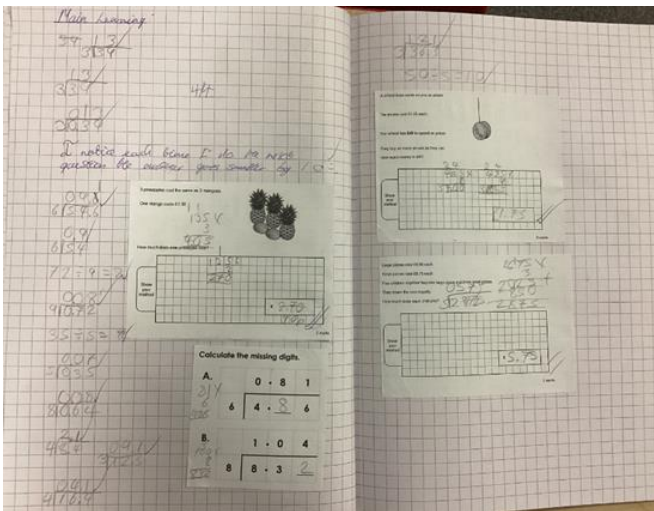
Year 5 – Writing Biographies

This week, Year 5 children have been writing biographies about the inspiring Floella Benjamin. Throughout the process, they applied a variety of writing skills, including the use of relative clauses, parenthesis and cohesive devices to make their writing more engaging and clearer. Students carefully researched Floella's life and achievements, incorporating detailed information to highlight her contributions in the fields of television, politics and charity. They also practiced using a range of sentence structures to create well-organised and useful biographies that are both informative and interesting to read.



Year 6 – Maths

In Maths lessons this week, Year 6 have been learning all about decimals. We have been learning how to multiply and divide decimals by an integer and we then applied our knowledge to solve problems. We tackled a range of problems, involving decimals, some with up to three steps. When multiplying decimals, we completed a trial and error activity, which got quite competitive as we all wanted to be the first person to get the answer!



Forest School News



Nursery are busy learning their sounds in phonics, this week focusing on 'd'. We built a d-e-n at Forest school. The children worked together to hunt for sticks of all different sizes to create a cosy space requesting that they could walk in and out of the den. We added branches from our chopped Christmas trees to make a comfortable floor.



Year 2 are busy being incredible inventors this term and used their skills to create homes with insulation for animals that may be ready to hibernate.



The children in Year 4 are learning about the Stone Age. This week the children constructed their own Stone Age weapon from natural materials around the woodland.



Dates for Your Diary

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
Wednesday 29 th January	Year 3 to Science Musuem
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

Online Safety Workshop

Protecting Yourself and Others from Scams
Online – Special Event! 🛡️

Join us for an essential Online Safety Workshop!

Date: Tuesday, 11th February

Time: 2:45 – 3:45 pm (In-person)

Online Session: 5:30 pm via MS Teams



As part of our **Internet Safety Day**, we're excited to invite **parents, carers, and families** to a special workshop led by our **Student Digital Leaders**. This year's theme is:

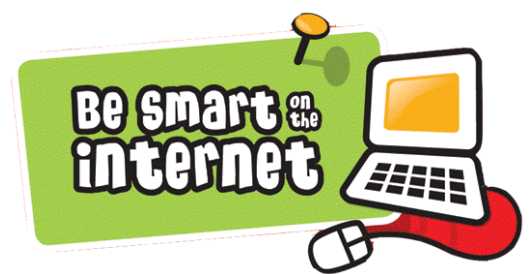
"Too Good to Be True? Protecting Yourself and Others from Scams Online"

✦ Topics covered include:

- **Online Reputation:** Managing your digital footprint
- **Artificial Intelligence (AI):** What you need to know
- **Social Media Safety:** Keeping your family safe online
- **Password Protection:** Best practices for security
- **Fake Websites & Phishing:** How to spot scams
- **Gaming Safety:** Tips for safe online play
- **Cyberbullying:** Recognising & preventing harm
- **Screen Time:** Finding a healthy balance

🎯 **Why attend?**





- Learn crucial online safety tips
- Engage with our passionate Digital Leaders
- Access **FREE** resources to protect your family



Can't make it in person? Don't worry, our **online session** at **5:30 pm** will give you all the information you need.

We highly encourage all parents and carers to attend – let's work together to keep our children safe online!

Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	99%		3A	96%		5V	89%	
1N	87%		3G	93%		5L	96.3%	
1W	97%		3S	99%		5C	95%	
2S	98%		4K	97%		6R	96.3%	
2SW	96%		4L	100%		6A	89%	
2E	96%		4S	91%		6L	94%	

Well done to the whole school for having great attendance this week.
A huge round of applause for 4L who achieved 100% attendance!

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



Oracy - Wellbeing Activities

As you know, this year our school has a focus on improving children's oracy skills. So far, children have been using talk strategies in their classrooms, some children have been taking part in oracy interventions and workshops have been planned for parents and carers to support children's language development. We also want to focus on children's wellbeing, and to do so we would like to set up a calendar of free events that you will be able to bring your child to that can support their language development through everyday activities that could be replicated at home.

In order to understand the workshops you would prefer and want to attend, we would be grateful if you could fill out this very short 1 minute survey:

<https://www.surveymonkey.com/r/QX33ZVW>

Additionally, we would love to hear if you have any ideas for activities yourselves. If you do, please email them in to admin@torridonprimary.lewisham.sch.uk for the attention of Gwen and Sai (Oracy Leads).



Sound Steps – Music School



The logo for Sound Steps Music School, featuring the text "SOUNDSTEPS" in a bold, sans-serif font with a musical note icon, and "Music School" in a smaller font below it.

A photograph of five diverse children of primary school age sitting around a yellow keyboard, looking intently at the keys.

STARTING YOUR KEYBOARD JOURNEY
A class for beginners

LIMITED SPACES AVAILABLE FOR JANUARY

Bexley, Greenwich and Lewisham

St Peters Church Pickford Lane,
Bexleyheath DA7 4RT:

- Tuesday at 4.15pm or 7.15pm
- Saturday at 10.45am or 4.15pm

St John's with Holy Trinity, St John's
Vale, Lewisham SE8 4EA:

- Thursday at 4pm or 6pm
- Saturday at 2pm or 3pm

Trinity Methodist Church 265
Burrage Road, Plumstead SE18 7JW:

- Monday at 5.15pm
- Friday at 4pm or 6pm
- Saturday at 10.15am or 12.15pm

BOOK A FREE TRIAL NOW >

OR JOIN US ONLINE

www.soundstepsmusic.co.uk
office@soundstepsmusic.co.uk
07926 371583

A square QR code located in the bottom right corner of the flyer.



STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Vienna	For always joining in during carpet time and she thought of and helped to create the den at forest school. Also, she is very kind to her friends. Well done, Vienna! 😊
Nursery AM	King-La'khai	For playing nicely with his friends and for speaking more to his friends and the adults in Nursery. Well done, King-La'khai! 😊
Nursery PM	Theo	For being kind to his friends and for speaking more to his friends and the adults in Nursery. Well done, Theo! 😊
Blue Class	Royalty	For settling into her sessions at the Resource base so well. Well done, Royalty!
Red Class	Nella	For her positive attitude to her learning, especially in phonics. Well done!
Yellow Class	Liam	For always working hard and trying his best. Well done!
1M	Taliya	For always being so polite and well mannered. And for her enthusiasm in all lessons. Keep up the brilliant work Taliya! 😊
1N	Hanane	For her fantastic learning. Hanane has been doing her best in every subject, and she has made us proud with her confidence and independence. Keep up the great work! 😊
1W	Otto	For contributing his fantastic, creative ideas during class discussions. We have enjoyed hearing all about his knowledge of Neil Armstrong too! Well done Otto!
2E	Hannah	For working on her handwriting this week. The improvement has been incredible, and I can see how hard she is trying. I am so proud. Keep it up! 😊
2S	Khai	For his beautiful presentations in writing this week! Well done for trying so hard to include joins in your writing. Keep up the brilliant work Khai! 😊
2SW	Kyrie	For his helpfulness and kindness towards his peers. He is always eager to lend a helping hand. Well done Kyrie. Keep it up! 😊
3A	Dexter	For writing an amazing diary entry in role as rhodopis from the story 'cinderella of the Nile'. Well done 😊
3G	Mario	Well done for getting 10/10 in the spelling test. Keep it up! 😊
3S	Mateo	Well done for working hard in writing. Keep up the good work 😊
4K	Jude	For demonstrating outstanding responsibility and leadership skills during our science lesson outside of the classroom. He ensured everyone worked as a team when searching for invertebrates in the Forest School area. Well done 😊
4S	Eunice	She is focused in lessons and produces excellent pieces of learning. She is kind, helpful and respectful towards others.
5C	Edie	For being consistent positive learner and being very helpful! Keep up the good work 😊
5L	Yasmine	For writing an excellent biography about Floella Benjamin. You used many writing skills to make your piece engaging and informative. Well done!
5V	Tracy	For taking part in the sitting volleyball, Well done Tracy!
6A	Harley	For his effort and commitment this week in his writing and maths lessons. Keep it up Harley! You should be proud of yourself.
6L	Rocaella	For her effort and focus in writing. She has written clear paragraphs, organised her ideas and has thoughtfully edited her learning. Well done!
6R	Mahalia	For consistently demonstrating excellence across all subjects and completing research at home to include in her non-chronological report about the Benin Kingdom. Well done.
RB Blue	Isaac	Well done for being so independent with your learning in year 3.
RB Green	Royalty	Well done for settling into the Resource Base so well this week. We have loved having you join us!

Autism Support



CALENDAR JAN - MARCH 2025

FOR PARENTS:

6th January - 10.30-12.30	Parent's Coffee Morning: Screen Time	Face to face session @ RFA All Age Autism Hub, Bellingham - email nazia@resourcesforautism.org.uk to book your place
21st January - 10.30-12.30	Online Parent's Workshop: Wellbeing and Self Care	Online session Email vesna@resourcesforautism.org.uk to book your place
24th January - 10.30-14.00	Parent's Workshop: Navigating difficult emotions in family dynamics	Face to face session @ The Somerville - email nazia@resourcesforautism.org.uk to book your place
3rd February - 10.30-12.30	Parent's Coffee Morning: Sleep Difficulties	Face to face session @ Park College Café (Southwark) - Email nazia@resourcesforautism.org.uk to book your place
18th February - 10.30-12.30	Online Parent's Workshop: Understanding and managing behaviour	Online session Email vesna@resourcesforautism.org.uk to book your place
3rd March, 25th March - 10.30-12.30	Parent's Coffee Morning: Communication Barriers	Face to face sessions: 3rd March @ RFA All Age Autism Hub, Bellingham 25th March @ Park College Café (Southwark) Email nazia@resourcesforautism.org.uk to book your place
5th March - 10.30-12.30	Online Parent's Workshop: Eating and Nutrition	Online session Email vesna@resourcesforautism.org.uk to book your place
26th March - 10.30-14.00	Parent's Workshop: Transition to Adulthood	Face to face session @ The Big Local Works (Southwark) - Email nazia@resourcesforautism.org.uk to book your place
Resources for Autism Drop in at Explorers Plus - 8th, 15th, 22nd January, 5th February, 5th, 18th March @ Camelot Centre, 50 Melilot Road, SE6 1RY, 13.00 - 14.30		



Behaviour Support Advice Sessions available to book every Tuesday and Thursday virtual or in person @ RFA All Age Autism Hub - email lewisham@resourcesforautism.org.uk

FOR AUTISTIC ADULTS:

23rd January, 20th February 18.30-20.30	Life Skills Workshop: Making and Navigating Friendships	Face to face sessions: 23rd January @ The Somerville Centre 20th February @ RFA All Age Autism Hub
30th January 18.30-20.30	Life Skills Workshop: Self - Care Skills	Face to face session @ The Somerville Centre
20th March 18.30-20.30	Life Skills Workshop: Money Management	Face to face session @ The Somerville Centre

Scan QR code to register for any of these events/sessions:



Mondays	Tuesdays	Wednesdays	Thursdays
Mentoring Drop- In Sessions for 16-25 year olds 11.00-15.00 @ RFA All Age Autism Hub, Bellingham	Making Music with Dee 18+ First Tuesday of the month @ RFA All Age Autism Hub, Bellingham/ online	Understanding Autism Book Club 18+ 16.00-18.00 Every other week	EGoFF for 19-25 year olds 18.30-20.30 Every week @ Somerville Centre, Lewisham
	Walking Group 18+ First Tuesday of the month @ locations across Lewisham		

email lewisham@resourcesforautism.org.uk for our full calendar of events for parents and adults, or for more information on registering for groups

Online Safety

What Parents & Educators Need to Know about

TIKTOK

13+

(Content suitable for children aged 13 and over)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.6 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 16-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can offer their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/tiktok-2025>

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