



Hazelbank Road, Catford, London, SE6 1TG

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31st January 2025

Dear parents and carers,

It has been a lovely week at Torridon with some fantastic learning as always. Year 4 had a great time at Chislehurst caves today (despite the rain) and some of our Year 5 and 6 children loved their time at the Pickleball festival they attended on Tuesday.

Thank you to our PTA for organising the sponsored bounce which took place this week. The children thoroughly enjoyed themselves and it was quite amazing to see how many bounces they could squeeze into one minute. We have over £1,000 raised so far but there is still time to donate if you have not already done so. Donations can be made here: [Sponsored Bounce](#)

Next week is children's mental health week. The theme this year is ***Know yourself, Grow yourself***. We will be supporting children to develop their self-awareness and learn how to express themselves.

We are also hoping that some of you will be able to join us for a coffee morning on Wednesday where you will be able to meet some members of the mental health schools team who are working at Torridon this year. They will be sharing some of the ways in which they will be working with our children and families, and answering any questions you may have.

As you know, we like to work in partnership with you and we would really like to know what you think about Torridon. We are inviting you to complete a short questionnaire to gather your views about school. The questionnaire will only take a few minutes to complete and can be found by clicking on the following link or following the QR code:

[Parent and Carer Survey](#)



If you would prefer a hard copy of the questionnaire to complete, please contact the school office. The survey will remain open until half term. We would love to hear from as many of you as possible.

For those of you who celebrated Lunar New Year this week, I hope you had a wonderful time with families and friends to welcome in the year of the snake.

Wishing you all a great weekend.

Manda George

Headteacher



Rights Respecting School

Holocaust Memorial Day is on 27th January every year. Each year across the UK, thousands of people come together to learn more about the past and take action to create a safer future. This week, we had lots of discussions about world peace and how now, more than ever, it is important for us to come together to be the voice that is needed to challenge injustice.



Whole School Art Exhibition

Don't forget to put the 13th and 14th February in your diaries for the whole school art exhibition in the year 5 hall!

Viewing for all families:

3.15 – 6.00pm on Thursday 13th

3.15 - 4.30pm on Friday 14th



Headteacher's Award

To extend their learning about the Stone Age, Elsie and Phaedra in 4L created an amazing model of a Stone Age dwelling as a piece of extra home learning. The model came complete with a tea light for the fire, little clay models of people and labels about how they lived in Ancient Britain. This amazing effort earnt Elsie and Phaedra a much coveted headteacher's award. Congratulations!



PARENT GOVERNOR VACANCY

Dear Parents & Carers

Happy new year! I hope you had a great break over the festive season.

I wrote to you all before Christmas to let you know we would be looking for a new parent governor this year – this is your opportunity to be part of the team helping Torridon deliver the best possible outcomes for our students.

Being a governor is a fascinating and rewarding role, and if you think it might be for you, I would really encourage you to take a look at all the information (which will follow by email) and consider sending in an application.

The governing board is a friendly and welcoming group, where we always strive to get a diverse set of views to help ensure we make the best possible decisions for the school.

I really hope you will consider this opportunity, and I look forward to welcoming a new parent or carer to join the governing board soon.

All best wishes



Levin Wheller
Chair of Governors

Book Fair on Friday 28th Feb – Wednesday 6th March

The Scholastic book fair is returning to Torridon
Friday 28th February – Wednesday 6th March.

We will be located in the year 3 and 4 hall. Pupils will have browsing time with their classes during the school day to see the range of exciting books available. We look forward to seeing you there.



Coffee Morning with the Mental Health Team



South London
and Maudsley
NHS Foundation Trust

Do you want to find out about different strategies to support children's wellbeing?

Join Lewisham MHST to talk about:

Ways to support children's wellbeing

The importance of self-care

How Lewisham MHST support children and families



Activities that might improve mental health

How to support your own wellbeing

Come along and have a coffee with our team and other parents, discuss skills for wellbeing and share ideas



Parent/Carer Coffee Morning

When: Wednesday 5th February
9am

Where: Torridon Primary School

For more information, speak to



**Our Healthier
South East London**
Sustainability and Transformation Partnership

Resource Base – Chinese New Year Lanterns

We celebrated Chinese New Year by making marble painted lanterns. The children used marbles in trays to decorate their lanterns. They really enjoyed the sound of the marbles rolling around in the tray and making marks on the paper. We hung our finished lanterns in the classroom to remind us that Chinese New Year is celebrated this week.



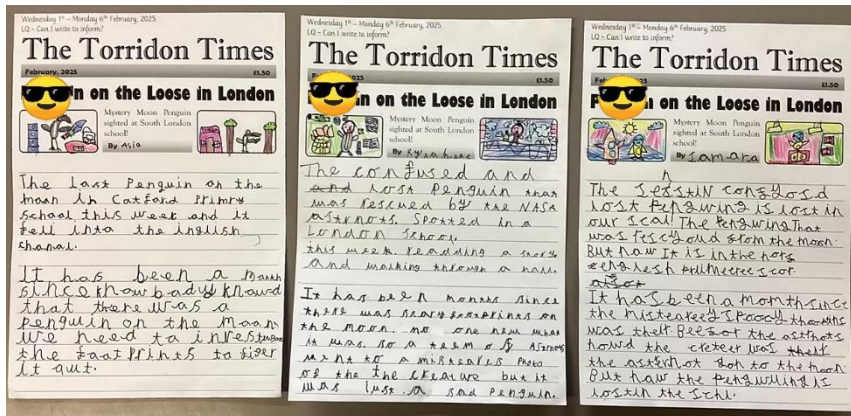
Reception – Doctors

Dr. Anya visited Reception and had a fantastic time talking to the children about what it's like to be a doctor! The children got to explore some of the tools doctors use, like a tendon hammer and an otoscope. It was an exciting and educational experience for everyone!



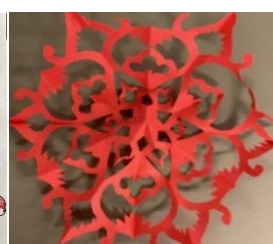
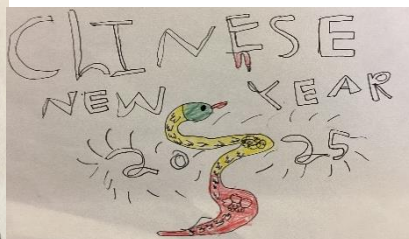
Year 1 – Breaking News

This week, year 1 have been news reporters and journalists! After a mysterious visitor was captured on CCTV, reading 'Lost and Found' in a year 1 book corner, we felt compelled to make our own news broadcasts and write our own newspaper reports.



Year 2 – Chinese New Year

To celebrate Chinese New Year, year 2 have been busy creating wonderful posters to celebrate! We learnt all about The Great Race and identified what animals we were based on our birth year. Did you know that 2025 is the year of the snake? We had a fabulous time learning all about it! A big thank you to Bernice's mum for sharing lots of amazing, traditional Chinese items with year 2!



Year 3 – Science Museum



As part of our science topic, 'Animals Including Humans', we visited the Science Museum to explore the 'Who am I?' and 'Medicine' exhibits. We saw different skeletons, observed how medicine has changed throughout history and investigated some of the key characteristics of the human species.



Year 4 – Chislehurst Caves

This week, year 4 went on an exciting trip to Chislehurst Caves. We learnt all about how the caves have been used over the years and how they were man-made and mined for flint and chalk. We had a great time exploring the dark tunnels with our gas-lit lamps whilst learning all about their fascinating history.



Year 5 – Sponsored Bounce

The children had a blast during the sponsored bounce this week: jumping, hopping, and bouncing for a good cause. The hall was filled with energy as the children bounced to their hearts' content while sponsors pledged donations based on the number of bounces each child completed. It was a fun-filled day of physical activity, friendly competition, and team spirit, with teachers cheering everyone on. Not only did the event give students a chance to showcase their jumping skills, but it also raised money for school iPads, making it a memorable and rewarding experience for all involved.



Year 6 – Science

Year 6 has been learning about classification of organisms. They have learned how animals are grouped into vertebrates and invertebrates, and how these are further classified into different kingdoms and groups, based on their characteristics. This week they went to the park to collect leaves of non-flowering plants and used their similarities and differences to classify them using classification keys.



Forest School News



This week, Nursery, Reception and the Resource Base have enjoyed Chinese noodles at Forest School in celebration of the Lunar New Year. The children braved the storm embracing forest school life while we discussed the animals that represent each new year.



We even had a visit from a Chinese dragon!



Big Schools' Birdwatch



The reception children have spent their time in forest school this week counting birds as part of the annual Big Schools' Birdwatch.

Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers like you take part, helping to build a picture of how garden birds are faring.

This is a great opportunity for you and your family to get outside for an hour, whether it's in your garden or the local park.

There is so much information and help on:

www.rspb.org.uk.






Dates for Your Diary

w/b Monday 3 rd February	Children's Mental Health Week 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
Friday 28 th February – Thursday 6 th March	Book Fair
Tuesday 4 th March	Year 5 Live Dance at Catford Broadway Theatre
Wednesday 5 th March	UNITY Live Dance at Catford Broadway Theatre
Thursday 6 th March	WORLD BOOK DAY
Friday 7 th March	Year 5 and 6 girls' football tournament
w/b Monday 10 th March	National Science Week
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
Thursday 27 th March	EYFS Parent and Carer workshop
Tuesday 1 st April	Year 5 and 6 tag rugby festival
Friday 4 th April	Woodland Dress Up Day Last day of the spring term (2pm finish)
Monday 7th – Monday 21st April	EASTER HOLIDAY



Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	97%		3A	96%		5V	94%	
1N	95%		3G	90%		5L	97%	
1W	98%		3S	97%		5C	96.9%	
2S	95%		4K	97.2%		6R	86%	
2SW	94%		4L	90%		6A	90%	
2E	96%		4S	93%		6L	90%	

Well done to the whole school for having good attendance this week.
A special shout out to all the classes who won the attendance cup this week!

Lewisham Autism and Development Strategy

Have your say!

Help Lewisham Council in its mission to make Lewisham an Autism-inclusive Borough.

We want to hear your views on how the strategy is having an impact in the borough. And what more needs to be done!

Your thoughts and feedback is hugely appreciated and will help make sure the strategy has the maximum impact.

[Click here to complete the short consultation survey online.](#)

The survey closes on 14 February so act now!

Working together towards
an autism inclusive borough

NHS



Explorers Plus



This drop-in group is for parents and carers, with a child aged 0-5, who would like support with their child's development.

Jointly run with the Portage Team.

Are you concerned your child is not meeting their milestones?

- Learn strategies to help develop your child's skills
- Come and talk to experienced practitioners to get advice and support
- Meet other families and share information
- Explore sensory and discovery play
- Help your child learn through play using indoor & outdoor environments



Tuesdays

10.00am - 11.30am

Bellingham Family Hub

109 Randlesdown Rd, SE6 3HB

Wednesdays

1.00pm - 2.30pm

The Camelot Centre

50 Meliot Road, SE6 1RY

Fridays - starts 17th January 2025

10.00am - 11.30am

Deptford Family Hub

Alverton Street, SE8 5NH





STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Esa	For settling in well into the Nursery routines and for having the confidence to speak to the adults. Well done, Esa! 😊
Nursery AM	Thanusikan	For playing nicely with his friends and for joining in during carpet times. Well done, Thanusikan! 😊
Nursery PM	Harith	For joining in during carpet times and for speaking more to his friends and the adults in Nursery. Well done, Harith! 😊
Blue Class	Stanley	For aiming high in independent writing tasks and for always being so kind to his friends. Keep it up Stanley!
Red Class	Aurora	For independent writing and her great efforts at reading. Keep up the good work!
Yellow Class	Asma	For always trying her best and being helpful to others. Well done!
1M	Kaylan	For showing an amazing effort in practising his counting and working hard on writing his name. Keep up the fantastic work, Kaylan! 😊
1N	Asia	For the fantastic effort she has been putting into all of her learning. In particular, she has transformed all aspects of her writing and made us so proud! 😊
1W	Johanna	For completing a fantastic news report in writing using the past tense!
2E	Louie	For trying hard this week with all his learning. He has been extra focused and determined with his writing and has produced amazing learning that both he and I are super proud of. Well done, Lou! 😊
2S	Lucia	For excellent effort and contributions during carpet sessions this week. Her presentation has been impressive. Well done Lucia. Keep up the wonderful learning! 😊
2SW	Penny	For trying so hard to improve the presentation of her writing. She has been taking her time to make it really neat and has even started to use her joins. Well done, Penny. Keep it up! 😊
3A	Imaan	For working so hard in maths this week. You have been brilliant at measuring in cm and mm. Keep it up!
3G	Oliver	For his kindness towards his peers and for always using his manners with adults and friends. Well done, Oliver!
3S	Uzair	For sharing his enthusiasm for learning with his peers. Thank you for always trying to help others to understand your point of view. 😊
4K	Allegra	For consistently making a great effort in her writing. This week she produced a brilliant non-chronological report on 'A Guide to Caring for a Caveman'.
4L	Oniefa	For making the effort with her reading at home, remembering to change her book regularly as well as trying really hard with her reading in class. Well done, Oniefa!
4S	Faiza	For showing perseverance in all subjects, especially maths when learning lots of new methods in division and perimeter.
5C	Dejan	For having a positive attitude to learning, participating in lessons and giving 100% effort in tasks.
5L	Sophie	For always being an excellent role model. You are extremely polite and respectful and always display our core values. Well done!
5V	Natolie	For writing a cohesive and emotive diary entry. Keep up the good work!
6A	Yasir	For being a helpful member of our class and for his positive approach towards his learning – always eager to share his knowledge with his peers.
6L	William	For showing great effort in his learning while in school as well as being productive at home. Keep up the good work!
6R	Acacia	For demonstrating excellent collaboration with a range of pupils to solve multi-step problems in maths and during science when creating a classification key. Well done.
RB Blue	Naoki	Well done for great independent learning in class. Your hot write was fantastic.
RB Green	Jarelle	Well done for showing such great teamwork and helping others to tidy up!

Fun Things To Do!



2025 HOLIDAY CAMPS AT MUNCHKIN SPORTS

ABOUT OUR CAMPS!

Our Ofsted registered camps are packed with over 40 fun-filled activities each week to keep the kids entertained, safe and happy during the school holidays!

TIMINGS & DISCOUNTS

- Standard day at camp, 9:30am-4:30pm
- Extended Hours, 8am-9:30am, 4:30pm-6pm
- Sibling discounts available
- Discounts available for full week bookings

ADDITIONAL OFFERINGS

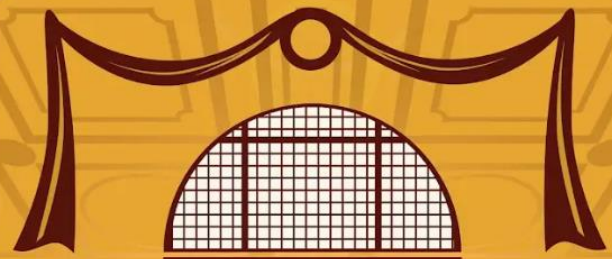
- Theme days
- Book with childcare vouchers, Tax free childcare, Bright Horizons & CGPS
- HAF Programme Provider
- Pre School places available at selected locations

CAMP DATES

- Feb Half-Term
- Easter Holidays
- May Half-Term
- Summer Holidays
- October Half-Term
- Christmas Holidays

CAMP LOCATIONS

- Babington House School
- Bickley Park School
- Harris Academy Greenwich
- Langley Park School for Boys
- Parish CofE Primary School
- Poverest Primary School
- St Dunstan's College



Downham Celebrates invites you to join us for the 100 years Ball!

An evening of old music from Ballroom to Rock, Ska, Rhythm and Blues and more, Bring your Dancing shoes, Indulge in some local nostalgia and our Raffle with proceeds going towards our summer event.

For one night only on **March 15th** we will bring back Downhams Historic Ballroom/Folk club that neighbored The Downham Tavern from 1930 - 1997...



This is a limited event. Register by email for your chance to attend.

downhamcelebrates19@gmail.com

Free to Downham residents. Those successful will receive an E-ticket. Ticket includes 1 free drink upon entry & a high tea platter. Strictly over 18s only.



Downham Celebrates



NEXT THING EDUCATION CAMPS PRESENTS

FEB HALF TERM 2025

17TH - 21ST FEBRUARY 2025



Movie Making | Video Game Design | Robot Coding | STEM Experiments | Engineering

17TH - 21ST FEBRUARY - LIMITED SPACES

AGES 5 - 11 MULTI DAY BOOKING DISCOUNTS!

What Parents Say

"Absolutely Fantastic!
First time attending &
my son loved it!"



HOW TO BOOK

STEP 1

SCAN THE QR CODE



STEP 2

FIND YOUR NEAREST CAMP



STEP 3

BOOK ONLINE SPACES LIMITED



W: WWW.NEXTTHING.EDUCATION

E: INFO@NEXTTHING.EDUCATION T: 01442 873150

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



WakeUp
Wednesday

The
National
College