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6<sup>th</sup> December 2024

Dear parents and carers,

There has been lots of festive spirit in the air at Torridon. Trees, tinsel and twinkling lights have been appearing in classrooms and halls. Children have been practising their lovely singing and big speaking voices ahead of the festive assembly performances and we have even had some mince pie baking this week.

This week has been our assessment week and we are so proud of all the children. They have tried their absolute best in all their assessments and we can't wait to review the results and see how well they have done next week.

The children have had great fun today with our 'no pens day' as part of our work on developing oracy. It was more of a challenge than you might think! There were lots of excellent debates, some wonderful drama and lots of arts, crafts and cooking on show. Some of the children thought it was great and some can't wait to settle back into their writing and maths books next week.

You should have received your Christmas card orders this week. The other items such as mugs and bags arrived at school this afternoon. We will distribute them to classes and get them out to you early next week.

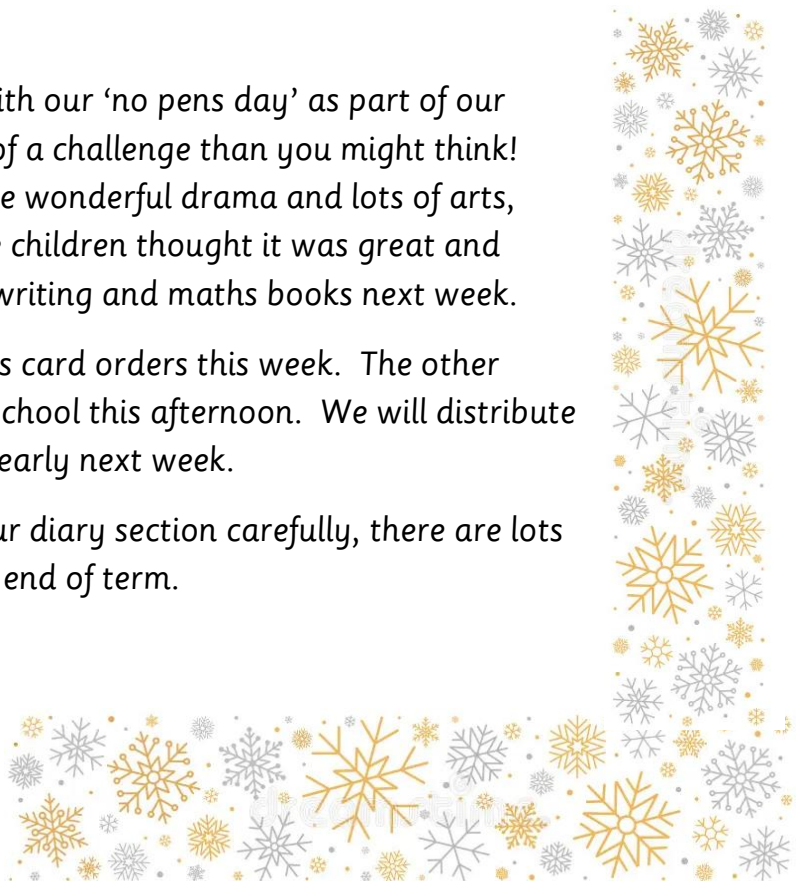
As always, please check the dates for your diary section carefully, there are lots of things happening in the lead up to the end of term.

Have a fantastic weekend.

Best wishes

Manda George

Headteacher



### Rights Respecting School

This week in our rights respecting assemblies, we discussed Article 2 and 23 in celebration of International Day of People with Disabilities which takes place on the 3<sup>rd</sup> December. This global event promotes equality for people with disability and celebrates their achievements. It has been celebrated every year since 1981. It is also a day to promote awareness of the challenges faced by over 1 billion people living with disabilities, and the role communities and societies play in breaking down barriers to inclusion.



# Club Torridon Disco – Thursday 12<sup>th</sup> December

We are excited for the school disco on Thursday 12th December! Entry is £2.50 per child via ParentPay. Please see the timetable below:



4:00 – 5:00	Nursery Reception Year 3 Year 4
5:30 – 6:30	Year 1 Year 2 Year 5 Year 6

[For More Information, please Click Here](#)

[Sign up to volunteer here](#)

## Christmas Menu - Festive Feast



We will be having our festive feast on Wednesday 18th December 2024. If your child usually has a packed lunch but would like a school lunch on the 18th, please email the school office [admin@torriondprimary.lewisham.sch.uk](mailto:admin@torriondprimary.lewisham.sch.uk)

Children are invited to wear their own clothes on the 18<sup>th</sup>. If they would like to wear something festive, they are very welcome to do so.

# No Pens Day

Today, we put away the pens and the pencils and had lots of fun doing all of our learning without writing! Instead, we focused on developing our speaking and listening skills, and we got creative in our lessons: from using drama to making models out of Lego and even making our own fraction walls out of coloured card. No Pens Day was a lot of fun!



## Reception – Toy and Book Sale Fundraiser

# Get Ready to Declutter for the Holidays!

We've got exciting news for you! 📢

Join us for a **Toy and Book Sale Fundraiser**  
hosted by Reception on **Wednesday, December  
18th, 2024!** It's the perfect opportunity to  
donate toys that are in excellent condition.

**How to Get Involved:**

Please bring your donations to any of the  
Reception class teachers by **Monday,  
December 16th, 2024.**

Your support will help us to raise funds for  
experiences that will enrich the children's  
learning—and remember, the more donations,  
the merrier! 😊

Let's work together to make this event a  
success!

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### How to Get Involved:

Please bring your donations to any of the Reception class teachers by **Monday, December 16th, 2024.**

Your support will help us to raise funds for experiences that will enrich the children's learning—and remember, the more donations, the merrier! 😊

Let's work together to make this event a success!



## Resource Base – Festive Spirit

In the Resource Base, we have been getting into the festive spirit. The children decorated a beautiful Christmas tree for the classroom and we made mince pies. Everyone loved getting messy while making the dough and we were exploring the different smells and textures of the ingredients. For some children eating a mince pie is very challenging, but they all had a go at smelling or touching the pie and some children were brave enough to take a bite and even enjoyed it!



## Reception – Cinema Trip



Reception had an amazing trip to the cinema to see 'Stickman'. The children represented the school beautifully and had such a good time!



## Year 1 - Science

Today, we took part in the 'No Pens Day' challenge! We have been investigating the structure of the human skeleton, in Science. So, we used cutting and sticking to design skeletons. Making sure to link the skull to the spine, and the hip bone to the leg bones!



## Year 3 – French



— un cheval



— une souris



— un singe



— un mouton



— un canard



— un cochon



— un lapin



— un lion



— un oiseau



— une vache

Bonjour! In French, year 3 have continued to build on their language knowledge. We are becoming more confident when greeting our friends and the adults in our community. We are also learning the names of animals.



## Year 4 - DT

This week in DT, Year 4 explored the difference between freshly made bread and



processed bread. Working in groups, they followed a recipe typed up as part of 'No Pens Day'. The children engaged in hands-on activities like mixing and kneading dough, observing how the dough's appearance and consistency changed through kneading and proving. They learned that yeast acts as a raising agent in breadmaking. After baking, the children described the taste of their rolls using adjectives, with comments such as "My bread roll is fluffy and smooth" and "Mine is soft and delicious."



## Year 5 - Gymnastics

This week, Year 5 children have been working on their gymnastics skills, focusing on perfecting their landings and refining their jumps. They've been using various apparatus and practicing and improving their techniques.



The children have been mastering how to land safely and with control after performing jumps. They practiced landing softly and maintaining balance, ensuring their technique is spot on.

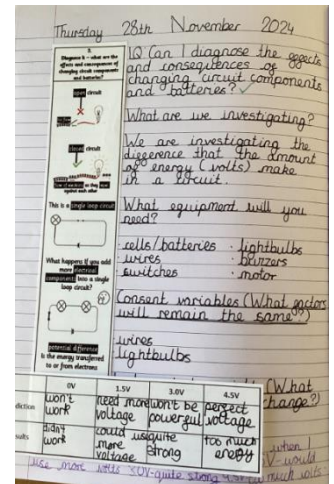
They also worked on three different types of jumps: the tuck, pike, and star jump. Each jump has its own

unique form, and the children made great strides in executing them with precision as they jumped off the apparatus. It has been an exciting and active week, with children showing fantastic determination to perfect their skills.



## Year 6 – Electricity

Year 6 have been learning about electricity. They have been exploring how changing the components in a circuit affects the flow of energy. The children observed that with a higher voltage more power flows around the circuit and that sometimes too much power can also cause a circuit to not work. After making their predictions about the effect of voltage, the children then tested their findings by creating their own circuits.



## Eco Leaders News

On Friday last week, members of the eco-leaders team went to a Pupils Climate Network Meeting at Stillness Junior School to meet with other children from schools in Lewisham to talk about green issues. We enjoyed taking a tour of the school's garden and listening to what they have done to make their school greener over the past few years. We also took part in a composting workshop where we learnt about the importance of composting and the role that worms play in keeping it healthy. We really enjoyed our morning and felt excited to share our ideas.

We are looking forward to some new members joining the team. We will be announcing the new eco-leaders next week.





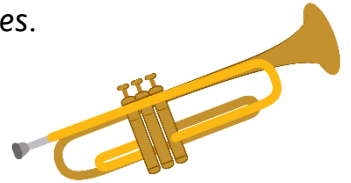
# Trumpet and Brass Lessons

We are planning to start brass lessons on the trumpet in this academic year for years 4-6 children. If your child would be interested, please go to the school website's music page and apply for a lesson, choosing "Trumpet".

Applying for a lesson will not guarantee that a lesson will be provided, but will allow us to find out if there is enough interest to get a tutor in.

Instrument rental through the school will be available at competitive rates.

Spaces may be available for other instruments soon, so please apply for any of these if you would like your child to go on a waiting list.



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

## Forest School News



Christmas has arrived at Forest School, this week the children planted a real Christmas tree! They worked so hard to dig a deep hole to ensure the roots have enough room for our tree to grow over the coming years.



The Year 3 children have been busy over the last few weeks creating an amazing pathway in our woodland and what a fantastic addition to Forest School it is becoming.



The Year 1 children made the most of the wet soggy mud this week creating a mud bath. They squealed with laughter as they rolled around the mud!



Please be advised that all Forest School sessions finish next week for this term.



## Dates for Your Diary

Monday 9 <sup>th</sup> December	Year 5 girls' football training
Tuesday 10 <sup>th</sup> December	Nursery theatre performance 'The Perfect Present'
Wednesday 11 <sup>th</sup> December	Year 3 to Natural History Museum Year 2 Everybody sing class (Royal Opera House)
Thursday 12 <sup>th</sup> December	Year 4 to National Maritime Museum and Greenwich Park Green Pathway to Bellingham Soft Play Year 2 Everybody Dance class (Royal Opera House) Friends of Torridon PTA School Disco
Friday 13 <sup>th</sup> December	9.00 Year 5 assembly performance 2.45 Year 6 assembly performance
	String ensemble performance at Lewisham Shopping Centre
Monday 16 <sup>th</sup> December	9.00 Year 1 assembly performance 2.00 Resource Base assembly performance 2.45 Year 2 assembly performance
Tuesday 17 <sup>th</sup> December	Early Years Nativity performance 9.00am OR 2.45pm
Wednesday 18 <sup>th</sup> December	Christmas Lunch (children can wear their own clothes)
Thursday 19 <sup>th</sup> December	9.00 Year 3 performance assembly 2.45 Year 4 performance assembly
Friday 20 <sup>th</sup> December	Last day of the autumn term 2pm finish
Monday 23 <sup>rd</sup> December – Friday 3 <sup>rd</sup> January	CHRISTMAS HOLIDAY
Monday 6 <sup>th</sup> January 2025	First day of the spring term
Friday 17 <sup>th</sup> January	INSET DAY – SCHOOL CLOSED TO CHILDREN
Thursday 30 <sup>th</sup> January	PTA Sponsored Bounce
Wednesday 5 <sup>th</sup> February	9am – parent and carer coffee morning with the Mental Health Schools Team
Tuesday 11 <sup>th</sup> February	Safer Internet Day
Thursday 13 <sup>th</sup> and Friday 14 <sup>th</sup> February	Whole school art exhibition PLEASE NOTE CHANGE OF DATES
Friday 14 <sup>th</sup> February	PTA fundraiser (Non-uniform day)
Monday 17 <sup>th</sup> – Friday 21 <sup>st</sup> February	HALF TERM HOLIDAY



## STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Za'niyah	For joining in during carpet times, especially learning the Nativity songs. Well done, Za'niyah!
Nursery AM	Josiah	For using his words when playing with his friends. Well done, Josiah!
Nursery PM	Eva	For being very helpful during tidy up time. Well done, Eva!
Blue Class	Gracelynn	For consistently trying her best and being a role model to her peers. Well done, Gracelynn!
Red Class	Matthias	For a fantastic week! Matthias has engaged with the provision beautifully, he wrapped some lovely gifts! Matthias also helped tidy up. Well done, Matthias 😊
Yellow Class	Stella	For always being enthusiastic about her learning and trying her best. Well done!
1M	Thaarani	For always being polite and friendly. She also has a lovely attitude towards her learning and shows great enthusiasm. Well done, Thaarani! 😊
1N	Yasmine	For her enthusiasm for learning. She always shares her good ideas with us on the carpet and she is always kind and helpful.
1W	Vettri	For his progress in phonics. He was made a huge effort to learn new sounds, while listening carefully as he reads new words. Keep it up!
2E	Adem	For really trying his hardest these last few weeks with his learning. In particular, his writing. Remembering his leading joins and his finger spaces. 😊
2S	Nia	For her excellent effort during assessment week. It has been wonderful to see you apply all of your lovely learning and achieve your best! Well done Nia 😊
2SW	Liam	For his kindness and helpfulness towards the staff and his peers. Well done Liam, keep it up! 😊
3A	3A	For putting in so much effort and trying their absolute best during assessment week. Great work! 😊
3G	3G	For their great focus and amazing efforts during assessment week. Well done 3G 😊
3S	Alyssa	For an amazing attitude towards all that she is asked to do. Well done for all your hard work this week. Keep it up 😊
4K	Sophia	For her enthusiasm and active participation in class. Continue to engage with your learning. Well done! 😊
4L	Kasvin	for always being ready to learn, following instructions and working well with others.
4S	Ike	For showing great determination to achieve his goals. Well done for all your effort in learning your spellings – keep it up! 😊
5C	Abigail	For being positive in her learning and working collaboratively with her peers. Well done!
5L	Zayd	For writing an excellent narrative based on the story, “The Buried Moon”. You thought carefully about your vocabulary choice to engage the reader. Well done!
5V	Virat	For having good learning behaviour! Well done Virat!
6A	Angell	For her hard work and commitment in her assessments this week and for making good progress. Keep it up!
6L	Aksa	For her focus and determination during assessment week. Well done!
6R	Annaliese	For demonstrating excellence in all areas of the curriculum and always presenting her work to an outstanding standard. Well done!
RB Blue	Knox	Well done for showing your fantastic debating skills in class this week!
RB Green	Jarelle	Well done for being more independent with your learning this week and really trying your best.



## Donations For Inclusion






We are gathering exciting resources to support our attention and listening interventions in the Early Years and KS1. We would therefore be very grateful if you have any of the below items that you could donate:



bubbles	animal noise maker	party blowers
bubble wands	children's musical instruments	noisy putty
bubble machines	light up toys	bouncy putty
touchable bubbles	yo-yos	slime
standard balloons	fidget spinners	magnetic putty
flying rocket balloons	spinning tops	kinetic sand
chattering teeth	mouldable foam soap	squishy or stretchy things
wind-up toys	whistles	small objects that fly
an ocean drum	hand bells	jumping frog
bouncy balls		mini pull and release cars

## Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	97%		3A	98%		5C	97.3%	
1N	93%		3G	98.6%		5L	96%	
1W	84%		3S	99.2%		5V	95%	
2S	96%		4K	94%		6A	94%	
2SW	92%		4L	94%		6R	97.7%	
2E	90%		4S	96%		6L	97.5%	

# INSET DAY SUCCESS

Friday 22<sup>nd</sup> November was a successful first PTA Fundraising and social event to bring Torridon families together outside school.



We raised over £100 and 30 families participated, parents and carers are having a giggle and chat while the kids were enjoying themselves at the activities.

We are looking forward to more bonding events on future INSET days or during school holidays. Many thanks to Christine and the Friends of PTA for organising the event.

We would also like to say a massive thankyou to our partners:

Allison Parkinson for her workshop and letting us explore the treasures found around us.

If you would like to purchase her books, or her card game *ROAR!* just follow the links on her website: [www.tigerseyebooks.co.uk](http://www.tigerseyebooks.co.uk) or find her at the following local market next month, where she will be offering a range of special gift deals:



## Football Domination for their coaching

Holding classes every Saturdays during term time and holding a Christmas camp 30th December 2024 to 2nd January 2025

<https://footballdomination.com/>

Thail Boxing Community Centre TBCC for their free coaching and use of their studio

Charity registration number: 1141235

Kids Classes Monday to Wed 5-6pm and

Free Women only Wednesday 9-10am and Saturday 12-1pm

Address: Level 1 First Floor, Unit 20, Bellingham Trading Estate, Franthorne Way, London SE6 3BX

<https://thaiboxingcommunitycentre.org/>



Better Leisure Centre for their Softplay donations and free use of their football pitch.



# Community Christmas Events

Come along to Moon Lane Books for our annual Christmas Pop-Up Market - this year runs in collaboration with our wonderful neighbours: Marchetti and Forest Hill Christmas Trees.

Tick off all the names on your Christmas shopping list, pick a tree and enjoy delicious Christmas treats, all in your local area. Here at Moon Lane you can shop our incredible range of books, puzzles and games, before heading upstairs to the pop-up market to select gifts from the collection of stunning handcrafted jewelry, toys, ceramics, and other wonderful pieces from local artists and creatives.





# A visit from author Allison Parkinson

Dear parents and carers,



Local author and illustrator Allison Parkinson recently ran a story crafting workshop with some of our children.

Allison has written a range of books suitable for primary-aged children, including picture books and her Laurella Swift historical fantasy trilogy, which chronicles the time-travelling adventures of a 10-year-old Catford schoolgirl.

Visit her website: [www.tigerseyebooks.co.uk](http://www.tigerseyebooks.co.uk) and follow her on Instagram @allisonparkinsonwrites to find out more about her books and events.

If you would like to purchase her books, or her card game *ROAR!* just follow the links on her website: [www.tigerseyebooks.co.uk](http://www.tigerseyebooks.co.uk) or find her at the following local market next month, where she will be offering a range of special gift deals:

• **Sunday December 15th**, 11am-4pm: Forster Memorial Park

Christmas Market, Whitefoot Lane SE6 1UA





## What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

### WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

#### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

#### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

#### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

#### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

#### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

#### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

#### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

#### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

#### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

#### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

#### 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/mental-health-apps>



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