



Hazelbank Road, Catford, London, SE6 1TG

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25th April 2025

Dear parents and carers,

Welcome back! I hope you had a lovely break. It was wonderful to see the children again this week. We have had such a great start to the summer term.

This week we welcomed some teaching colleagues who were visiting from Sweden. They were here to learn about the English education system. They spent the morning visiting classes to see some of the fantastic teaching and learning that happens at Torridon. They were really impressed with what they saw and have taken many ideas back to their own classrooms. I was very proud to show them our lovely school, our wonderful children and the brilliant staff team who work here.

Next week, Deme will be taking our Unity dancers to their very first competition. They have been practising really hard, and we wish them all the best for their performance on Tuesday.

Some of our talented musicians will be performing for their parents and carers next week. Guitarists are performing on Thursday morning and pianists on Friday. Both performances will start at 9am. We hope you will be able to join us.

Megan and members of the PTA are looking forward to seeing you on Friday for a cup of tea or coffee and to hear your thoughts and ideas about upcoming summer events. Everyone is welcome. We hope to see you there.

I hope you have a super weekend.

Best wishes

Manda George

Headteacher



Rights Respecting School



We have been focusing on Earth Day which links to Article 6 and Article 24. We discussed how a healthy environment supports their right to life and the best possible health, including access to clean water, nutritious food, and fresh air. We also shared ideas on how we can protect the Earth by recycling, reducing plastic use and planting trees. By doing this, we hope to support the rights of all children around the world and create a better, healthier future for everyone.



PTA Dates

PTA Coffee Morning - Friday, 2nd May

Please join us for an informal PTA meeting at school next Friday at 9am – all are welcome! Enjoy a home baked treat and hot drink free of charge, get to know other parents/carers, and learn about how you can get involved with upcoming PTA events:

- Sunday, 8th June – Kids' Fun Run in Forster Memorial Park
- Friday, 20th June – INSET Day at LEGOLAND
- Sunday, 6th July – Summer Fair

Can you help make the 2025 Summer Fair possible? Please join our WhatsApp group and check out our comprehensive review of the 2024 Summer Fair [here](#).

We hope to see you next Friday!

Forest School – Summer Term Kit List

As the weather will hopefully begin to improve for the summer term, we would like to inform you of a forest school kit list for your child for when it will be too hot to wear waterproof trousers. **Your child should bring the following to school in a bag on their forest school day:**

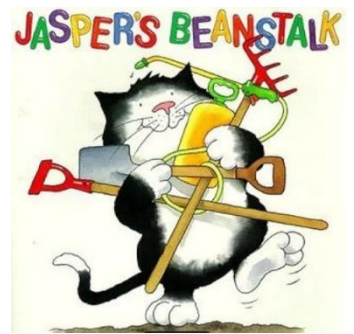
- Welly boots
- Lightweight waterproof jacket
- Long sleeved T-shirt
- Lightweight tracksuit bottoms/leggings
- Spare pair of socks

It is really helpful if your child's items are clearly labelled with their name.

This kit list is to ensure school uniforms do not get damaged as we do get dirty! As the weather improves, please ensure your child has sun cream applied at home before school and that they wear a sun hat or cap. Thank you as always for your continued support as we incorporate Forest School into our curriculum.

Nursery – Planting

This week in Nursery, we have started our new topic 'We Are Growing.' We read the story 'Jasper's Beanstalk', and the children planted their own beans in forest school. In Nursery, we planted flowers in our mud kitchen, and we planted cress seeds too!



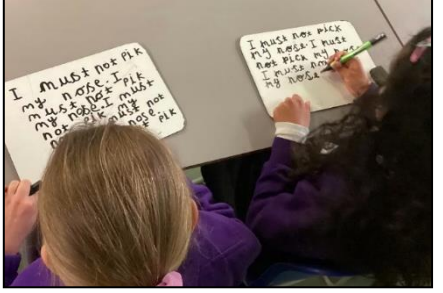
Resource Base – Dinosaurs

The Resource Base children have been thoroughly enjoying an exploration of dinosaurs this week. We've brought these prehistoric creatures to life by using drama, playing with models and making footprints in playdough. We have started to learn about land dinosaurs' habitats by making our own dioramas. We have also welcomed some exciting new additions to the classroom – tadpoles. The children have been captivated by observing them swimming around the tank.



Year 1 – Victorian School

This week, we stepped back in time to find out what it was like to be at school in the Victorian era. The children were surprised at how strict their teachers were and at having to pay one penny to come to school.



PE was a drill session, with marching and lots of exercises while maths was repeating and copying the two times table. After a while, the children decided that they no longer wanted to be at Victorian school, so they learnt about the jobs that Victorian children had to do and wrote applications for jobs as chimney sweeps, coal miners and potato harvesters.



The children also learnt a verse of the national anthem and stood up to sing it to a picture of Queen Victoria, before learning and performing a wonderful paired dance.



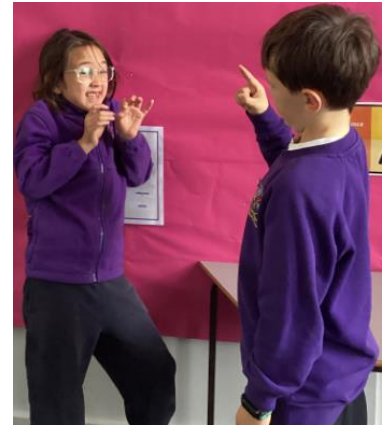
Year 2 – The Great Fire of London

This half term, year 2 are learning all about the Great Fire of London! This week, we explored how the fire started. We discovered that it started in a bakery. Therefore, we have been busy following instructions on how to make bread. We were very excited to become bakers and had lots of fun exploring the features of instructions. We realised, whilst following them, that a good set of instructions includes imperative verbs which are bossy and tell us what to do and are sequenced in order. After carefully following the recipe, we ended up with the most delicious bread rolls ever!



Year 3 – Rotten Romans

Our new theme this term is the 'Rotten Romans'! We read a gruesome, grisly myth called 'Romulus and Remus, the boys who founded Rome'. Then, we acted out the story. Take a look at some of our ferocious facial expressions...



Year 4 – Drama

To engage with our new text, 'Odd and the Frost Giants', we role played Odd's memory of his father dying during a sea-raid which is told in Chapter 1.

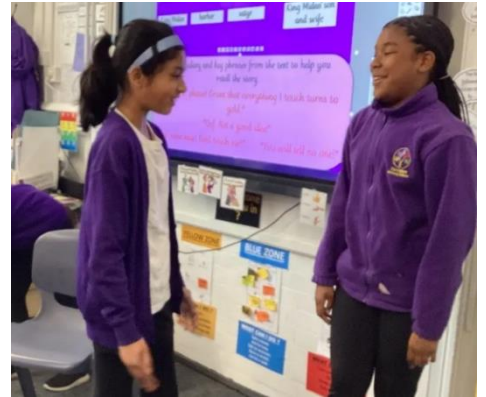
Odd's father did not die in the glory of battle; he died because he dived into the water to save a pony. We showed that we understood Odd's unusual character by merely shrugging when he was told the news that his father had died.



Year 5 – Gracious Greeks

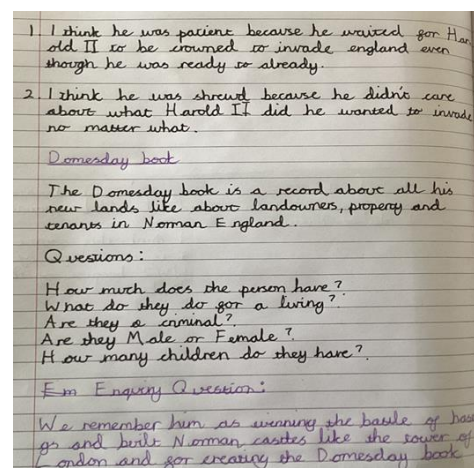
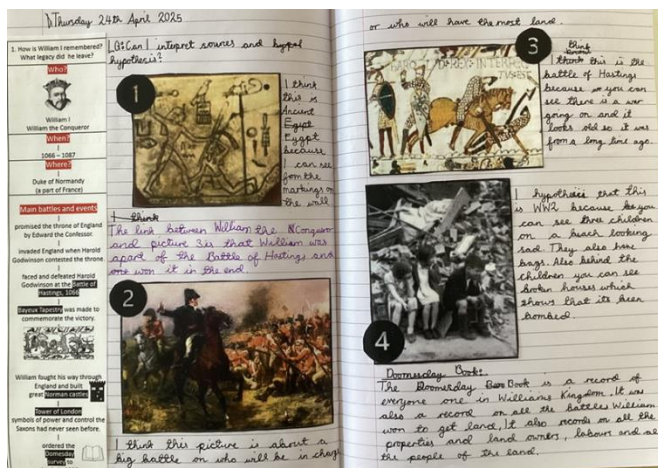
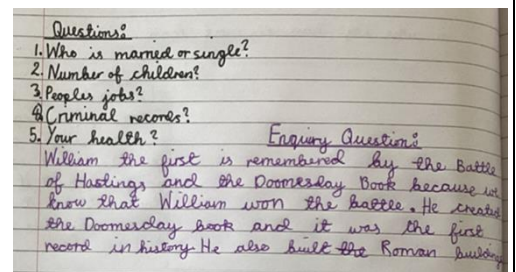


This term, our theme is 'Gracious Greeks'. The children have used drama to explore and enhance their learning. They actively participated by role-playing as King Midas and the Satyr, bringing the myth to life through their performances. Their enthusiasm and creativity shone through as they experimented with different emotions and expressions, making the learning experience both fun and memorable.



Year 6 – History

Year 6 children have begun their new topic: 'Significant Monarchs'. To make links, they started by interpreting various sources from different historical times and hypothesing on new areas of learning. They used other secondary sources to learn about William the Conqueror and the significance of his reign. Children were fascinated with what they found out today about the Battle of Hastings and the history of the Domesday book. They explained some of the qualities that enabled William I to win the war against Harold, and they also wrote down questions of what they would have included in the Domesday book.



Forest School News

We started our week off by celebrating Earth Day on Tuesday. Children from 2E and 4S made 100 wildflower seed bombs to scatter around our local community.



Nursery and Reception planted runner beans in pots which will grow in their classrooms as they continue their learning based on the stories of Jasper's Beanstalk and Jack and the Beanstalk.



Year 4 children have been fascinated by the activity in the pond this week, with 4L being the current newt champions by finding an amazing 12 newts living in our pond.



We have also enjoyed some Forest School yoga in the sunshine.



Dates for Your Diary

Tuesday 29 th April	Year 3 trip to British Museum
	Resource Base to Pizza Express
	UNITY dance competition
Wednesday 30 th April	Year 5 art workshop
Thursday 1 st May	9am Guitar performance for parents and carers
Friday 2 nd May	9am Piano performance for parents and carers 9am PTA coffee morning
Monday 5th May	SPRING BANK HOLIDAY
Thursday 8 th May	9am SEND Coffee morning – language development
Friday 9 th May	Year 5 Ancient Greece workshop in school
Monday 12 th May	Nursery to Horniman butterfly house
	Year 2 to Tower Bridge
Monday 12 th – Friday 16 th May	Year 6 SATs week
Thursday 15 th May	Family Film Night
Friday 16 th May	Year 2 football tournament
Monday 19 th May	9am Woodwind performance for parents and carers
Tuesday 20 th May	Year 5 and 6 boys' cricket tournament
	Family Film Night
Wednesday 21 st May	Reception Bug Man visit
Thursday 22 nd May	Year 5 and 6 girls' cricket tournament
Friday 23 rd May	PTA fundraiser – non uniform day
Monday 26th – Friday 30th May	HALF TERM HOLIDAY
Sunday 8 th June	Family Fun Run (Forster Park)
Tuesday 10 th June	Year 5 and year 6 hockey tournament
Friday 20th June	INSET Day
	PTA Trip to Legoland
Wednesday 25 th June	OPAL playdate 3:15 – 4:15pm
Tuesday 1 st July	Year 6 secondary transition day
Wednesday 2 nd July	Year 6 Royal Opera House Project
Sunday 6 th July	PTA - Summer Fair
Week beginning Monday 7 th July	Whole School Assessment Week
Tuesday 8 th July	Summer Music Concert
Monday July 14 th	Nursery and Reception Sports Day
Tuesday 15 th July	Year 1 and Year 2 Sports Day
Wednesday 16 th July	5.00pm Year 6 performance
Thursday 17 th July	9.00am Year 6 performance
Friday 18 th July	Year 3, 4, 5 and 6 Sports Day
Tuesday 22nd July	Last Day of Summer Term (2pm finish)



SEND Workshops

Do you want to know how to support your child with language?

Is attendance at school hard for your child?

Need to find out why safe relationships are important?

Want to know how schools support children with SEN without an EHC Plan?

Need some ideas on how to get your child ready to learn?

Free SEND Support Parent/Carer Workshops:
Friday 25th April – Thursday 1st May



Drumbeat



Lewisham and Greenwich NHS Trust

Workshops will be held in venues across Lewisham during and after working hours

FREE SEN Support Parent/Carer Workshops, Friday 25th April – Thursday 1st May, 2025



Fri 25 April
9:30-11:30
Corbett Library
What support can your child with SEN get in school/college?
www.SEN25AprilAM.eventbrite.co.uk



Sat 26 April
13:00-15:00
Forest Hill School
What support can your child with SEN get in school/college?
www.SEN26AprilPM.eventbrite.co.uk



Mon 28 April
9:30-11:30
Manor House Library
Supporting your child with EBSNA & relationships
www.SEN28AprilAM.eventbrite.co.uk



Mon 28 April
17:00-19:00
Manor House Library
Supporting your child to be ready to learn in the classroom
www.SEN28AprilEVE.eventbrite.co.uk



Tues 29 April
9:30-11:30
St Laurence Centre
Supporting your child to be ready to learn in the classroom
www.SEN29AprilEVE.eventbrite.co.uk



Tues 29 April
17:00-19:00
St Laurence Centre
Supporting your child with EBSNA & relationships
www.SEN29AprilAM.eventbrite.co.uk



Wed 30 April
9:30-11:30
The Albany
Supporting your child with EBSNA & relationships
www.SEN30AprilAM.eventbrite.co.uk



Wed 30 April
17:00-19:00
The Albany
Supporting your child to be ready to learn in the classroom
www.SEN30AprilEVE.eventbrite.co.uk






Thurs 1 May
9:30-11:30
Downham Library
Supporting your child to be ready to learn in the classroom
www.SEN1MayAM.eventbrite.co.uk



Thurs 1 May
17:00-18:45
Downham Library
Supporting your child with EBSNA & relationships
www.SEN1MayEVE.eventbrite.co.uk

Weekly Attendance

Class	Attendance_		Class	Attendance		Class	Attendance	
1M	83%		3A	100%		5C	95%	
1N	95%		3G	95%		5L	93%	
1W	98%		3S	95%		5V	90%	
2S	96%		4K	96%		6A	92%	
2SW	96%		4L	96%		6L	98%	
2E	96%		4S	95%		6R	91%	

Well done to those who won the attendance cups this week! Remember that our whole school target is 97%!

Open Mornings



CHRIST'S HOSPITAL
A SCHOOL LIKE NO OTHER

- ✓ Independent School of the Year 2024/25
- ✓ Co-ed boarding and day school for ages 11-18
- ✓ Fee-assisted day and boarding places available
- ✓ Near Horsham, West Sussex
- ✓ Open Morning Saturday 26 April

www.christs-hospital.org.uk





NEWSTEAD WOOD SCHOOL
YEAR 7 OPEN MORNING

Saturday 5 July 2025

Don't miss your chance to see our amazing school, with a welcome talk from the Headteacher, senior staff and Head Students, and guided tours led by our incredible students!

This event is exclusively for Year 5 families and numbers are limited - book your tickets [here now!](#)

Time: 9am to 12pm
Location: Newstead Wood School, Avebury Road, Orpington BR6 9SA

Admissions Information
Our Application Form will be open on [our website](#) from 1 May until 30 June 2025. Our selection tests will take place on Friday 26 and Saturday 27 September 2025.

Pupil Premium Families
We are committed to widening access to grammar school education and narrowing the educational divide for disadvantaged students. We offer free support materials to Pupil Premium families through Atom Learning [here](#) and through Frog Education which will be sent when we receive your application form.







NEWSTEAD WOOD SCHOOL
"creating opportunities for success"

2025
THE SUNDAY TIMES
SCHOOL'S GUIDE
2025

STATE-ACCOMMODATED
SCHOOL OF THE YEAR
LONDON

STARS OF THE WEEK

STARS OF THE WEEK		
Class	Name	Reason
Nursery FT	Phoebe	For sharing her ideas during carpet time and being very helpful during tidy up time. Well done, Phoebe! 😊
Nursery AM	Klesti	For playing nicely with his friends and being kind and caring to others. Well done, Klesti! 😊
Nursery PM	Kallie	For being very helpful during tidy up time and being kind to her friends. Well done, Kallie! 😊
Blue Class	Kamaiyah-Rose	For being such a kind friend to others and for always putting her best effort into writing tasks. Keep it up, Kamaiyah-Rose!
Red Class	Yazmin	For settling in beautifully to red class and Torridon! Keep up the positive attitude Yazmin! 😊
Yellow Class	Kimora	For always having a positive attitude to school and her learning. Well done!
1M	Yasviny	For working hard on her target to use finger spaces and for always being polite. Keep it up, Yasviny! 😊
1N	Victory	For joining us full-time in the classroom with a big smile and so much enthusiasm. She has been putting lots of effort into all of her learning too. Keep up the great work! 😊
1W	Kyro	For making a great start at Torridon this week. He has been a friendly addition to our class!
2E	Louie	For having an amazing first week at Torridon. It has been so lovely having him as part of the class. Welcome Louie! 😊
2S	Ryan	For his fabulous contributions during our class discussions and for taking time and care when completing his learning. Well done Ryan. Keep it up! 😊
2SW	Glory	For her hard work and resilience. She is always ready to take on new tasks and tries her very best with her learning. Well done Glory. Keep it up! 😊
3A	Mia and Arslan	For settling so well into their new school and class. You have both been so helpful, friendly and confident this week. Welcome to 3A – we are very lucky to have you!
3G	Melinda	For her fantastic attitude towards learning and for trying her best during maths. Keep up the good learning! 😊
3S	Inayah	For using her imagination during her cold write. Well done! 😊
4K	Owais	For making a positive start to the term. He was very enthusiastic this week and engaged with his learning. Well done. 😊
4L	Esther	For starting the term off with a renewed focus and getting started with her learning more quickly. Well done, Esther!
4S	Marek	For showing kindness and compassion to animals and nature in forest school and for a focused attitude in the classroom. Well done, Marek. 😊
5C	Madison	For her participation in lessons and showing excellent leadership skills.
5L	Yathurshan	For always completing your learning with a smile! You have a positive attitude to all aspects of your learning. Well done! 😊
5V	Emmanuel	For working really hard to improve his behaviour. You're doing a great job Emmanuel. Keep it up! 😊
6A	Thashyini	For displaying excellence in maths when working with another child – using a different language to engage the learner. Well done for celebrating our DIVERSITY!
6L	Savain	For consistently having a great attitude to learning and always being respectful and polite. Savain embodies every one of our Torridon values. Well done and keep it up!
6R	Patricia	For demonstrating focus and determination in all areas of the curriculum and developing her confidence when sharing her ideas during class discussions. Well done.
RB Blue	Elliot	For coming back to school with excellent focus and for doing so well in his reading comprehension. Well done Elliot!!
RB Green	Jarelle	For coming back from the Easter break with a thirst to learn. His focus and engagement have been exceptional. Well done Jarelle!!

Parent Support and Workshops



Understanding children's behaviour workshops

These free workshops are for parents and carers of children of all ages. We will cover:

- Understanding children's behaviour
- Look at the causes of challenging behaviour
- Learn how to respond in ways that help



Tuesday 29 April, 9.30am-11.30am

Wednesday 30 April, 7pm - 9pm

For more information and to book your space, scan the QR code or email Lesley on lesleye@familylives.org.uk

SCAN HERE



We build better family lives together

www.familylives.org.uk

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NATIONAL CHILDREN'S BUREAU



Raising Early Achievement in Literacy



Lewisham



Sharing REAL with Parents (Raising Early Achievement in Literacy)

A fun, 4-week course with crèche available
Booking is essential

Would you like to

- Meet other parents, share ideas to support your child's early learning.
- Take home Free Resources each week.

Come and join our free fun workshops!

Crèche workers are available to support your under 5s only, this needs to be booked in advance, places are limited.

When & where – pick one of the 4 weekly session below

Tuesday 29th April – 20th May 9.30-11.30 Downham Family Hub BR1 5PD

Thursday 1st May – 22nd May 9.30-11.30 Waldron Health Centre SE14 6LD

Friday 2nd May – 23rd May 1.00-3.00 Catford Library, Catford Mews

Register by using the QR code or contact

Angela Russell or Paul Nash

email

arussell@ncb.org.uk

Paul.Nash@lewisham.gov.uk

07432 739032



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THE PARENT VILLAGE

*Helping parents to feel less alone,
and a little more equipped.*

As a community, we provide services that are designed to support parents with their mental health, wellbeing and confidence.

PARENTING FOR WELLBEING

Because parenting is really tough and we need to take care of ourselves to take care of our children and help them thrive.



www.theparentvillage.org.uk

JOIN US FOR A FOUR WEEK GROUP FOCUSED ON YOUR WELLBEING AND FAMILY LIFE

OVER 4 WEEKS WE WILL EXPLORE:

- Good enough parenting and self care
- Emotions, yours and your children's
- Understanding behaviour
- Family Routines



Groups run in term time

For parents of children aged 0-5 living in Downham and surrounding areas.

Your children can stay in Little Lanterns with the play staff during the session's if they are happy.

Scan for details and to book



www.theparentvillage.org.uk
hello@theparentvillage.org.uk
CIO: 1199222



Opera Tasters – Blackheath Halls



FREE OPERA TASTER SESSIONS WEDNESDAY 4 JUNE

YOUNG PEOPLE'S SESSION (9-18 years) 5-6pm

ADULT SESSION 7-8.30pm

Fancy trying your hand at singing opera? Come join our **FREE** opera taster sessions at Blackheath Halls. Director **Laura Attridge** and conductor **Chris Stark** will lead you through a glimpse into what it's like to be in an opera chorus. If you enjoy yourself you'll have a chance to join our fully staged production in September at Blackheath Halls, alongside world class professional opera singers and an orchestra.

No singing experience/music reading ability necessary, just come and have fun!

Please register your child's/your place for the taster sessions by emailing Kate Howden: k.howden@blackheathhalls.com



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**ARTS COUNCIL
ENGLAND**

Online Safety

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

WHAT ARE THE RISKS?

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sexortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS
ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



The
National
College

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