

Hazelbank Road, Catford, London, SE6 1TG

**Headteacher: Manda George**

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Email: [admin@torridonprimary.lewisham.sch.uk](mailto:admin@torridonprimary.lewisham.sch.uk)



12<sup>th</sup> September 2025

Dear parents and carers,

It was lovely to see so many of you attending our welcome meetings this week. I hope you found them helpful. We will share the slides for anyone who was not able to attend. As I mentioned in the meeting, we are always keen to hear from you so if you have any questions, comments or suggestions, please get in touch via email

[admin@torridonprimary.lewisham.sch.uk](mailto:admin@torridonprimary.lewisham.sch.uk)

We are advertising for new parent governors to come and join our board this year. If you would like to know more about the role, our chair of governors Levin Wheller and I will be very happy to meet with you. Speak to a senior member of staff on the gate if you think you might be interested and would like some more information.

I hope you had a chance to pop into our exhibition this evening to see some of the learning from our Rights Respecting theme week 'Our Rights, Our Voices'. The children really enjoyed learning about their rights, thinking about why children's rights are so important and reflecting on how our core values of Aspiration, Community, Diversity, Excellence and Respect are mirrored in the UN Convention on the Rights of The Child. A big thank you to Suraiya and Shanae for organising everything.

Congratulations to our superstar golfers who came home with our first sports trophy of the season today. They really did Torridon proud!

I hope you have a wonderful weekend,

Best wishes

Manda George

Headteacher



## OPAL Play

We are pleased to share that the **Gladiator Noodle Battle** has been a huge hit with the children! The laughter, teamwork, and imaginative role play have brought so much joy to the playground. It's wonderful to see the children fully immersed in creative play, building confidence and friendships along the way.



### Donations!

We are always looking for ways to make our playground more exciting and inclusive and you can help!



If you have any **unwanted scooters or tricycles** at home that are no longer being used, we would love to give them a second life through our **OPAL Play** initiative. These items will help enrich outdoor play and give children even more opportunities to explore, move, and have fun.

Donations can be dropped off at the school office.

## School Street

Please remember that we have a school street in action at the beginning and end of the day. This means that vehicles are not permitted in the school street zone between the hours of 8.15-9.15am and 2.45-3.45pm. This is to ensure better air quality and safer streets for our children and families.

If you have an exemption and have to drive to and from school, please make sure you drive carefully, being mindful of children who may be walking, scooting or cycling. Please ensure you park considerately, away from the school gates, avoiding resident's driveways and always make sure to turn your engine off.

For more information about the school streets programme, including how to apply for an exemption permit, please visit the Lewisham website:

[School Streets Programme](#)



# SCHOOL COUNCIL ELECTIONS

This week, the children held elections for their new school council representatives. I am very excited to meet them at our first official meeting next week. Welcome to our new school councillors and their deputies:

							
Edith	Stanley	Erin	Hector	Grace	Rudy	Chloe	Liam
							
Cameron	Rae	Alyssa	Caspar	Nikol	Harley	Aamarah	Anice
							
Dexter	Jah'shawny	Malachi	Austin	Vivien	Emmaline	Otilie	Zach
							
Zayd	Ariana	Ivanna	Lotanna	Sophia	Dejahn	Tommy	Isaac

## Friends of Torridon PTA - AGM Friday 26<sup>th</sup> September



Please join us for our Annual General Meeting on **Friday, 26th September**, 9-11am, at school. All are welcome! Come along and enjoy free refreshments, meet other parents and carers, learn about the PTA's activities over the last year, and help shape our plans for the year ahead. Our pre-loved uniforms will be available for an optional donation by cash or card.

Not able to stay for the full meeting? Looking after young children? No problem! Children are welcome, and all are free to drop in and out as needed. We'll circulate presentation slides and notes after the meeting.

Thinking of joining the PTA Committee? Find out what's involved [here](#).

Questions or suggestions? Email [friendsoftorridonpta@gmail.com](mailto:friendsoftorridonpta@gmail.com).



# Fundrasing for the School

Congratulations to the Torridon runners who completed the Big Half last Sunday.



There is still time to donate on their gofundme page to raise money for Friends of Torridon PTA.

<https://www.gofundme.com/f/running-the-big-half-for-torridon>

## Forest School Autumn 1 Timetable – Years 2 and 4

Monday	Tuesday	Wednesday	Thursday	Friday
		2E	2SW	2S
	4S		4C	4K

Your child should bring the following to school in a bag on their

Forest School day:

Welly boots

Waterproof trousers (if they have some)

Waterproof coat

Spare pair of socks

The kit list is to keep your child's uniform clean as we do get wet and muddy!

# Lewisham Foodbank Support



Torridon plan to support Lewisham Food Bank with their Harvest appeal this year.

We are asking for the following donations which can be handed to your child's class teacher or Kelley on the Reception gate.

Year group	Suggested items
Resource Base	Tinned meat or sweet treats
Nursery	Tinned fish or savoury treats
Reception	Tinned veg or jams/spreads
Year 1	Tinned tomatoes or toothbrushes
Year 2	Rice or deodorant
Year 3	Pasta or shower gel
Year 4	Baked beans or shampoo
Year 5	Cereal or toilet roll
Year 6	Tinned fruit or sanitary towels

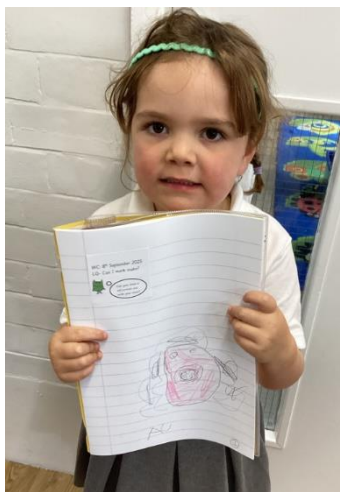
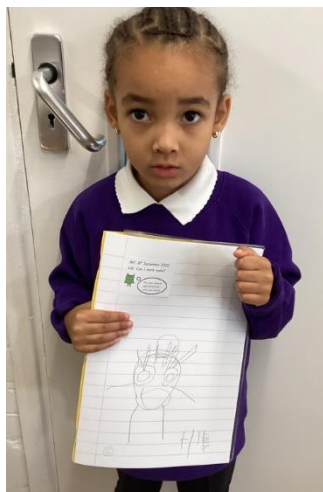
Torridon Primary School are proud to support the Lewisham Foodbank and have worked closely with them since COVID to support many families in need within our community.

We hope to help as many families as we can this autumn so every single donation will make a difference.



## Reception – Names and Numbers

This week in Reception the children drew a picture of themselves and wrote their names. They have also explored numbers and ordered numbers 0-5.



## Resource Base – Food Tasting



We are delighted to share that our weekly food tasting sessions have started again! These sessions give children the chance to build their confidence in trying new foods and encourage them to enjoy mealtimes in the dinner hall alongside their peers. This week, the children explored the differences between salty and sweet foods, sparking lots of interesting conversations and curious taste buds. Food tasting not only helps pupils become more adventurous eaters, but also supports them in making positive, healthy choices. We look forward to continuing these sessions and introducing a variety of exciting new flavours each week.





# Year 1 - Community

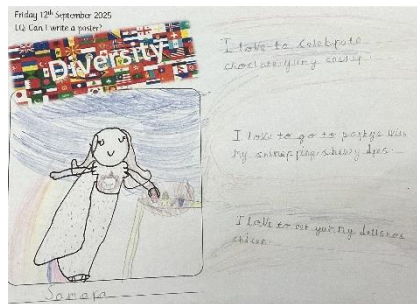
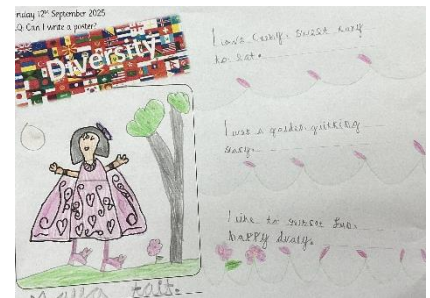
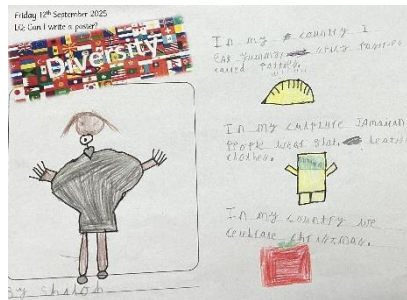
This week we have been creating masterpieces, inspired by helpful people in our community. We chose our favourite community helpers and drew ourselves in their uniforms and settings then we thought about the things they might say to us all and used our best handwriting to write in role as our chosen character.



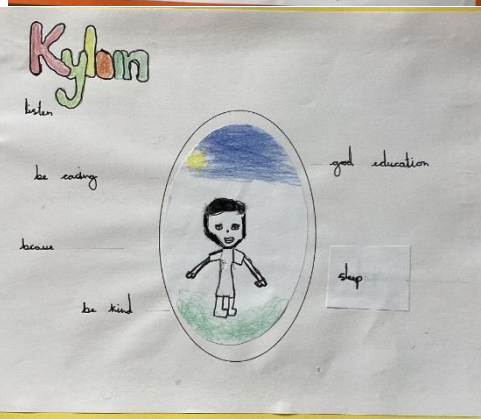
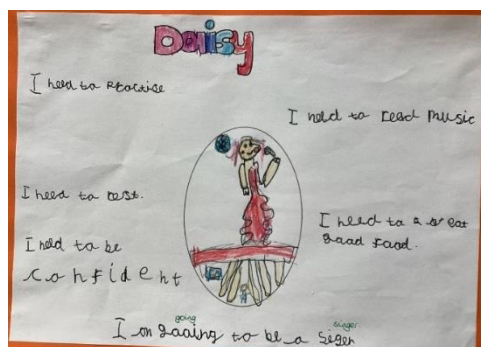


## Year 2 – Diversity Posters

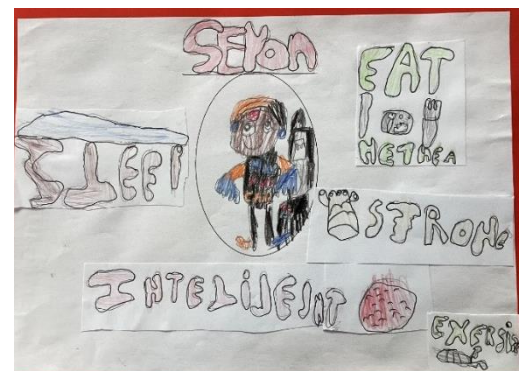
As part of the 'Our Rights, Our Voices' theme, we made diversity posters to share what makes our cultures special. We included foods we love, traditional clothing, and celebrations that are important to us. It was a fun way to learn more about each other and celebrate what makes us unique. We're proud of our posters and loved seeing how different and amazing everyone's lives are.



## Year 3 - Aspiration



Year 3 have been thinking about aspiration. We thought about how we could improve our reading and writing skills, mastering multiplication and division and joining in with class discussions. Everyone thought about their goals and ambitions for the future. Our vision boards helped us to focus on what we needed to do to achieve our goals





# Year 4 persuasive writing

## A Plea to save the World

Good afternoon, my name is David Attenborough. I am here for a devastating chat about the rainforest. The forest is disappearing! We really need help.

Now are helpful, trees are missing are poor animals live and loves there homes like we do, and were we get oxygen so before you CHOPED are many trees really think about kindness to trees and the whole rainforest which are homes for our animals.

If people are damage our Earth then the nature is getting a damage. Animals are losing their homes. There need not help NOW!

If we lose are rainforest we won't be able to survive! 25% of carbon goes in to the rainforest and 2 billion green trees can help for a year!

Speak up BEFORE it's too late

In year 4, the children have been exploring the inspiring work of Sir David Attenborough and writing persuasive speeches about protecting our planet. Using powerful language and emotive arguments, the children spoke passionately about issues such as climate change, deforestation and pollution. The speeches link to the creative learning about David Attenborough which we have been learning about over the last two weeks. The children have developed their writing skills while learning how we can all help care for the planet.

## A plea to save the World.

Good afternoon, my name is David Attenborough and I am here to talk to you about something very serious - looking after our rainforests. Our beautiful rainforests is disappearing, we must protect it urgently.

We must protect our planet and rainforests by not ruining the animals home because thousands and thousands of animals live in the rainforests. Also many plants live in the rainforests too. Did you know if you don't protect the rainforests urgently it will become extinct? We must save the animals and plants before it is too late.

People are cutting millions of trees for paper and oil. It's damaging our nature and rainforests. Most importantly the animals. Why are we harming the animals for no reason? Trees are useful for the world. They make paper and wood. Did you know 25% of the world's carbon is from trees?

Good afternoon, my name is David Attenborough and I am here to talk about something very serious. Look after our forest our beautiful forest and it is disappearing. And we must act fast to protect it. Our amazing rainforest is getting destroyed and we must act fast and we must stop cutting trees down right now because you would not like it if someone destroyed your home. Stop Deforestation right now because we need oxygen and don't waste paper just rub it out or use something else and support charities charities and Reforest. Trees are important because it gives us oxygen.



## Year 5 – Zones of Regulation

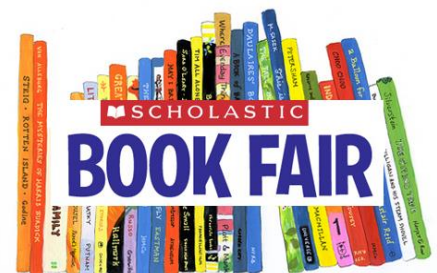


In class, the children created personalized name tags to use on our Zones of Regulation display. Each name tag helps them identify and communicate which zone they are in—blue, green, yellow, or red—based on how they're feeling. This activity followed a thoughtful discussion about emotions and self-regulation strategies. The children also explored and recorded helpful techniques they can use to move back into the green zone, such as deep breathing, taking a short break, talking to a trusted adult, or using calming tools. This display now serves as a daily visual reminder to support emotional awareness and regulation in our classroom.

## Scholastic Book Fair

The book fair will be continuing next week. We are hoping to sell as many books as possible, so that we can earn back FREE books for our reading room. Here are the dates and times you can visit our book fair:

**Thursday 11th September – Wednesday 17th September – Year 3 and 4 hall – 3:15pm-3:45pm**



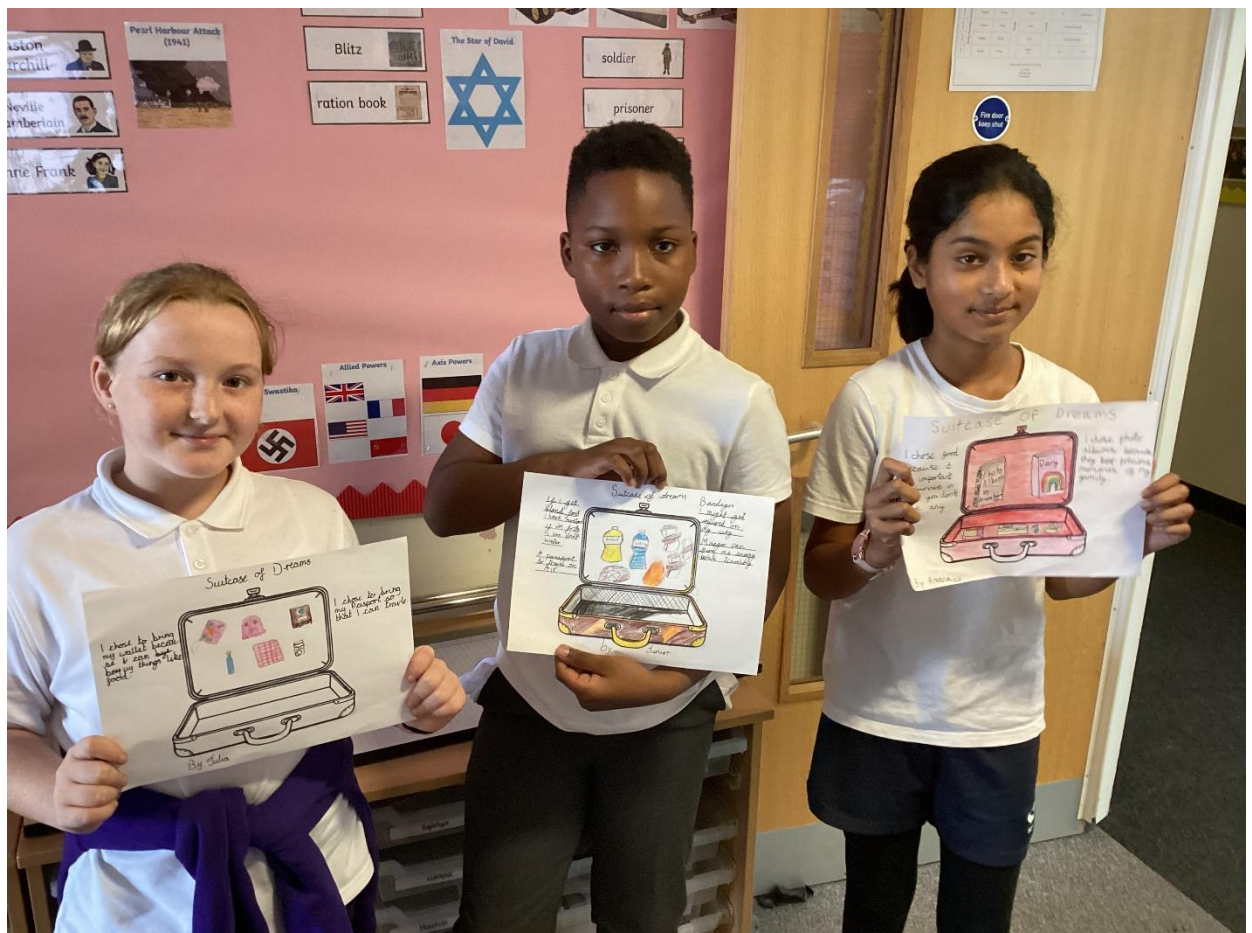


# Year 6 – Hope Has No Borders

As part of our theme "**Our Rights, Our Voices**", Year 6 have been exploring the powerful idea that *hope transcends boundaries*. Their campaign, "**Hope Has No Borders**", has sparked deep reflection and meaningful discussion around human rights, empathy, and global citizenship.

In PSHE this week, the children were asked to imagine what it might feel like to leave their home suddenly, and to consider what **six items** they would take with them. This activity encouraged them to think not only about practical needs, but also emotional connections and personal identity. From cherished family photos to warm clothing, books, and symbolic keepsakes, the choices revealed a thoughtful understanding of what truly matters in times of uncertainty. The children showed great maturity and compassion as they shared their reasons and listened to each other's stories.

This learning experience has helped Year 6 develop a deeper awareness of the challenges faced by displaced people around the world, and has empowered them to use their voices to advocate for kindness, inclusion, and hope. We are incredibly proud of their empathy, creativity, and commitment to making a difference.



# Golfing Glory

On Friday, 10 children from year 6 took part in the Lewisham School games tri-golf tournament at St. Dunstan's Jubilee Ground in Catford. Tri-golf is an inclusive team game where players take turns in hitting the ball towards cones or targets to earn points for their team. We were given the opportunity to play 8 mini games, each with their own unique challenges, to earn as many points as possible. The team with the highest overall score would be the champions. Our Torridon team were outstanding! They worked incredibly well together, cheering each other on throughout and earning an incredible 1147 points, finishing as this year's champions! Well done to all 10 children for being amazing ambassadors for our school - your gold medals are well deserved.

Here's what some of our team players said after the event:

*'I think the team worked well together and I'm really happy with the result. This was my first ever tri-golf tournament, and we came first! My favourite part of the day was when we started playing the first game as I went from being nervous to being extremely excited for the rest of the games'* Max, 6R.

*'My favourite games were the chipping ones as we got to hit the ball really hard. I'm really proud of myself and the team for winning the event. I loved being outside and getting to take part in the tournament. I hope I can do more in the future!'* Lola, 6L








## Dates for Your Diary

Monday 15 <sup>th</sup> -Wednesday 17 <sup>th</sup> September	Book Fair – Y3/4 Hall
Tuesday 16 <sup>th</sup> September	Yr 3 and 4 Tri-golf tournament
Wednesday 17 <sup>th</sup> September	First weekly tour for prospective families
Thursday 18 <sup>th</sup> September	School council meeting
Tuesday 23 <sup>rd</sup> September	Year 3 and 4 girls' football tournament
Thursday 25 <sup>th</sup> September	Coffee morning - mental health schools team
Friday 26 <sup>th</sup> September	9am Friends of Torridon PTA AGM
	Year 5 and 6 girls' football team trials
Tuesday 30 <sup>th</sup> September	Year 5 and 6 mixed netball tournament
October	Black History Month
Friday 3 <sup>rd</sup> October	Year 5 and 6 boys' football team trials
Wednesday 8 <sup>th</sup> October	4K trip to Museum of London Docklands
Thursday 9 <sup>th</sup> October	4S and 4C trip to Museum of London Docklands
	Year 5 trip to Catford Broadway Theatre
Friday 10 <sup>th</sup> October	Year 3 and 4 boys' football tournament
Tuesday 14 <sup>th</sup> October	Reception to Year 6 flu immunisations
	Year 5 and 6 boys' football tournament
Tuesday 14 <sup>th</sup> and Thursday 16 <sup>th</sup> October	Open evenings for parents and carers
<b>Monday 27<sup>th</sup> – Friday 31<sup>st</sup> October</b>	<b>HALF TERM HOLIDAY</b>
Friday 7 <sup>th</sup> November	Year 5 and 6 girls' football tournament
w/b Monday 10 <sup>th</sup> November	Anti-Bullying Week
Tuesday 11 <sup>th</sup> November	Year 1 boys' football tournament
Friday 14 <sup>th</sup> November	Children in Need
Monday 17 <sup>th</sup> November	Individual and class photographs
<b>Friday 21<sup>st</sup> November</b>	<b>INSET DAY</b>
Monday 24 <sup>th</sup> November	Reception cinema visit
Thursday 27 <sup>th</sup> November	Reception to Year 6 height and weight screening
w/b 1 <sup>st</sup> December	Whole school assessment week
Wednesday 10 <sup>th</sup> December	Music concert
Thursday 11 <sup>th</sup> December	PTA School Disco
Friday 12 <sup>th</sup> December	Year 1 and Year 2 festive assembly performances
Monday 15 <sup>th</sup> December	Year 5 and Year 6 festive assembly performances
Tuesday 16 <sup>th</sup> December	Reception nativity performance
Wednesday 17 <sup>th</sup> December	Christmas Lunch
Thursday 18 <sup>th</sup> December	Year 3 and 4 festive assembly performances
Friday 19 <sup>th</sup> December	Last day of term
<b>Monday 22<sup>nd</sup> December – Friday 2<sup>nd</sup> January</b>	<b>CHRISTMAS HOLIDAY</b>
Monday 5 <sup>th</sup> January 2026	First day of spring term

## Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	96%		3A	98%		5A	96%	
1N	98%		3G	94%		5C	96%	
1W	97%		3S	90%		5V	97%	
2E	98%		4C	93%		6L	92%	
2S	98%		4K	96%		6LG	93%	
2SW	99%		4S	94%		6R	93%	

Well done to all the classes who won the attendance cup this week! It's been a great start to the first full week back

## Visual Literacy Research Project

We are very excited to announce that we will be contributing to a research project being led by Oxford University. The project is focussed on teaching visual literacy and the potential benefits it may have to the development of young people. This exciting opportunity to be part of future improvements in education will take place during key stage two art lessons later this ter







## STARS OF THE WEEK



Class	Name	Reason
Nursery FT	Everyone	You have all settled into nursery amazingly , we are so proud!
Nursery AM	Everyone	You have all settled into nursery amazingly , we are so proud!
Nursery PM	Everyone	You have all settled into nursery amazingly , we are so proud!
Blue Class	Ava	For working so hard to manage her emotions this week by coming into class with a smile on her face. Keep it up, Ava!
Red Class	Fousseni	For being very helpful during tidy up time and for using his voice when he needs help. Well done, Fousseni! 😊
Yellow Class	Elodie	For always being a role model. She has been so kind and helpful to everyone. Well done!
1M	Zainab	For being a brilliant role model to the class and for always trying her best. Well done, Zainab! 😊
1N	Cairo	He has been coming to school with a big smile, a positive attitude and a love for learning. He even did independent writing! Keep up the great work. 😊
1W	Lyra	She has had such a positive attitude to school and she created an imaginative art piece with helpful advice in role as a librarian. Well done!
2E	Mubashir	For being more independent with his learning, making sure he is focused and taking care with his presentation this week. Well done. Keep it up! 😊
2S	Sebastian	For settling into Torridon Primary School so well. We are so happy to have you in 2SW! 😊
2SW	Laurence	For his positive attitude towards his learning. I have been very impressed with all of his hard work during lessons! Well done Laurie, keep it up! 😊
3A	Max	For your excellent attitude to learning.
3G	Hannah	For her creation of a very cool homemade robot. Keep up the amazing work! 😊
3S	Kylan	For being a fantastic role model to everyone in the class. Well done for always trying your best in your learning 😊
4C	Cassia	For always putting in her best effort during lessons and showing great independence in her work 😊
4K	Seth	For showing amazing enthusiasm and participation in class this week during our theme discussion. His contributions really stood out! Keep it up Seth 😊
4S	Sheanna	for demonstrating excellent focus, independence and pride in her learning. Well done Sheanna 😊
5A	Jah'shwany	For his excellent engagement and enthusiasm during maths lessons; always looking for avenues to challenge himself.
5C	Max	For settling nicely in year 5 and producing some great pieces of learning that he should be proud of. Well done!
5V	Sophie	For using adventurous vocabulary in her writing. Well done 😊
6L	Amy	For actively engaging in all areas of learning, demonstrating excellence and being a great role model for your peers. Well done!
6LG	Junior	For having great dedication to his presentation of his learning. Your handwriting is consistently neat and clear! Well done! 😊
6R	Ashton	For demonstrating superb focus across the curriculum and providing an assured explanation of his reasoning when solving problems.
Resource Base	Lotanna	For being a positive member of the Resource Base by sharing and trying to include everyone in what he is doing.



Use simple techniques and tools to make something beautiful.  
All abilities welcome - from beginners to experienced carvers.

**Torridon School, Sunday 28th September, 10am-3pm.**

£50 per person (18+ only. Discounts available.)



amyas.varcoe@gmail.com



@VarcoeWoodcraft





# Torridon Primary School



## AUTUMN TERM 2025

INSET DAYS	Monday 1 <sup>st</sup> and Tuesday 2 <sup>nd</sup> September 2025
First Day of Autumn Term	Wednesday 3 <sup>rd</sup> September 2025
HALF TERM HOLIDAY	Monday 27 <sup>th</sup> – Friday 31 <sup>st</sup> October 2025
INSET DAY	Friday 21 <sup>st</sup> November 2025
Last Day of Autumn Term	Friday 19 <sup>th</sup> December 2025
CHRISTMAS HOLIDAY	Monday 22 <sup>nd</sup> December 2025 – Friday 2 <sup>nd</sup> January 2026

## SPRING TERM 2026

First Day of Spring Term	Monday 5 <sup>th</sup> January 2026
INSET DAY	Friday 16 <sup>th</sup> January 2026
HALF TERM HOLIDAY	Monday 16 <sup>th</sup> – Friday 20 <sup>th</sup> February 2026
Last Day of Spring Term	Friday 27 <sup>th</sup> March 2026
EASTER HOLIDAY	Monday 30 <sup>th</sup> March - Friday 10 <sup>th</sup> April 2026

## SUMMER TERM 2026

First Day of Summer Term	Monday 13 <sup>th</sup> April 2026
BANK HOLIDAY	Monday 4 <sup>th</sup> May 2026
HALF TERM HOLIDAY	Monday 25 <sup>th</sup> May – Friday 29 <sup>th</sup> May 2026
INSET DAY	Monday 20 <sup>th</sup> July 2026
Last Day of Summer Term	Friday 17 <sup>th</sup> July 2026

Children do not come to school on INSET Days



# Keep on reading...

Congratulations and thanks to all of the children and families who have taken part in the Summer Reading Challenge at Lewisham Libraries this year.

If you haven't completed your challenge yet – don't panic! The Challenge doesn't end until Sunday 21<sup>st</sup> September – so there is still time to tell us about your books and earn your medal.

If you *have* completed your challenge – keep on reading! Come and see us soon at Lewisham Libraries.

## Summer Reading Challenge



# Secondary School Open Days

**EXCELLENCE.  
DIFFERENTLY.**

LEADING THE  
WORLD WITH  
INTEGRITY



**OPEN DAY**  
SATURDAY 20 SEPTEMBER 2025

## SOUTH LONDON'S AWARD-WINNING SCHOOL

St Dunstan's College has been recognised nationally as:

- Co-educational School of the Year (2020)
- Independent School of the Year (2022)
- Most Progressive Independent School in London (2023 and 2024)
- Best Diversity and Inclusion in Sport (2024)
- Best Diversity and Inclusion in Sport (2025)

### Record-breaking A Level Results

This summer, St Dunstan's celebrated record-breaking A Level results, with 89% of grades at A\*-B and 63% at A-A\*.

### OTHER UPCOMING EVENTS

Sixth Form Open Evening  
Thursday 2 October 2025

Football Open Day (11+ and 16+)  
Wednesday 8 October 2025

[www.stdunstans.org.uk](http://www.stdunstans.org.uk)  
London, SE6 4TY

BOOK NOW



**Harris Boys' Academy**  
East Dulwich

**OPEN  
EVENING**  
FROM 5PM-7PM

Thursday 18th September 2025  
**Booking required**

**OPEN MORNINGS**  
FROM 9AM-10.15AM

Monday 22nd September 2025  
Monday 29th September 2025  
Monday 6th October 2025  
**Booking required**



Please visit our website  
[www.harrisdulwichboys.org.uk](http://www.harrisdulwichboys.org.uk)  
to make your booking.

Harris Boys' Academy, East Dulwich, Peckham Rye, London SE22 0AT  
e: [info@harrisdulwichboys.org.uk](mailto:info@harrisdulwichboys.org.uk) t: 0208 299 5300  
@ harris\_boys\_east\_dulwich X @HarrisEDB

Harris Federation



Photo taken  
by Cleverbox



## LONDON NAUTICAL

Free Jumper &  
Beret for all  
Year 7 starter  
students in 2025  
& 2026



Leading  
Navigating  
Succeeding



2025 Open Events  
For pupils starting September 2026

Open Evening From 16:45 hrs.  
Thursday 18<sup>th</sup> September 2025

Open Mornings From 09:00 hrs  
Monday 22<sup>nd</sup> September 2025

Wednesday 1<sup>st</sup> October 2025

Thursday 9<sup>th</sup> October 2025

**Saturday 11<sup>th</sup> October 2025**

Friday 17<sup>th</sup> October 2025



← Click Here to register



## Being a Parent

Parenting programme for parents of children aged 2-11

Delivered by trained Parent Group Leaders from Empowering Parents Empowering Communities (EPEC), part of South London & Maudsley NHS Trust, in partnership with Lewisham



A FREE 9 week course to help parents learn practical skills for everyday life such as:

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies

Ladywell Family Hub

30 Rushey Mead, SE4 1JJ

Wednesdays 10.00-12.00

1st October-3rd December 2025

(no session 29th Oct—half term)

To sign up—

Click [HERE](#) or scan the QR code.  
Or contact 07860 371868



"I absolutely loved this course. I would recommend it to anyone. It has helped me out so much as a parent"

"The leaders were amazing, made me feel so much more confident and feel like people actually do care."

Feedback about the Being a Parent course



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



NHS  
South London  
and Maudsley  
NHS Foundation Trust



**SOUNDSTEPS**  
MUSIC SCHOOL



## Free Children Piano/Keyboard Taster Available Now

- Weekly 1 hour lessons available Monday to Sunday for children aged 5-13
- Children learn to read, write and play music in every lesson. we also provide keyboard at every lesson
- Termly Exams and certificate along with opportunities to sit at internationally recognised exams and perform at live events



Contacts us Now by Email, Phone, Whats App or via our Website/QR Code to Book Your "FREE TASTER SESSION"



e:office@soundstepsmusic.co.uk t:07926 371583

www.soundstepsmusic.co.uk





**TICKETS AVAILABLE NOW!**

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**BUILD CHALLENGES**

**ACTIVITIES FOR ALL AGES**

**CHARITY TOMBOLA**

**MILLIONS OF LOOSE BRICKS**

**PLUS SO MUCH MORE!!**



**LONDON BRICK FESTIVAL**

**28<sup>TH</sup> SEPT 2025**

**ROYAL NATIONAL HOTEL**

**MORE LEGO THAN YOU CAN DREAM OF**

## Help Shape the Future of Children's Mental Health



We want to hear from parents and carers and younger children aged 8-15.

- What helps your child feel safe, happy, and supported?
- What challenges are you facing when it comes to their mental health and emotional wellbeing?

Take the survey to help shape better support and services for children and their families in Lewisham

- It takes 5 mins
- It's anonymous
- You can enter a prize draw to win a £50 gift voucher
- Open until 5<sup>th</sup> October 2025

Survey for you and little ones!

SCAN ME!



**PHAST**  
Healthier outcomes for everybody