



Brindishe
Federation

Brindishe Federation Newsletter

Friday 19th May 2023

Looking for a nursery place for your child? Or know someone who is?

Find one at Brindishe Manor or Brindishe Green!

- both Ofsted-rated 'outstanding' schools

Brindishe Manor and Brindishe Green have **part-time and full-time** nursery places for children aged 3 and 4 years from September 2023.

[Visit our school website to find an application form and further information.](#)

Horniman Events

There is lots going on at the Horniman Museum this half term. Why not try the "Under the Sea Soft Play' or 'Outdoor Messy Play' which are both running during half term and through the summer.



EVENT

Outdoor Messy Play

Wednesdays, 5 April - 26 July 2023

Come along to the weekly Outdoor Messy Play sessions. Located in the...

[Click here to visit The Horniman website.](#)



EVENT

Under the Sea Soft Play

5 May - 3 September

This summer we are making a splash with the creation of our...

'Take' event this summer half term!

Lewisham are organising a 'Take' Event for children in Lewisham. The event is like a 'Give and Take' event but in this instance, you do not need to donate anything. There will be lots of items to choose from including new and excellent quality preloved toys and books. It will take place on Thursday 1 June 1-4 pm at Athelney Primary School Hall.

Some restrictions may apply to ensure that all children and visitors are able to leave with something. There is no need to book, just turn up!



Rights Respecting at Brindishe Schools – Article of the week

Mental Health Awareness Week occurs every year in May and is an ideal time for us all to think about mental health, tackle stigma, and discuss how we can create school environments that protect our mental wellbeing.

The week is based around a different theme each year, and previous themes have included nature, kindness, and body image. It is hoped that as many people as possible will have conversations about mental health and the everyday things that can affect it.

Our mental health clearly links to Article 24 of the CRC but, if you think about it, many of the other rights that children and young people are entitled to, also contribute to good mental health.

What do you need for positive mental health?

- Understanding the different types of emotions you have.
- Knowing that it is usual and ok to have times when you might feel sad or worried
- Learning different ways to look after your mental health
- Having a trusted adult to speak with about your feelings.
- Making sure you exercise regularly.
- Making sure you have a healthy diet.
- Spending relaxation and fun time with friends and or family.
- Taking part in hobbies or activities that you enjoy.
- Being involved in activities to help others.
- Limiting screen time or access to other online platforms.
- Health care – being able to see a doctor, nurse or counsellor if you need to.
- Being able to enjoy all your rights.



At Brindishe Schools we talk to children about their mental health all of the time. We support children to express their moods and feelings and use Zones of Regulation to help children (and adults) recognise when they need help or support. Being active can help our mood too. Why not try this 'Super Movers' video at home with your child - [Super Mood Movers - Look after yourself - BBC Teach](#)





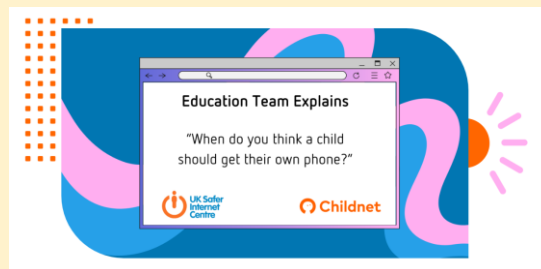
Brindishe Weekly Online Safety Bulletin

When should a child get their own phone?

There is no simple answer to this question, and there is no perfect age for a child to be given their first phone. While this might not sound overly helpful, it does mean that **there are a range of options**, and you can take the time to decide what will work best for your family.

If you are thinking about giving your child their own phone, then you might find the latest article from the Education Team at Childnet useful:

<https://saferinternet.org.uk/blog/experts-answer-when-should-my-child-get-their-first-phone>



Key Federation Dates

- Half Term - Monday 29 May to Friday 2 June
- Year 4 Multiplication window opens until Friday 23rd June
- Phonics Screening Week Year 1 – Monday 12th June – Friday 16th June.
- Brindishe Schools INSET DAY – Monday 3rd July

Governing Body Dates

If you would like to attend a Brindishe Federation Governing Body meeting as an observer, please email our Chair, Liz Murphy - lizcmurphy@gmail.com

Summer 1
Summer 2

Brindishe Lee
Brindishe Manor

Tuesday 23rd May 2023, 6pm
Thursday 13th July 2023, 6pm