



Brindishe Lee Newsletter

Friday 8th October 2021

Headteacher: Ms Maxine Sebire



Brindishe
Lee

Dear families, governors, staff and friends,

This week at Brindishe Lee children have been enjoying all the creative and interactive lessons occurring across the school as well as raising mental health awareness with our *HelloYellow#* day. It was so lovely to see such an array of yellow arrive for school this morning - children, staff and parents were dressed in vivid yellow outfits. Children have spent today learning about mental health and discussing what 'good' mental health feels like. A selection of pictures from the *HelloYellow#* day will be available for you to view next week on *ItsLearning*. Thank you to all children, parents and staff who wore yellow today to support YoungMinds. If you wish to donate to YoungMinds on their Just Giving page, please click on this link - <https://youngminds.org.uk/donate/>

A friendly reminder, parent/carers please refer to our online platform *Itslearning* to view a welcome message and information about this term and the year ahead from your child's class teacher. Next week you will have the opportunity to virtually meet your child's class teacher. The appointment is an opportunity for your child's class teacher to share with you how your child has settled in to their new year group and how their learning is going. Towards the end of the appointment, there will be time for you to ask a few questions. If you have not booked an appointment, please do so via Weduc.

This week we have noticed a rise in the number of children and staff feeling unwell with covid symptoms and therefore needing to get PCR tests or isolate at home. Along with coronavirus, there are a number of other *bugs* that seem to be about, including heavy colds, sore throats and upset stomachs. It is really important that you do not send your child to school if they have one of the three main covid symptoms: a temperature, a new persistent cough, or a lack of taste or smell. You should book your child for a PCR test as soon as possible and let the school office know. This is to make sure we can stop the spread as much as possible and to keep everyone safe and well. Please refer to the covid grid listed below for further guidance.

We hope you all have a happy, safe and healthy weekend!

Kind regards,

Ms Sebire and the Brindishe Lee Team.

Mental Health & Wellbeing - A selection of places to go for advice and support

- Young Minds <https://youngminds.org.uk/> & <https://youngminds.org.uk/get-involved/how-to-fundraise/helloyellow/>
- Mental Health Day <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>
- NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/>
- Brindishe Lee School – info@brindishelee.lewisham.sch.uk

Online Safety

It is **World Mental Health Day** and it is a great time to reflect on the ways being online can have a positive and a negative impact on our mental health. Mind.org.uk have produced a useful pdf for adults, please click on this link for further information - <https://www.mind.org.uk/media-a/2932/online-mental-health-2018.pdf>

Black History Month

Black History Month runs nationally every October to commemorate the history, achievements and contributions of black communities in the UK. There are many events taking place in Lewisham, including the Brindishe Schools that celebrate the history, learning, talents and ideas of our black communities during the month of October and beyond. Lewisham Council are proud to launch a year-round commitment which acknowledges the legacies and contributions of our black communities: Black History Lewisham 365.

Black History Lewisham 365 will explore Black history and culture during the month of October and beyond as we enter 2022 as London's Borough of Culture. Please refer to the link listed below for further information including some exciting events [Lewisham Council - Black History Lewisham 365](#)

WEAR RED DAY – Show Racism the Red Card – Friday 22nd October 2021

Each October **Show Racism the Red Card** holds its annual Wear Red Day! The annual Wear Red Day will take place across England, Wales and Scotland on **Friday 22nd October 2021**. Children at Brindishe Lee are invited to wear red on this day.

If you wish to donate, please click on the link below.

<https://www.theredcard.org/>



REMINDER - F@B - Pizza event for all on Friday 15th October

Please refer to the attachment for more information.



Half Term Holiday Camp

Sportacus will run their ever popular holiday camp again this half term. From **Monday 25th to Friday 29th October**, they will be providing an action packed programme of sports and games at Brindishe Lee School. Please call Harry on **07828 218690** or email Harry@sportacus.co.uk for further information.

INSET Days and The Queen's Platinum Jubilee

An INSET day is a day in the year, where all staff are required to attend school for training or to complete administrative tasks. **Children do not attend school on these days.** This academic year, our INSET days as a federation are as follows:

INSET 1: Wednesday 1st September 2021

INSET 2: Monday 1st November 2021

INSET 3: Friday 26th November 2021

INSET 4: Tuesday 4th January 2021

INSET 5: Monday 4th July 2021

Next year, there is an additional Bank Holiday to celebrate **The Queen's Platinum Jubilee**. Nationally this will be on Friday 3rd June. As this date falls during the summer half term break, schools have been advised to take this day at another time. **Therefore, school will be closed on Monday 6th June 2021 to celebrate the Queen's Platinum Jubilee.**

Important Dates

- **INSET Days** – Please refer to the INSET box above for further information.
- **Parent Meetings (online)**
 - **Tuesday 12th October** Meetings will run from 3.40pm – 6.00pm
 - **Wednesday 13th October** Meetings will run from 3.40pm – 5.00pm
 - **Thursday 14th October** Meetings will run from 3.40pm – 6.00pm
- **Half Term Break** - Monday 25th October to Friday 29th October
- **Winter Break** - Monday 20th December – Monday 3rd Jan 2022



COVID UPDATES - PLEASE READ THIS INFORMATION

Please see below a copy of the decision chart to support you in knowing what to do if your child or another member of your household is exposed to Covid-19 in the coming weeks.

What do I do if.....	What ACTION is needed?	When can I RETURN to school?
My child is ill with symptoms not linked to Covid-19: Sore throat, runny nose, headache, tummy ache, chicken pox, tonsillitis, sickness, diarrhoea	Follow the usual School Absence Policy	When the child is feeling better or 48 hours if the illness is sickness/diarrhoea
My child has one or more of the 3 main Covid-symptoms: <ul style="list-style-type: none"> HIGH TEMPERATURE – this means feeling hot to the touch on the chest or back A NEW CONTINUOUS COUGH – this means coughing for more than an hour, or having 3 or more episodes in 24 hours A LOSS OR CHANGE TO SENSE OF SMELL OR TASTE – this means being unable to taste or smell as usual 	<p><u>DO NOT COME TO SCHOOL</u></p> <p>Contact school to inform us</p> <p>Obtain a PCR test</p> <p>Self-isolate until results are known</p> <p>Siblings who have no symptoms should continue to attend school</p>	On receipt of a negative test result and when your child is well enough to attend
My child tests positive for Covid-19	<p><u>DO NOT COME TO SCHOOL</u></p> <p>Contact the school to inform us, stating the earliest possible date of return</p> <p>Engage fully with NHS Test and Trace</p> <p>Engage with remote learning if your child is well enough to do so</p>	<p>After the applicable isolation period and when your child is well enough to attend</p> <p>Children can return after 10 days' even if the cough and loss of taste/smell remains. This can last for weeks</p>
My child tests negative for Covid-19	Contact school to inform us	...same day/next day and when they are well enough to return
Someone in my house is ill with Covid-19 symptoms	<p>Obtain PCR tests for everyone in your household and advise all close contacts of the person with symptoms to do the same</p> <p>If your child(ren) have no symptoms of Covid-19 they should continue to attend school while awaiting the test result. If your child(ren) have symptoms, they must self-isolate for the required period or until a negative PCR test result is received.</p> <p>A person is only required to isolate if they are over the age of 18 years and 6 months and are not double vaccinated. Any person who is double vaccinated or is under the age of 18 years and 6 months are not required to isolate unless they test positive or have 1 or more of the 3 main symptoms of Covid 19.</p>	
Someone in my house tests positive for Covid-19	<p>Obtain PCR tests for everyone in your household and advise all close contacts of the person with symptoms to do the same</p> <p>If your child(ren) have no symptoms of Covid-19 they should continue to attend school while awaiting the test result. If your child(ren) have symptoms, they must self-</p>	

	<p>isolate for the required period or until a negative PCR test result is received.</p> <p>A person is only required to isolate if they are over the age of 18 years and 6 months and are not double vaccinated. Any person who is double vaccinated or is under the age of 18 years and 6 months are not required to isolate unless they test positive or have 1 or more of the 3 main symptoms of Covid 19.</p>	
NHS Test & Trace has identified my child as being in close contact of someone with symptoms confirmed as Covid-19	<p>Obtain a PCR test for your child</p> <p>If your child has no symptoms of Covid-19 they should continue to attend school while awaiting the test result. If your child has symptoms, they must self-isolate for the required period or until a negative PCR test result is received.</p> <p>A person is only required to isolate if they are over the age of 18 years and 6 months and are not double vaccinated. Any person who is double vaccinated or is under the age of 18 years and 6 months are not required to isolate unless they test positive or have 1 or more of the 3 main symptoms of Covid 19.</p>	
Someone other than NHS Test and Trace has informed me that I am a close contact of someone who has tested positive for Covid-19	<p>Obtain a PCR test for your child</p> <p>If your child has no symptoms of Covid-19 they should continue to attend school while awaiting the test result. If your child has symptoms, they must self-isolate for the required period or until a negative PCR test result is received.</p> <p>A person is only required to isolate if they are over the age of 18 years and 6 months and are not double vaccinated. Any person who is double vaccinated or is under the age of 18 years and 6 months are not required to isolate unless they test positive or have 1 or more of the 3 main symptoms of Covid 19.</p>	
We/my child has travelled and needs to self-isolate as a period of quarantine	<p>Do not take unauthorised leave in term-time</p> <p>Consider quarantine requirements and FCO advice when booking travel</p> <p>Return from a destination when quarantine is needed</p> <p>Agree an earliest possible date for return</p>	...the quarantine period has been completed