



Brindishe Lee Newsletter

Friday 14th January 2022

Headteacher: Ms Maxine Sebire

Brindishe
Lee

Dear families, governors, staff and friends,

This week we have noticed a rise in the number of children and staff feeling unwell with covid symptoms and therefore needing to test and isolate at home. Along with coronavirus, there are a number of other bugs that seem to be about this winter, 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. 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 update listed below for further guidance.

A few highlights this week at school include children immersing themselves in their learning about healthy eating, the water cycle, letter writing, netball, timelines as well as challenging equations. A busy but productive week for all!

Please refer to the information listed below with regards to covid, health and sleeping tips, online safety, information about a free drawing and painting workshop as well as an attachment from the Local Authority about tackling race inequality in Lewisham Schools.

We hope you all have a lovely weekend! Stay safe and well everyone.

Kind regards,
Ms Sebire & the Brindishe Lee Team.

Government Message - Changes to the self-isolation period for those who test positive for COVID-19

From **Monday 17 January**, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#) and to the school office.

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10-day period of self-isolation.

Further [information on self-isolation for those with COVID-19](#) is available.

Community Support - Help shape the future of Cockpit Arts in Deptford

Families and children under 16 are invited to take part in a free drawing and printing workshops hosted by maker Kethi Copeland on Saturday 22 January. The workshop will run throughout the day at Cockpit Deptford as part of the consultation on plans to renovate the building, which provides affordable studio space for local makers and designers. To book your place [visit the Cockpit Arts website](#) or email deptfordcommunity@cockpitarts.com

Health (NHS) - Find help to prevent or tackle obesity

Obesity affects around one in four adults and one in five children aged 10 to 11. It can have a major impact on our quality of life, both physically and mentally. While there's no quick fix, you can [find effective advice on preventing and tackling obesity on the NHS website](#).

As part of National Obesity Awareness Week, the NHS has launched an app to help parents make healthy food choices for their children. If you do family food shopping, why not [download the NHS Food Scanner app](#), to see if you could make some easy healthier food swaps.

Online Safety - What is Roblox?

You can either use Roblox to create games or play games that other users have created. Roblox has a PEGI rating of 7+ BUT as a lot of the content is user generated, which PEGI does not rate, these games may not be suitable for your child to view/play.

What should I be aware of?

- Chat Facility - Players can chat to each other on Roblox. You can add parental controls to turn this feature off completely or add restrictions.
- Virtual Currency - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories. If you do not want your child to purchase them, then ensure your card details are not saved.

What should I do?

- Play the game with your child.
- Explore the parental controls within Roblox and set appropriately for your child (for example restrict access to age-appropriate games).
- Show your child how to use the Report Abuse system within Roblox to report inappropriate content and how to block other users.

Further information - <https://corp.roblox.com/parents/>

Reception place for September 2022 – Final reminder

The deadline for making your application for a Reception place for September 2022 is Saturday 15 January 2022. We strongly advise you to list several schools on your application, ranked in order of your preference. Full details about online applications, how places are offered, the appeals process and further information is available here: <https://lewisham.gov.uk/myservices/education/schools/school-admission/applying-to-start-primary-school>

Please refer to our school website and virtual tour for further information about Brindishe Lee <https://lee.brindisheschools.org/news/?pid=5&nid=1&storyid=364>

Important Dates

Wednesday 19th January – Year 5 local walk

Thursday 20th January – Year 6 Holocaust Zoom

Friday 21st January - Girls football coaching starts

Saturday 5th February (Please note change of date) – Blackheath 'Shine' Programme starts

Tuesday 1st February – Years 1, 2, 3 & 5 – Science Dome

Monday 7th February – Friday 11th February – Year 5 swimming sessions

Monday 7th February – Friday 11th February – Parents/Carer Meetings

Monday 14th February - Half term break