



Brindishe Lee Newsletter

Friday 11th February 2022

Headteacher: Ms Maxine Sebire

Brindishe
Lee

Dear families, governors, staff and friends,

As we are sure you are aware, many workplaces continue to be affected by staff absences due to Covid-19, and Brindishe Lee is no different. Thankfully, with the amazing staff we have we have managed to cover all absences and been able to continue with *"business as usual"*. However, we wanted to acknowledge and thank all our staff who have covered classes or stepped in to cover extra play or lunch duties. A true demonstration of teamwork.

A few highlights this week at school include children immersing themselves in their learning about being safe online as well as discussing their mental health and wellbeing. In addition to this, staff enjoyed meeting parents/carers virtually for our meet the teacher event. Staff commented on how lovely it was to meet all the parents and carers again and to work in partnership. Thank you parents and carers for your ongoing support. It has been a busy but productive week for all!

Please refer to the information listed below with regards to online safety, sleep, wellbeing, a reading competition, information about parent workshops as well as attachments from the Local Authority about Covid and Lewisham Leisure Centre about fun holiday activities.

Finally, a friendly reminder that next week is our half-term holiday. We will see everyone back at school on Monday 21st February.

Happy holiday everyone! Stay safe and well.

Kind regards,
Ms Sebire & the Brindishe Lee Team.

Free School Meal

If your circumstances have changed and you think you may be entitled to **Free School Meals**, you can use the following link to check your eligibility - <https://pps.lgfl.org.uk>
Please note, eligibility for FSM is not backdated, so apply as soon as possible.

Rights Respecting focus of the week

Article 4 of the UNCRC says that the Scottish Government and UK Government should both work to make sure the convention on children's rights is known about and upheld.

This means that they should always try to make sure that the rights of children and young people:

- are realised in practice
- actively help children and young people to live safer and happier lives.

Mental Health and Wellbeing

This week is **Children's Mental Health Week** with the **theme of Growing Together**. Whilst it is right to focus on the wellbeing of young people, it is also important to remember that parents/carers continue to need support too. Many people continue to suffer from anxieties for different reasons – looking for work or returning to work in the office, our children sitting exams for the first time since 2019 and of course, trying to remain healthy and well during the pandemic.

Listed below are a few useful websites to support you and your family with mental health and wellbeing:

- <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>
- <https://www.bbc.co.uk/newsround/60247589>
- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
- <https://www.nhs.uk/mental-health/>

Reading Challenge

Reading in unusual places during the half-term holiday, we have a challenge for your children to complete. The staff are also going to take part in this fun reading challenge!

Children - Your challenge, with the support of your parents, is to select an unusual place to read. Ask a family member to take a photograph of you reading in an unusual place and email it into

info@brindishelee.lewisham.sch.uk by **Monday 21st February**

The staff and children will vote on the top 3 photos of unusual places to read. The winners will receive a book voucher. Thank you to all the fabulous entries we have received so far.



Road Safety

Please can all parents ensure they adhere to the parking restrictions surrounding school, they are there for the safety of the children and our community. You will be asked by staff to move along if you are parked in a no parking zone, please respect our community and the safety of our children.

Online Safety - Find My Phone

Did you know that you can set up location settings on your phone (and for your child) so you can share your location and find out where they are? Talk to your child about why you are setting this up and when and why you will check their location. Find out more using the links below.

- **Apple:** <https://www.apple.com/uk/icloud/findmy> or use this link if you have Family Sharing set up: <https://support.apple.com/engb/HT201087>
- **Android:** <https://support.google.com/android/#zipppy=%2Cstep-checkthat-find-my-device-is-on%20or%20use%20this%20link%20if%20you%20have%20Family%20Link%20set%20up:%20https://support.google.com/families/an%20swer/7103413?hl=en&topic=7313011>

Nut Free School Reminder

Please can we remind everyone we endeavour to be a nut free school. Children and staff who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction.

We appreciate that this is an additional thing to check but we hope that you recognise the importance of it.

If you have any questions, please do not hesitate to speak to a member of staff.

Wishing you all a happy, healthy and fun filled half-term holiday!

Best wishes,

The Brindishe Lee Team.