



Brindishe Federation Newsletter

Friday 10th May 2024



Good Luck Year 6

As you are aware the 2024 Year 6 Key Stage Two tests will commence on **Monday 13th May**. Since September, the children and staff in Year 6 have worked extremely hard in preparation for these tests and the time is fast approaching for them to show us how much they have learnt, achieved and the superb progress they have all made. We would also like to remind you to avoid booking any appointments for next week and please inform the school office straight away if your child is ill.

We would like to wish all the Year 6 children in Brindishe Schools the best of luck for next week. We know the children will do their very best and their best will be good enough.

Weekly Online Safety Bulletin

Being unkind online

It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:

- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies

The above might happen whilst your child is gaming online or whilst using social media or messaging apps e.g. WhatsApp.

Top Internet Manners

Internet Matters have produced a list of 'manners' that we all should follow to create a safer and kinder online world:

<https://www.internetmatters.org/resources/top-internet-manners/>

What should I do if my child is being bullied online?

Ensure that your child understands that if they receive unkind messages or see something that worries them, they should not reply or engage in conversation with the perpetrator. Instead, they should tell a trusted adult. You can use the tools within an app to report any offensive or hurtful content as well as block people so they cannot contact you again in the future.

Further information

<https://www.esafety.gov.au/kids/i-want-help-with/how-do-i-know-if-im-being-mean-online>

Right Respecting Article Of The Week

Mental Health Awareness 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 about our mental health and well-being all the time. Children are confident to describe their feelings and let us, as their trusted adults, know when they feel sad or worried. 'Ruby's Worry' by Tom Percival is one text identified in our curriculum and that teachers use to support children with recognising their own feelings and emotions and how we can all look after our mental health and each others. Share this story with your child at home and discuss what makes you feel happy and positive. How do you get rid of your worries?



Click on the image to hear Justin Fletcher read 'Ruby's Worry'.

Governing Body

If you would like to attend a Brindishe Federation Governing Body meeting, please email our Chair of Governors, Liz Murphy - lmurphy@brindisheschools.org. Our fifth meeting of this academic year is on **Wednesday 22nd May at 6pm** at Brindishe Lee School.

Key Federation Dates

- Year 6 SATS week - **Monday 13th May to Thursday 16th May**
- May Half Term - **Monday 27th May to Friday 31st May**
- INSET Day - schools closed to all children - **Monday 1st July** -
- End of Term - **Thursday 25th July 2024**