

# Brindishe **Manor**



Friday 28th March 2024



#### What happened in school this week?

This week the children took part in our 'Raise Your Pulse' Fundraising day with a whole host of exercise sessions, which included; a fitness session, karate with Sophie and team games with Grant from Sportacus, a mile of walking/ running, skipping, yoga, mindfulness and assemblies on healthy minds and healthy bodies. The children really enjoyed taking part and being active throughout the day. Well done to all of the children and adults who took part throughout the day!

If you have not already donated to our fundraising event and would like to, then please go to the following link.

'Just giving Raise your Pulse'

#### Other events...

On Tuesday, Year 6 went to the Unicorn Theatre in London Bridge to watch 'Odyssey'. The children absolutely loved this live performance and theatre experience and are still talking about it. Thank you to the parents and carers who supported the children by giving up their time to come with us.

Year 6 have also had a Transport for London workshop, learning about how to be safe on public transport. The children listened really well to the advice they were given and had some great questions for the presenter.

Today Year 5 and 6 took part in a drama workshop called 'Game Over' helping them explore how to avoid the world of addictive gaming.

# Tri-School SEN Parent Forum ALL WELCOME

The Inclusion Leads at Brindishe Green, Brindishe Lee and Brindishe Manor – Jessica Dee, Verity Ferrant, and Gemma Caller – would like to invite you to a Brindishe Federation Parent Forum on Thursday 18th April at 10am. The purpose of the forum will be to share information about the systems in place to support children with Special Educational Needs and their families, in Lewisham and nationally.

The Brindishe Schools Governor for SEN, Adrian Prandle, will be joining us, along with a representative from Lewisham SENDIASS (Special Educational Needs and Disabilities Information Advice and Support Service).

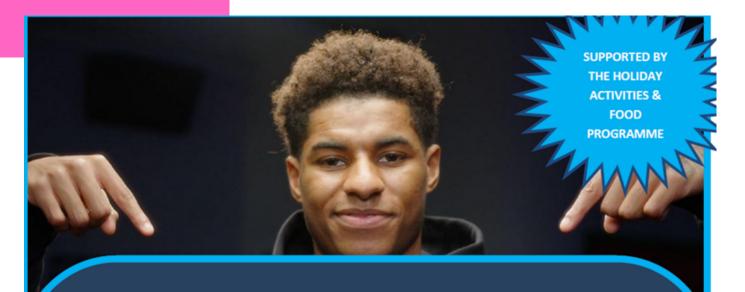
SENDIASS is an impartial service, offering free advice to parents and carers. They will speak about the SEN system and the support they can provide for children and families.

The Forum will take place at Brindishe Manor. Please email <a href="mailto:info-BM@brindisheschools.org">info-BM@brindisheschools.org</a> if you would like to attend, so that we can plan an appropriate space.

#### What are we looking forward to next term?

The summer term is always a busy and exciting term for the children. It includes (and in no particular order):

- New learning topics for all of our children
- Sports day
- Wiggly Wildshow for Year 1
- Year 6 residential
- Year 2 to the National Gallery
- Year 4 swimming
- Year 1 visiting the Good Shepherd church
- SATs for Year 6
- Year 4 times tables check
- Year 1 phonics screening
- Reports home to parents and carers
- Transition for all pupils at the end of term
- The Fire brigade visiting Year 1
- Science Week and DT week
- Sugar Sheriff Assembly
- Year 5 to Trinity school for a taster day
- School Discos
- and more waiting to be booked! Please keep you eyes on the Weduc Calendar as dates will be added when they are confirmed.



# **CRICKET COACHING PROGRAMME**

EASTER (WEEK 2)

VENUE: PRENDERGAST LADYWELL SCHOOL

MANWOOD ROAD

LADYWELL

SE4 1SA

MONDAY 8th APRIL 2024: 10am-3pm

TUESDAY 9th APRIL 2024: 10am-3pm

WEDNESDAY 10th APRIL 2024: 10am-3pm

THURSDAY 11th APRIL 2024: 10am-3pm



# **PLATFORM**

Supporting young people to progress through and in cricker



# Happy Easter Holidays to our Brindishe Families!









# Easter 2024 holiday activities and fun

Lewisham's programme of free activities for the Easter holidays is now open for booking. As before, they've teamed up with a range of local organisations to offer something for everyone – from sports and drama, to arts, crafts, and trips to exciting venues - see attached flyer from Lewisham.

You need to book your activity in advance. Places are allocated on first-come, first-served basis and are prioritised for children eligible for benefit related Free School Meals. Lewisham will also have a number of places available on a first come, first served basis for children who are experiencing hardship, but who do not receive Free School Meals.

#### How to book

Families who receive benefit related free school meals will receive a HAF Code via email or text message. This code will enable you to access a webpage with details of all activities and book your child's space. Please ensure you follow the link and instructions in the message. Please note each code is unique to each family. Families with more than one child will receive a code for each child.

If you haven't received a HAF code and your child receives benefit related free school meals, or if you require any support with bookings, contact <a href="mailto:HAFProgramme@lewisham.gov.uk">HAFProgramme@lewisham.gov.uk</a>.

Lewisham also have a number of places available on a first come, first serve basis for parents and carers who are experiencing hardship, but whose children do not receive Free School Meals. Email the team on the email address above if you'd like to apply for one of these places.

## **Brindishe Parent/Carer Governor**

We are delighted to inform you that Helen Fine has been elected your new parent/carer governor for Brindishe Schools. Helen has already attended her first full governing body meeting and plans to visit all three Brindishe Schools after Easter.

Thank you to all of the parents/carers who took time to vote in the recent elections.

I have three children - two of whom are at Brindishe Manor and one who is now at high school. I was pleased to be elected as a parent governor in February 2024 and look forward to working with all of the governors and broader school community to ensure all Brindishe children are provided the best possible education.



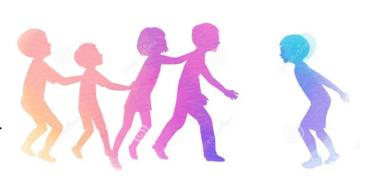
## Right Respecting Article Of The Week

#### **Article 31 (leisure, play and culture)**

Every child has the right to relax, play and take part in a wide range of cultural activities.

#### In what different ways have you enjoyed Article 31 with your children in 2024 so far?

- ·Arts and craft activities.
- ·Chilling out.
- ·Spending time with friends.
- ·Going to a museum or gallery.
- ·Going to the theatre, to concerts or to the cinema.
- ·Taking part in sport.
- ·Having a safe space to, relax, read, draw or listen to music.
- ·Playing at the park.
- ·Playing computer games.
- ·Doing yoga, meditation or mindfulness activities.
- ·Sleeping!



#### What will you be doing with your children this Easter holiday?

Could you make an 'Article 31 chill-out den' in your home or garden where you can relax. Use cushions, blankets and even fairy lights.

Can you draw a sausage dog? How about a panda or a turtle? Take part in an <u>online art lesson</u> – which will you choose?

Some people like to relax by dancing. Different cultures have different traditional dances. Do you know any? Why not try to learn a traditional dance with your child using the programmes from <u>BBC School Radio</u>?

Lots of museums and galleries now have virtual tours so you can visit museums all over the world from your classroom or living room! Choose a museum and go on a virtual tour. Find out if your local museums or galleries have virtual tours.

All children have the right to play but many children with disabilities find that their local playgrounds aren't accessible. Watch this <u>video from Newsround</u> to learn more about this issue. Are your local playgrounds accessible for all children? If not, how can you help?

Relaxation is important and is a key part of Article 31, but sometimes we can find it tricky to relax, especially during stressful times. <u>Young Scot</u> has some helpful videos demonstrating techniques to support your mental health and wellbeing – why not give them a try?







# **Weekly Online Safety Bulletin**



#### Does your child need a mobile phone?

If you are thinking about giving your child their own phone, then you might find this article from Family Lives useful as it discusses things you need to consider:

https://www.familylives.org.uk/advice/primary/health-anddevelopment/does-your-child-need-a-mobile-phone

# **Governing Body**

If you would like to attend a Brindishe Federation Governing Body meeting, please email our Chair of Governors, Liz Murphy - **Imurphy@brindisheschools.org.** Our fourth meeting of this academic year is on **Tuesday 19th March at 6pm** at Brindishe Manor School.

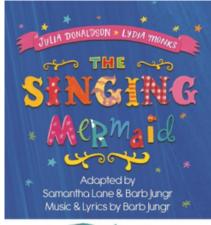
## **Key Federation Dates**

- Last day of term Thursday 28th March
- Easter Holidays Friday 29th March to Friday 12th April
- Children return to school Monday 15th April
- Primary National Offer Day Tuesday 16th April
- Spring Bank Holiday Monday 6th May
- Year 6 SATS week Monday 13th May to Thursday 16th May
- May Half Term Monday 27th May to Friday 31st May

# **Local Easter Holiday Events**











020 8858 7755



# Kids Eat Free (or Cheaply)



#### PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024



moneysavingcentral.co.uk/kids-eat-free

#### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

#### TESCO

Kids eat free with a purchase of 60p+ from From Mon - Fri in Half Terms 2024

#### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

#### **PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

#### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

#### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

#### PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

#### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

#### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

#### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

#### COCONUT TREE

One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

#### **MORRISONS**

Spend £4.49 and get one free kids meal all day, every day.

#### **GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

#### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

#### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

#### **BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

#### BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

#### **DOBBIES GARDEN CENTRES**

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

#### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

#### IKEA

Kids get a meal from 95p daily from 11am

#### **HUNGRY HORSE**

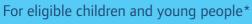
Kids eat for £1 on Mondays

#### **FUTURE INNS**

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

# Free Activities, Fun and Food over the school Easter holidays





- Special trips
- Arts and crafts
- Sports
- ...and much more

\*Activities and lunches are free for school-aged children and young people (aged 4–16) who receive Free School Meals or are experiencing hardship.



To see what's on and how to book visit: lewisham.gov.uk/holiday-activities





### **PSFA**



Thanks to all our Brindishe families for volunteering and taking part in the events this term. We're pleased to have kickstarted raising funds for a wonderful new library. For more on the PSFA, contact us at <a href="mailto:brindishemanorpsfa@gmail.com">brindishemanorpsfa@gmail.com</a>



What a brilliant term we've had. Here's a snapshot of what we did. We had Raise Your Pulse this week. You can still donate and **all donations over £10 get a free bag**. <a href="http://www.justgiving.com/team/brindishe-manor-pulse-24?invite=true">http://www.justgiving.com/team/brindishe-manor-pulse-24?invite=true</a> Or you can **buy a bag** here: <a href="https://brindishe-manor-parents-staff-friends-association.sumupstore.com/product/raise-your-pulse-bags">https://brindishe-manor-pulse-bags</a>

# What's on this Easter holiday?

#### Spring trail - 29th March to 14th April.

Download the trail, then follow the clues to complete an anagram. Trail maps will also come home in bags on Thursday. There are treats for completed trails at Milk cafe and a competition to win a voucher for Creative Chameleons.

Download the map for a pay what you can donation. Scan the QR code or go to:

<a href="https://www.justgiving.com/page/">https://www.justgiving.com/page/</a>

<a href="brindishe-manor-psfa-spring-fundraiser">brindishe-manor-psfa-spring-fundraiser</a>







# Coming up next term.

#### Eid event - Thursday 18th April, 3.15 to 4.15pm

We kick off next term with our Eid Mubarak event. There will be food and crafts. Everyone is welcome!





Brindishe Manor PSFA is a registered charity, number 1117178

	Dates and		
Organisation and activities	hours	Venue	Ward
BELLINGHAM			
Dynamic Coaching CIC	2-5 April	Sandhurst Primary	
Mixed sports, enrichment activities (smoothie making) and team building exercises	10am-2pm	School, Minard Rd, London SE6 1NW	Bellingham
FD Sports CIC	2-5 April	Bellingham Leisure Centre, 5	
Football and fitness exercises	10am-2pm	Randlesdown Road, Catford, London, SE6 3BT	Bellingham
Sedgehill Academy	2-5 April	Sedgehill Academy,	D. III I
Multi sports and physical activities	10am-2pm	Sedgehill Road, SE6 3QN	Bellingham
Youth First Charitable Incorporated Organisation			
Multi sports and team games, fitness and movement exercises, parkour	2-5 April	Bellingham Youth Club 185 Brookehowse	Bellingham
	11am-3pm	Road, London SE6 3TT	
BLACKHEATH			
Superkids Club Ltd			
Football, multisport and group games, dodgeball, table tennis, arts and crafts, construction, home corner, board games, free play indoor and outdoor plus themed week activities	8-11 April 9am-1pm	John Ball School, Southvale Road, Blackheath, SE3 OTP	Blackheath

BROCKLEY				
Arisekidz Creativity, Physical Activity, & Healthy Eating	2-5 April 2pm-6pm	St John's Vale, London SE8 4EA	Brockley	
Undeniable Film-making project, limited places available	2-5 April 11am-3pm	ZA Brockley Cross,		
CATFORD SOUTH				
Skipz Productions cic  Easter themed dance, drama, arts and crafts, clay modelling and nutrition activities	2-5 April 10am-2pm	Torridon Primary School, Hazelbank Road, London SE6 1TG	Catford South	
Superkids Club Ltd				
Football, multisport and group games, dodgeball, table tennis, arts and crafts, construction, home corner, board games, free play indoor and outdoor plus themed week activities	8-11 April 9am-1pm	Rushey Green School, Culverley Road, Catford, SE6 2LA	Catford South	
CROFTON PARK				
Tower Hamlets Youth Sport Foundation (THYSF) Platform Cricket				
Cricket club with problem-solving games, multi sports, nutritional workshops	2-5 April 10am-3pm	Prendergast Ladywell School, Manwood Rd, SE4 1SA	Crofton Park	

DEPTFORD			
Ballers Sports Coaching  Lots of sporting activities to do each day including football, basketball, badminton,	2-5 April	Lucas Vale Primary School, St Nicholas St,	Deptford
dance and many more!	10am-2pm	London SE8 4QF	Бериога
Deptford Lionesses			
Football, arts and crafts, basketball, NFL flag, table tennis, games activities on laptops, outdoor trips, snooker, T-shirt designing and smoothie making	8-11 April 10am-2pm	Evelyn community centre, 9 Wotton Road, Deptford, SE8 5TQ.	Deptford
The Albany			
Creativity/multi-arts activities to explore themes around health, nutrition and movement; public speaking programme	2-5 April 10am-3pm	Douglas Way, London SE8 4AG	Deptford
Youth First Charitable Incorporated Organisation	2-5 April	Woodpecker Youth	
Multi sports and team games, fitness and movement exercises, parkour	12pm-4pm	Club, 20 Woodpecker Rd, New Cross London SE14 6EU	Deptford
DOWNHAM	1	1	-
Junior Adventures Group		Downham Health and	
Sports, energising activities, creative sessions	8-11 April 10am-2pm	Leisure Centre, 7-9 Moorside Rd, Bromley, Greater London, BR1 5EP	Downham

Kids Vogue Stars		New Woodlands	
Performing arts, sports, cooking, arts and crafts.	2-5 April 10am-2pm	School, 49 Shroffold Road, Downham, Bromley BR1 5PD	Downham
Legends Learning Centre			
Sports, performing arts, arts and crafts	2-5 April 11am-3pm	Haberdasher's Knights Academy Launcelot Rd, Bromley BR1 5EB	
Sports Fun 4 All			
Moderate-to-vigorous intensity physical activity; technical drills, fun games, and small-sided matches	2-5 April 10am-2pm	Haberdashers' Knights Primary, Ballamore Road, BR1 5LW	Downham
Talent Acquisition Group			
Football, basketball, badminton, volleyball, rounders, fitness, trips	2-5 April 12pm-4pm	Ten Em Bee Development Centre, 120A Old Bromley Road, BR1 4JY	Downham
The Enrichment Hub			
Tag rugby, rounders, football and alternative dodgeball netball and engaging games that require team building and cohesion	8-11 April 10am-2pm	Haberdashers' Knights Academy, Launcelot Road Bromley Kent BR1 5EB	Downham

EVELYN			
Pepys Community Forum  Enhance learning and skills. Fun and games. Outdoor activities and walks	2-5 April 10:30am- 2:30pm	Pepys Community Hub, Old Library, Foreshore, Deptford SE8 3BA	Evelyn
FOREST HILL			
Giggles Childcare Services Ltd  Multisports and physical exercises; dance; park trips for climbing and walking	8-11 April 10am-2pm	The Grove Centre, 2 Jews Walk, Sydenham, London, SE26 6LP	Forest Hill
GROVE PARK			
Fit 4 Future Foundation  Body weight and cardio exercises, circuits, daily mile running	2-5 April 10am-2pm	Marvels Lane Primary School, Riddons Road, SE12 9RA	Grove Park
Kids Vogue Stars  Performing arts, sports, cooking, arts and crafts.	2-5 April 9am-1pm	Grove Park Community Group 268 Baring Road, Catford SE12 ODS	Grove Park
Omega Sportz LTD  Ball sports: science experiments; bouncy castle; gymnastics; dance workshop; animal workshops; water games; multi sports and games; arts and crafts; and a summer party	2-5 April 9am-1pm	Baring Primary School, Linchmere Rd, London SE12 ONB	Grove Park

Sporting Way C.I.C.  Sports, games, competitions, arts and crafts	2-5 April 10am-2pm	Grove Park Youth Club, Marvels Lane, Grove Park, Lewisham, SE12 9PR	Grove Park
HITHER GREEN			
Pro Touch SA	2-5 April	Forester Park Primary	
Multi sports and skills-based fitness activities	10:30am- 2:30pm	School, Boundfield Road, London SE6 1PQ	Hither Green
LADYWELL			
London Youth Events CIC  Fun activities, including sports creative arts, bouncy castles and team games	2-5 April 10:30am- 2:30pm	Prendergast Girls School Adelaide Avenue, Brockley SE4 1LE	Ladywell
OurParks LTD  Warhammer Model Painting - Wide range of Physical Activities and Sports - Creative Arts - Wide range of Arts & crafts - Unstructured Creative Free play - Skateboarding (Location/Weather Dependant)	8-11 April 9am-3pm	St Mary's Lewisham CE Primary, 329 Lewisham High Street, Lewisham SE13 6NX	Ladywell

St Andrews Centre			
Multi sports including basketball, and football, yoga, climbing frame, dance, arts and crafts	2-5 April 10am-2pm	St Andrews Community Centre, Brockley road, Brockley London SE4 2SA	Ladywell
LEE GREEN	<u> </u>	I	
Power Mobile Gym CIC			
Boxing and free play martial arts/sports/fitness activities	2-5 April 10am-2pm	Trinity Church of England School, Lee, Taunton Road, SE12 8PD	Lee Green
LEWISHAM CENTRAL			
UK Latin Community CIC  Multi sports, dance, zumba, arts and crafts, outdoor farm/museum trips	8-11 April 10am-2pm	Lewisham CommUNITY Space, Lewisham Shopping Centre, Moleswoth Street, London, SE13 7HB	Lewisham Central
NEW CROSS GATE	1	1	1
Excel Beyond Barriers  Multi sports and athletics; creative and performing arts; arts and crafts	2-5 April 10:30am- 2:30pm	19 Sharratt St, London SE15 1EY	New Cross Gate

Kingdom Education and Child Care Services for Treasured Kids After school Club				
Music and dancing sessions, indoor and outdoor football, lawn tennis and table tennis, basketball, construction toys, art and crafts swings, slides,	2-5 April 10am-2pm	All Saints Community Centre. 105 New cross road, New cross. SE14 5DJ	New Cross Gate	
LONDON THUNDER BASKETBALL CLUB				
Basketball and teambuilding activities	8-11 April	UNIT 2, STOCKHOLM	Now Case Cate	
basicetouri and teamounting activities	10am-2pm	ROAD SE16 3LP	New Cross Gate	
Millwall Community Trust				
Football, multi-sports and arts and crafts available	2-5 April			
1 Ootball, Hulti-sports and arts and crafts available	10am-2pm	Lions Centre, Bolina road London SE16 3LD	New Cross Gate	
Millwall Community Trust				
Football, multi-sports and arts and crafts available	9-12 April	Lians Cantra Balina		
. cottouil, maid sports and arts and craits available	12000 4000	Lions Centre, Bolina road London SE16 3LD	New Cross Gate	
	12pm-4pm			
Sports Fun 4 All				
Moderate-to-vigorous intensity physical activity; technical drills, fun games, and small-sided matches	2-5 April 10am-2pm	Haberdashers' Hatcham Primary, Hunsdon Road, SE14 5RD	New Cross Gate	

RUSHEY GREEN			
Deptford Lionesses  Football, arts and crafts, basketball, NFL flag, table tennis, games activities on laptops, outdoor trips, snooker, T-shirt designing and smoothie making	2-5 April 10am-2pm	Y.O.U.R centre, 28 Sangley Road, London, SE6 2JH.	Rushey Green
SYDENHAM	Toam-zpm	SEO ZJII.	
Ballers Sports Coaching			
	2-5 April	Sydenham School,	
Lots of sporting activities to do each day including football, basketball, badminton,		Dartmouth Rd, London	Sydenham
dance and many more!	10am-2pm	SE26 4RD	
Little Diamonds Out Of School Club			
	2-5 April	Venner Road Hall,	
Trampolining; Basketball, Dodgeball, Table Tennis; Football; Creative Arts and Craft;		Venner Road	Sydenham
Play Station; Wii; table games in a friendly and secure environment	10am-2pm	Sydenham Se26 5eq	
Youth First Charitable Incorporated Organisation		TNG Youth &	
	2-5 April	Community Centre	
Multi sports and team games, fitness and movement exercises, parkour	2 3 / (5/11)	111 Wells Park Rd	Sydenham
	12pm-4pm	Sydenham London	
		SE26 6AD	
TELEGRAPH HILL	•		<b>.</b>
Kender Primary School			
Cooling forest spheral aut was a speed from play Footon and burst and Footon spile	2-5 April	Kender Primary	
Cooking, forest school, art, yoga, games, free play, Easter egg hunt and Easter quiz		School, Kender St,	Telegraph Hill
	11am-3pm	London SE14 5JA	