



Brindishe Federation Newsletter

Friday 2nd February 2024



Holiday Swimming Crash Courses

Lewisham's February half term crash course lessons will run between **Monday 12th to Friday 16th February 2024**. Each booking is a week long intensive course – prices for all levels is £40

Swim for All - All pools across Lewisham Partnership will be running additional Swim for All sessions (family swims) in all pools. 'Swim for All' sessions are perfect for all abilities. If you're looking to build your confidence, work on your strokes, float away any stress, or just simply want to enjoy a more casual swim with your family and friends. Come before 10am to take advantage of our Kids for a Quid offer.

Holiday Camps - Bellingham Football Domination multisport - [click here](#) for more information

Soft play - Available at Bellingham and Wavelengths

Adult & Child Gym (9-17 yrs) - 'Adult and Junior Gym' session are for adult members where they can bring along their child (maximum one child per adult)

Junior Gym - If you are aged 11-17 years and want to work out in the gym over the half term break, we have lots of extra sessions available!

Junior Classes - Junior Classes running at Forest Hill Pool, Glass Mill Leisure Centre and Wavelengths Leisure Centres

- Junior Cardio
- Junior Strength & Conditioning

Online Safety Bulletin

Fake profiles and cyberbullying



Setting up a profile impersonating somebody else with the intention of being unkind to others/to cause embarrassment to the individual is a form of cyberbullying.

If your child has set up a fake profile, talk to them about how this is a form of bullying and therefore not acceptable.

It is important that we talk to our children about the issue of cyberbullying and let them know that if they are ever a victim of it then it is not their fault, and they should tell you (or a trusted adult) straightaway. Talk to your child about reporting and blocking tools on social media or online games and show them how to use them to report any form of bullying.

You can read more about cyberbullying here:

·<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

·<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

Additionally, Report Harmful Content have listed how you can report impersonation accounts on the different social media networks here: <https://reportharmfulcontent.com/advice/impersonation/>

Right Respecting - LGBT+ Month

LGBT+ History Month takes place in February each year.



LGBT+ History Month is all about promoting fairness, equality and diversity and raising awareness of LGBT+ people and culture, now and in the past. It aims to give voice to LGBT+ experiences, celebrate achievements and highlight the challenges people still face today. It is also about helping everyone to learn more about LGBT+ culture and history.

Article 2: (non-discrimination) The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.

Article 13: (freedom of expression) Every child must be free to express their thoughts and opinions and to access all kinds of information if it is within the law.

Article 17 - access to reliable information Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.

And remember, at the heart of the UN Convention on the Rights of the Child are the values of dignity, equality and non-discrimination.

Why is it important to listen to, learn from and celebrate people's differences in school and in our community?

- It helps to remind us that we are all unique and should all be treated with dignity.
- It reminds us that everyone has different experiences and everyone has the right to be listened to and express their opinions.
- When our differences are celebrated, we feel valued as people and our health and wellbeing improves.
- It helps all people to feel welcome in school.
- It reminds us that not all families or relationships look the same.
- It helps us to be open and respectful to new ideas about identity.
- We are all learning all of the time and by listening to others we continue to grow and learn.
- So that we can speak up and challenge unfair comments or actions.
- To help ensure that all children and young people's opinions are taken into account when making decisions about them.

At Brindishe Schools, we regularly discuss with children how we celebrate people's differences and how prejudice and discrimination are never tolerated in our schools.

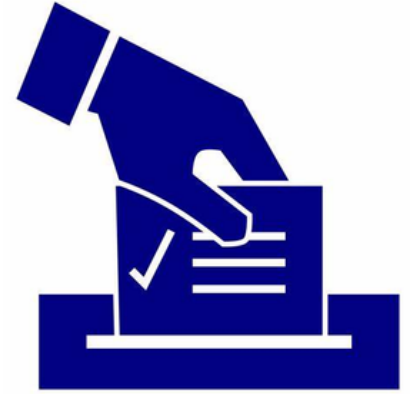
Watch this story about the history of the Pride Flag at home with your child/children. The Pride Flag is a symbol of inclusion and diversity.



Parent/Carer Governor Elections

If you haven't already, please do make sure you have your vote counted for the Brindishe Federation Parent/Carer Governor. On Wednesday this week, all families in our federation community were sent the 8 supporting statements from our nominees and your ballot papers. The ballot boxes will close at 9am on Friday 9th February and we will let you know the outcome of the elections on Monday 19th February.

It is vital that you each parent/carers play their part in this process and has their vote counted.



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 third meeting of this academic year is on **Tuesday 6th February at 6pm** at Brindishe Manor School.

Key Federation Dates

- End of Term - **Friday 9th February**
- Half Term - **Monday 12th February to Friday 16th February**
- Children return to school - **Monday 19th February**
- Secondary Offer Day - **Friday 1st March**