

**Spring Term ends today. We hope you enjoy a peaceful and happy break with your loved ones.  
Happy Easter to all our families who are celebrating!**



Brindishe  
Federation

## **Brindishe Federation Newsletter Friday 27th March 2026**



### **Holiday Vouchers and Holiday Activities Programme**

London Borough of Lewisham will continue to support families with FSM eligible children by providing vouchers for the Easter holiday, 2026. The available funding means they can assist these families at a rate of £30 per eligible child for this holiday. The voucher will be sent out to you via email this week.

Holiday Activities and Food programme will be taking place this Easter break. HAF supports children and families on means-tested free school meals by offering free activities and healthy food for the holidays. Parents of eligible children will receive a voucher code for each child, with which they can book onto a provision of their choice.

Please see link below for the timetable detailing the events occurring from next month.

[Lewisham Council - Holiday activities and food programme](#)

If you have any other questions, please email [HAFProgramme@lewisham.gov.uk](mailto:HAFProgramme@lewisham.gov.uk).

### **Going out or staying home alone?**

As your child gets older, it's likely they'll want a bit more independence or want to explore alone during the summer holidays. But are they ready to stay home or go out alone?

The NSPCC has provided lots of information and guidance on when it is appropriate to leave your child home alone, including a quiz for parents to take.

<https://www.nspcc.org.uk/advice-for-families/home-alone/>

### **Best Start Family Hubs**

Best Start Family Hubs in Lewisham are here to make life a little easier for families with children aged 0-19 (or up to 25 for those with SEND). Whether you're expecting a baby or navigating the teenage years, they are all about offering the right help, at the right time, with extra support available for families during pregnancy and in your baby's first years.

Family Navigator service offers tailored support to families, helping you access the right services at the right time. Whether it's guidance on parenting, health, or local resources, Family Navigators are there to listen and connect families with the information and support they need.

Alongside this, the Hub's provide a welcoming space for children to explore, play, and learn while parents and carers build connections and confidence in a relaxed, friendly environment. We have sessions across the borough weekly including:

- Stay & Play sessions
- Parenting support and workshops
- Healthy lifestyle workshops
- SEND advice and early years development
- Help with finances, employment, and wellbeing

Find your nearest Hub: [lewishamfamilyhubs.org.uk](http://lewishamfamilyhubs.org.uk)

Watch our video: [Welcome to Family Hubs](#)



# Easter in Lewisham

## We Are Lewisham



Discover what's happening across Lewisham this Easter. From arts and crafts and creative workshops to performances and family-friendly events, keep your eye on Lewisham webpage for Easter holiday activities to help you plan a fun and creative break.



Easter Holidays

### Craft a Vibrant Spring Table Centre (5-11 yrs)

Mon 30 Mar 09:30 — Mon 30 Mar 16:30



Classes / Workshops Theatre / Performance

### Easter Musical Theatre course for 5-12s in Brockley

Mon 30 Mar 09:30 — Fri 10 Apr 16:30



Classes / Workshops Dance Music

### Easter Musical Theatre courses for 5-12s in Deptford

Mon 30 Mar 09:30 — Fri 10 Apr 16:30



Easter Holidays

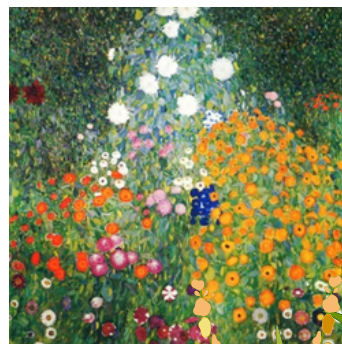
### Music Through Art (4-7 yrs)

Mon 30 Mar 10:00 — Mon 30 Mar 13:00

## Discover Lewisham

Whether you're looking for Easter fun, local festivals, crafty activities and places to enjoy the warmer weather - Lewisham has you covered.

- Easter Braiding Workshop
- Easter Crafting
- Friendly Easter Duck Race
- Stay and Play Storytelling workshops
- The Big Maret
- Pattern and Print Club



# Lewisham Parent Consultation

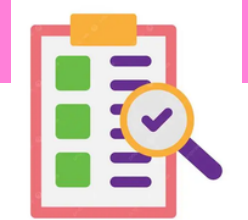
In July 2025, the Government launched its strategy "Giving every child the Best Start in Life", setting out its ambition for all children to develop well, learn to communicate, form relationships, manage emotions, learn and play.

A key ambition for the Government is that 75% of children achieve a Good Level of Development (GLD) by 2028 which is assessed at the end of reception by your child's primary school. This covers development in their communication and literacy, physical development, maths, understanding of the world and their creativity.

Lewisham Children's and Health Services are keen to support children and their families in this ambition and are seeking feedback from parents and carers on any support we can offer to help children achieve this.

All surveys submitted will be entered into a draw to win a £50 voucher.

Follow the link [Parent/Carer Survey: Supporting learning at home - Fill in form](#)



## Online Safety Bulletin - Cyber Security

Cyber security is the process of protecting your information and data whilst online against scams and cyberattacks. Cyber-attacks are the process of maliciously targeting individuals or organisations to disable networks or steal data for example.

The National Cyber Security Centre (NCSC) have an area on their website with guidance to help protect you and your family. The guidance includes how to manage your digital footprint online, information about anti-virus software as well as top tips for staying online such as:

- Using a strong password
- Setting up 2step verification



You can find the resources here: <https://www.ncsc.gov.uk/section/advice-guidance/you-your-family>.

The NCSC also provide advice on what you should do if you are the target of a scam or cyber-attack. Find out more here: <https://www.ncsc.gov.uk/section/respond-recover/you>

## Royal Ballet and Opera

The Royal Ballet and Opera Youth Opera Programme introduces young people aged 8–13 to vocal training and the world of opera in a welcoming, supportive and inspiring environment. Their programmes nurture singing skills, creativity and confidence through training and performance opportunities.

Rooted in inclusion and access, they actively welcome young people from all backgrounds and work to reflect the diversity of local communities. For some, this is the start of a pathway into further training. For others, it is about building confidence, friendships and the joy of making music together. For all our young singers, it is a place to grow and find their voices.

**Applications for the RBO Youth Opera Programmes are now open and will close at midnight Sunday 10 May 2026.**

RBO are inviting young singers to apply for their Youth Opera Programmes: Young Voices and the Youth Opera Company. Applicants must be aged 8 to 11 years old (inclusive) on 1 September 2026 (currently in Years 3-5), and live within Greater London, or within an hour of travel time to the Royal Opera House.

Applicants should be able to demonstrate:

*A passion for and commitment to singing*

*An interest in drama and performing skills*

*An enthusiasm for teamwork and collaboration*

**For further information and how to apply please visit their website.**

<https://www.rbo.org.uk/learning/young-people/youth-opera-company>



# Rights Respecting Article - World Water Day

Sunday March 22nd was World Water Day.

We all know that water is vital for everyone in their daily lives across the world, and back in 2015 the world committed to working together to make sure that everyone has access to safe, clean water and good sanitation. This was Sustainable Development Goal 6.

But there is still much work to be done with over 2 billion people drinking unsafe water. An important aim of World Water Day is to inspire everyone to take action and make the necessary changes so that the right to clean water can be achieved by 2030 for everyone.

## Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

## Article 27 (adequate standard of living)

Every child has the right to a standard of living that is good enough to meet their physical and social needs and support their development. Governments must help families who cannot afford to provide this.

*Why do you think that the right to clean water is such an important right?*

Our bodies are made up of over 60% water and we need clean water to keep them working properly and to stay alive.

Drinking dirty, unsafe water can cause serious illnesses.

In some communities, children miss out on their education because they must spend time collecting water.

We need water for washing ourselves and for keeping our clothes and homes clean.

A good water supply is important for good sanitation and flushing our toilets. •Not having access to clean water makes it harder to be healthy and have a decent standard of living.

Water and wetlands provide important habitats for plants and animals.

Pollution of our oceans, rivers and waterways can have a serious impact on all living things.

Water is important to generate power in some places and it is a better for the environment than burning fossil fuels.



Watch this fun story about Whale making her way home to the ocean. Can you think of other animals that live in the water? Pick one and create a fact file about it at home with your child.



## Key Federation Dates

- **Easter Holidays - Monday 30<sup>th</sup> March to Friday 10<sup>th</sup> April**
- **Bank Holiday Monday - Monday 4<sup>th</sup> May**
- **SATS Week for Year 6 - Monday 11<sup>th</sup> May to Thursday 14<sup>th</sup> May**
- **Half Term - Monday 25<sup>th</sup> May to Friday 29<sup>th</sup> May**

## Brindishe Schools Governing Body

Governing Body meetings are regular and meet every half term. Parents/carers are more than welcome to attend our meetings as 'observers'. This means you can sit and observe the meeting but will be unable to speak/comment and would need to leave the meeting during confidential items.

If you would like to know more about the governing body or you would like to attend one of our meetings, please email Rachel Waite - [rawaite@brindisheschools.org](mailto:rawaite@brindisheschools.org). An email to confirm attendance at the meeting will need to be received before a parent/carer can join the meeting.

***Our third meeting for 2025/2026 will be held on Thursday 18<sup>th</sup> June 2026 at Brindishe Lee School - 6pm.***

# Measles

Since January, London has seen a rise in measles cases, including outbreaks in North London. Almost all children who have caught measles had not had the MMR or MMRV vaccine.

Measles spreads very easily among unvaccinated people. Because vaccination uptake has fallen below the threshold needed to prevent transmission, Lewisham schools and early years settings are at risk of outbreaks.

Measles spreads very easily among those who are not vaccinated. It usually starts with a high temperature and cold-like symptoms, followed by a rash.

Around 1 in 5 children with measles need hospital care, and measles can sometimes lead to serious problems, such as pneumonia, meningitis, blindness, and seizures.

The MMR and MMRV vaccines protect against measles. Nearly all children who are developing measles have not been vaccinated. The MMR vaccine is recommended for anyone born on or before 31 December 2019, and the MMRV vaccine for younger children. They are safe, free, and given in two doses, usually at 12 months and 18 months of age. Getting the vaccine also helps stop measles from spreading to people with weak immune systems and babies who are too young to have it yet.

Please check whether your child has had two doses of the MMR (or MMRV) vaccine. You can look in your child's "Red Book" (Personal Child Health Record), check on the NHS app, or ask your GP surgery.

If your child has missed one or both doses, please book a free appointment as soon as possible by contacting the School Immunisation Team (020 8487 1730 / [HRCH.Immunisationcallcentre@nhs.net](mailto:HRCH.Immunisationcallcentre@nhs.net)) or by speaking to your GP practice.

You can find more information on the NHS website: <https://www.nhs.uk/conditions/measles/>

Thank you for helping us to keep our community safe.



**Measles cases**

**are rising in England**

**Make sure your child**  
**is up to date with**  
**their MMR vaccinations**

The graphic features a blue background with two dark blue rounded rectangular boxes containing white text. Below the text is a stylized illustration of a woman with long dark hair in a bun, wearing a white sleeveless top and dark pants, sitting on a yellow chair. She is looking towards a young girl with dark hair in a ponytail, wearing a pink dress and holding a pink teddy bear. The girl is sitting on a yellow chair next to the woman. The overall style is clean and modern.



# **SPORTACUS ACTIVITY CAMPS**

**Active Kids, Happy Days.**

**Mon 30<sup>th</sup> Mar - Fri 10<sup>th</sup> Apr**

**Join us this Easter for a high-energy holiday camp  
your child will never forget!**

**Our activity Camps are big on sport and big on fun –  
packed with sports sessions, inflatables, archery and  
Nerf, plus expert coaching and new friendships every  
day.**

**Early drop-off & late collection at all venues  
Safe, supervised, and seriously unforgettable!**

**Plus, enjoy 10% sibling discount on 2 or more full-  
week bookings.**

**Spaces fill fast – secure your child's spot for an action  
packed Easter break!**

### **What to Bring:**

- **Packed lunch and healthy snacks**
- **Refillable water bottle**
- **Appropriate clothing**
- **No fizzy drinks, sweets, or nut products**

# **BOOK NOW**

**VENUES ACROSS  
LONDON & KENT.  
CHECK THE WEBSITE  
FOR MORE  
INFORMATION**



**9:30 - 3:30  
CHILDREN AGED 4-12**



**SEARCH SPORTACUS LTD  
OFSTED  
REGISTERED**



**07897932884**

**WWW.SPORTACUS.CO.UK**

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

for eligible children and young people\*



- \* Sports
- \* Special trips
- \* Drama
- \* Arts and crafts
- ... and much, much more

\*Activities and lunches are free for school-aged children and young people (aged 5–16) who are eligible for and in receipt of Free School Meals.

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



Department  
for Education

APRIL TO  
OCTOBER 2026

MR NOURISH



# SPRING INTO SUMMER MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	<p>Macaroni Cheese <b>1,7 V</b> Chick Pea &amp; Spinach Biryani <b>VG</b> Tomato &amp; Sweetcorn Pasta <b>1 VG</b></p> <p>Carrots Mixed Peppers</p> <p>Ice Cream <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Beef Bolognaise Pasta <b>1</b> Cheese &amp; Pesto Swirl <b>1,7 V</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Baked Wedges Seasonal Vegetables</p> <p>Toffee Tart <b>1,7</b> &amp; Custard <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Roast Chicken &amp; Gravy Meatfree Meatballs &amp; Gravy <b>6 VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rustic Roast Potatoes or Jollof Rice Cabbage Swede</p> <p>Fruit Jelly <b>VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Chicken Korma Sweet Potato &amp; Lentil Curry <b>VG</b> Herby Tomato Pasta <b>1 VG</b></p> <p>Rice Green Beans Carrots</p> <p>Chocolate Orange Cake <b>1 VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Fish Fingers <b>1,8</b> Wrap Stack <b>1,7 V</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Chips Sweetcorn &amp; Peas Coleslaw <b>9</b></p> <p>Lemon Drizzle Biscuit <b>1,6 VG</b> Yoghurt <b>3,7</b> Fruit Pots <b>VG</b></p>
<b>WEEK TWO</b>	<p>Cheesy Cauliflower Pasta <b>1,7 V</b> Vegetable Burger in a Bun <b>1,5,6 VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Baked Wedges Carrots Peas</p> <p>Honey Cake <b>1</b> &amp; Custard <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Keema Curry Sweet &amp; Sour Vegetables <b>VG</b> Pesto &amp; Pea Pasta <b>1 VG</b></p> <p>Rice Seasonal Vegetables</p> <p>Summer Trifle <b>1,7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Savoury Beef &amp; Yorkshire Pudding <b>1,7,9</b> Samosa Puff <b>1 VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Mashed Potato Broccoli Carrots</p> <p>Cornflake Cookie <b>1,7,16</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Chicken Fajita <b>1</b> Vegetable &amp; Bean Fajita <b>1 VG</b> Tomato Spaghetti <b>1 VG</b></p> <p>Rice Tomato Salsa Green Beans</p> <p>Carrot &amp; Orange Cake <b>1 VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Salmon Fish Cake <b>1,8</b> Margherita Pizza <b>1,3,7 V</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Chips, Peas, Grated Carrot</p> <p>Oaty Biscuit <b>1,15 VG</b> Yoghurt <b>3,7</b> Fruit Pots <b>VG</b></p>
<b>WEEK THREE</b>	<p>Margherita Pizza <b>1,3,7 V</b> Loaded Cajun Bean Wedges <b>VG</b> Cheesy Fusilli <b>1,7 V</b></p> <p>Rainbow Rice Sweetcorn Coleslaw <b>9</b></p> <p>Jam Roly Poly <b>1,6 VG</b> &amp; Custard <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Chicken Pie <b>1</b> Vegetable Stir Fried Noodles <b>1 VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Crushed Potatoes Seasonal Vegetables</p> <p>Ice Cream <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p><b>BRUNCH</b> Chicken Sausage <b>1,3,6</b> Or Vegetable Sausage <b>1 VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Brunch Hash Potatoes Baked Beans Mushrooms &amp; Tomatoes</p> <p>Fruit Jelly <b>VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Mild Chilli Beef Tomato &amp; Herb Penne Pasta <b>1 VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rice Peas Mixed Peppers</p> <p>Sultana Cake <b>1 VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Fish Fingers <b>1,8</b> Cheese &amp; Bean Parcel <b>1,7 V</b> Arrabiatta Pasta <b>1 VG</b></p> <p>Chips, Peas, Baked Beans Cucumber Sticks</p> <p>Caramel Cookie <b>1,7 V</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg  
10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

AVAILABLE  
DAILY

