



Brindishe Lee Newsletter

11th Oct 2019

Interim Headteacher: James Baguley

Brindishe
Lee

This week at Brindishe Lee...

Brindishe Lee has had another busy week. The highlight of the week was seeing the children and adults dressed in yellow as part of World Mental Health Day. It was great to see the whole school involved and each class watching a live BBC broadcast on Thursday afternoon to support children's awareness of how to look after their emotions. A big thank you to the team for putting the whole day together. You will find further details below from Ms Matthews. On Tuesday we held our yr 6 school journey meeting. It was very well attended. A big thank you to Ms Haughton and Ms Matthews for pulling it all together. Today, the year 2 children had a fantastic time on the Great Fire of London Walk. It was great to see so many happy faces on their return, even though the sun let us down! Thank you to Ms Sharrock and Ms E-Smith for organising the day.

World Mental Health Day and Brindishe Lee Mental Health fortnight...

10 October 2019 

Yesterday Brindishe Lee joined in with the National Young Minds Campaign and celebrated World Mental Health Day. Nearly every adult and child in Brindishe Lee came to school wearing something yellow. It was lovely to see our community join together to mark

such a significant day and talk about significant, topical and important issues and in such a bright, colourful way. Throughout the day the children added wishes to the wishing tree on the mound and the whole school participated in a live interactive lesson at 2pm, streamed by the BBC.

Today, we continued our focus on mental wellness and this afternoon the whole school took part in Yellow Hour. Every child in Brindishe Lee was able to choose an activity to participate in of their choice. They could choose art in the studio, reading on the mound, PE on the pitch, singing in the studio or Lego in Year 3 and we ended our day with a mental wellness praise assembly, where children were praised for their emotional strengths such as growth mind-set, resilience, empathy or kindness.

Mental Wellness will continue for the next fortnight at Brindishe Lee, during which we will officially launch Ms Morris' friendship bench that she gave to school as a leaving gift. It will take pride of place in our playground and be called 'The Lighthouse Bench.'

Please remember, staff at Brindishe Lee are always on hand to support children, parents and carers with mental wellness. Please do come and see us if you require any further information or support. Miss Matthews

Online safety...

As we celebrate International Mental Health Day with #HelloYellow, we thought it was a good opportunity to talk about the impacts social media, messaging and technology can have on children's mental health. Children and young people with smart phones are constantly connected, and whilst this comes with benefits and feelings of community, it also comes with a feeling that you are constantly visible.

Top Tips:

Be aware: do you know the sites and apps your child is using, and do you understand them? Being familiar means you can understand their experiences, and how they may impact how they are feeling.

Face-to-face time – Make time for technology down-time at home, and encourage your children to focus on the relationships that make them feel good about themselves.

We're all trusted adults and we want to help - inappropriate and harmful content can be accessed on the internet, which may impact your child's mental health. Explain to your child that not everything online is real, and ensure they know that we are there to support and advise them about any worries or anxieties they may have.

Services that can offer support:
Childline (0800 1111)
Samaritans: 116 123
Young Minds (0808 802 5544)
Miss Lea



Book Fair...

We are holding our annual book fair from **Tuesday 15th October to Thursday 17th October**. This is a chance for you and your child to browse and buy books. It will take place in the **school atrium** after school from **3.30 pm – 4.00 pm**. A percentage of the funds raised will be given directly back to school to spend on books for classroom reading areas and shared spaces around the school. The more you spend the more books we can buy for the children. We look forward to seeing you there! If you visit: <http://www.bookfairs.scholastic.co.uk/gift-vouchers> you can buy gift vouchers with a 20% discount.

A plea from the reception team...

We are looking for donations of socks, underwear, tights, trousers, t-shirts and jumpers - sizes ranging from 3 years - 8 years.

Reception would also love a type writer, if anyone has one that we could have!

Harvest Festival...

We will be hosting our annual Harvest Festival on Monday the

14th October. The local foodbank would be grateful of any donations, especially UHT milk, fruit juice and cereals. If you wish to donate, please drop off any items at the school office.

We will be supporting The 'Helping Hands Foodbank' which is a joint project between the local parish and Action for Refugees in Lewisham (AFRIL). If you have any UHT milk, fruit juice and cereal for the foodbank, please drop off any donations at the school office.

More information can be found out: www.goodpeter.org.uk/helping-hands-foodbank

Rights Respecting focus...



This year, Brindishe Lee is going for the next award as a Rights Respecting School. Each week we will be promoting an aspect of the UN convention on the rights of the child. A copy of those rights is attached to this week's newsletter.

This week we have been promoting positive mental health.

Article 24

You have the right to the best health care possible (physical, emotional, mental) and information to help you stay well.

A great half term opportunity...

There are some free cycling lessons that are taking place during the half term holidays (and beyond). The courses are off road

and for complete beginners running from Saturday 12th October to Saturday 30th November. Full details can be found on the following

link <https://www.cycleconfident.com/sponsors/london-borough-of-lewisham/> All the lessons take place in Ladywell Fields and are free, however, booking is required. These are mainly for adults, but there are children's ones as well.

Message from the office...

Please can you help us in the office by avoiding walking through the school when your child is late. You need to please come to the office to report your child's lateness and wait for office staff to escort your child to their class.

A plea please regarding dinner money. We have quite a lot of arrears building up. Can we please ask that these outstanding bills are paid. It would be great if dinner money could be paid in advance. Thank you!

Flu vaccination ...change of date

Due to a lack of vaccines the Flu immunisation will now be held at Brindishe Lee from reception to year 6 on **Monday 7 November 2019**.

If you are not able to access the school newsletter, please come to the school office for a paper copy. Alternatively, please click on the link below to access the eConsent - <https://app.schoolscreener.com/Screener.Web/Lewisham/portal#/imms/27114211000001105/100717>

Fantastic attendance this week!

Key stage 1: Sycamore – 99.28%
Key stage 2: Year 4 & Year 6
Cherry– 100%

Well done to these classes! Please remember that we are always aiming for your child to be in school every day of the week.

Our whole school attendance is 99.8%. Let's collectively keep this fantastic statistic up! A big thank you to everyone!

F@B Gardening day...



Thank you to all the volunteers who are helping out tomorrow as part of our gardening day. Your help is very much appreciated! The school will be open from 10.00 am – 2.00 pm and we need your help to improve the outdoor area. Please come along when you can! We will provide tea, coffee and biscuits. If you could bring along a spade, trowel and a fork we would be eternally grateful!! We look forward to seeing as many of you there as possible. Please let the office team know, so we can work out numbers.

If you have any plants that you would be willing to donate to the school, please can you bring them to the school office, as we will happily take them off your hands. Thank you!

Meet and greet...

I am now almost half a term into my new role at Brindishe Lee and as

part of developing community links I am keen to outline some of the school's priorities for this year. I will be hosting alongside Ms Matthews a 'Meet and Greet' morning on the 18th November between 9.30 am – 11.00 am. This will provide you with an opportunity within an informal setting to learn more about what we are planning and how you can support us along this journey. Please let the office team know if you will be attending.

Bike theft...

Just a quick reminder please not to leave any bikes or scooters overnight in or around the bike racks. Thank you!

Dates for your diary...

Saturday 12th October - Outside Gardening day at BL

14th October – Y6 PGL School Journey

14th October – Harvest Festival Assembly

14th October – Book Fair week

16th October – Full Governing Body meeting at BL

Friday 18th October – F@B Cake Sale

Monday 21-25 October – Half term break

30th October - Catford Synagogue Year 4

Tuesday 10th December – KS2 Christmas performance (pm)

Wednesday 11th December – KS2 Christmas performance (pm and evening)

Tuesday 17th December – KS1 Nativity (pm)

Wednesday 18th December – KS1 Nativity (pm)

Have a lovely weekend,
James Baguley

Interim Headteacher
Brindishe Lee

