

Friday 1st October 2021

Dear families, governors, staff and friends,

Message from the Head

A huge congratulations to our amazing Miss Shirin who completed the London Marathon last weekend. A phenomenal achievement and one that will have a lasting legacy on our school in the form of the many generous donations made to the school in her name.

As Miss Shirin takes a well-earned rest our minds turn to World Mental Health Day on Sunday. As we continue to emerge from the pandemic and our understanding of the role mental wellness play in our lives continues to grow, I encourage you all to do something small this weekend that is kind to your mind. Perhaps not a marathon but a little exercise, some family time, time outdoors, time doing something you love or even just having an early night can make such a difference to how we feel. Why not take a look at The Mental Health Foundation's top 10 tips for mental wellness: <https://www.mentalhealth.org.uk/publications/how-to-mental-health>



We wish you all a lovely weekend,
The Brindishe Green Senior Leadership Team

Wonderful Work!

Well done to all the children for returning to school so well this week. Your teachers will be on the lookout in the next few days to see which children have really gone the extra mile and next week's winners will be listed here



Year 1 Valentina & Ejla, Albert & Romeo, Reuben & Mariam
Year 2 Tracy & Albert, Cuba & Lina, Ariana & Renaye
Year 3 Navie-Mae & Edie, Samuel & Daphne, Laderra & Alfie
Year 4 Luka & Vivaan, Liam & Nadia, Ryan & Apishaline
Year 5 Charis & James, Elissa & Ariella, Aimuanmwonsa & Valerie,
Mya, Yaqing & Kayden
Year 6 Amerah & Martin, Hari & Tom, Biankeisy & Harrison



Farewell to Ruth Foster

On Friday 15th October we say goodbye to our School Office Manager, Ruth Foster, who has worked at Brindishe Green since 2017. Many of you will have been helped by Ruth over the phone or in person at the school reception, and it is safe to say, the staff at Brindishe Green are indebted to her for the constant support and wealth of knowledge she provides on a daily basis.

We wish Ruth all the best in her new job and want her to know she will be greatly missed.

Meet the Teacher Meetings – Year 1-6

Next week our virtual Meet the Teacher meetings will take place after school using the Weduc app. Our teachers are really looking forward to sharing with you how your child has settled into their new class. Please read the letter on Weduc for more information on how the meeting will run and how to prepare for it.

If you have not yet made an appointment, please do so as soon as possible. It is so important that you know how your child is progressing in school, and so that your child knows we are all working together in order for them to achieve their best

World Teachers' Day

On Tuesday it was World Teachers' Day – a day to thank and celebrate the hard work of teachers all over the world. We taught the children that a teacher is 'someone who teaches' and that this could be someone in school, at home, on the television or in the community.

We would like to thank all the staff at Brindishe Green who teach, support, inspire and protect our wonderful children, every day.

Celebration Sweets/Cakes

In order to promote healthy eating and support families whose children have allergies and intolerances; birthday sweets and cakes are not allowed at Brindishe Green. If your child wants to celebrate their birthday by treating classmates, we ask that you consider some other ideas which are not food related, for example purchasing a book for the class reading corner. Your child could even write a message for the class in the front cover. Alternatively, you could consider a board game or colouring book for wet playtimes or something else that the class could share. This is something that all children will be able to enjoy and has the added benefit of being much cheaper for you too. Thank you in advance for all of your support.

Your Child's Details

Please can all parents/carers ensure that your child's details are fully up to date on Arbor. This can easily be done through the app and ensures that we have all the information we need to stay in touch with you and contact you if we need to.

Ms Shirin's Marathon Update

YES, I did it! I did not know what to expect. I had a sore foot and a bit of a cold. I had trained hard but I had flashbacks of York Marathon not going well. I had a plan to run the first 10 miles slow then pick up the pace and work hard for the next 10 miles. The last 6 miles just had to be helped by the crowd. All went to plan and I managed negative splits which meant that after the initial 10 miles I got progressively faster. I really enjoyed every minute, but the last 7km or so was tough. I had no major issues. Legs felt fine but I was not enjoying it anymore. Definitely type 2 fun at this point. I had told myself to smile all the way but I don't think I was smiling anymore in the end :) until I saw the finish line.

I did it in 4 hr 48 minutes and I am very happy with that. Thanks for those of you who came out to cheer or followed me on the app. It was lovely to see so many messages and also see some of my colleagues out on the course. Apart from a very sleepless night, my legs are actually feeling pretty good. I only didn't enjoy stairs that much for a day but soon my legs were happy again and I cannot wait to for a gentle run.

On Monday I wore my finishers t-shirt and medal to school and so many kids walked up to me to have a look and a chat. Quite a few children came up to me and said they would like to run a marathon when they grow up. That means a lot. Hope we can keep inspiring them to move and run if they are showing interest. Also, we have raised over a £1000 for our lovely playground so a heartfelt thanks to staff, parents and carers for their generous donations.

I will be doing a short assembly/video to share snippets of my experience with the children so will be keeping the page open for another week or so in the hope that we would hit our target of £1500 so please do spread the word. It means a lot to us here at Brindishe Green.



<https://www.virginmoneylondonmarathon.com/the-event/the-official-app>

Sportacus October Half Term Camp

Please see the attached flyer if you would like to book a place for the Sportacus October Half Term Camp.



Banyan Class Swimming – A Message from Ms Supple

A big thank you to all the parents and carers who gave up their time to help walk with Banyan Class to and from Glass Mill Leisure Centre over the last two weeks – we really could not do it without your support. The children were fantastic and all made progress with their swimming. Well done to all of Banyan Class but a special mention to those children who made the huge leap from being non-swimmers to swimming by the end of the fortnight.

We are a Gold Rights Respecting School

At Brindishe Green we teach our children about their Rights and about how these Rights are for all children, all over the world. Each week, we will share an article for you to discuss with your children at home.

Sunday is world mental health day so this week we are thinking about **Article 24**, children's right to the best possible health, including mental health. What will you do this weekend to look after your wellbeing?



Our Weekly Online Safety Message from Ms Chin

Its world mental health day on October 10th, and it is a great time to reflect on the ways being online can have a positive and a negative impact on our mental health.

National Online Safety have produced a guide to screen addiction in children.

It includes some great suggestions for ways you can benefit from nature... both online and offline.

[Please see the attached guide.](#)



Important Dates

Please look on the Weduc Calendar for key dates and information regarding your child's class

Meet the Teacher Booking Open – 4th Oct 2021

Meet the Teacher Meetings Year 1-6 – Wk 11th Oct 2021

Wear Red Day – Give Racism the Red Card – 22nd Oct 2021

Half Term 25th - 29th Oct 2021

Flu Vaccination - 12th Nov 2021

Winter Break 20th December – 3rd Jan 2022

Remember children must be in school by 9am every day and be collected at 3.15pm

A message from the Brindishe Friends Group (BFG)

Last chance for pizza night - If you haven't ordered your make-at-home pizza (and/or cookie) kit yet, we have extended the deadline for orders until SUNDAY 10th OCTOBER. Place orders here:

<https://doughies.co.uk/products/brindishe-green>. **You will receive your pizza and/or cookie pack at pick up on Friday 15 October.** Payment will be taken when the order is placed - a basic pizza kit is £6.50, the cookie kits are £4.50. Brindishe Friends Group will receive £2 from pizza packs sold, and £1 from every cookie pack to raise funds for the BFG Food Parcel Fund. If you need more information - please email bfgsocials@gmail.com

BFG meeting - date change! The first BFG meeting of the new school year will now take place on **Wednesday 3rd November at 6pm** in person, at school. Please let us know if you would like to attend. Email: bfgsocials@gmail.com. Follow us on Twitter: @bfghithergreen and connect via Facebook (search 'Brindishe Friends Group') for all our latest news.

COVID UPDATES

Please see below a copy of the decision chart to support you in knowing what to do if your child or another member of your household is exposed to Covid-19 in the coming weeks.

What do I do if.....	What ACTION is needed?	When can I RETURN to school?
My child is ill with symptoms not linked to Covid-19: Sore throat, runny nose, headache, tummy ache, chicken pox, tonsillitis, sickness, diarrhoea	Follow the usual School Absence Policy	When the child is feeling better or 48 hours if the illness is sickness/diarrhoea
My child has one or more of the 3 main Covid-symptoms: <ul style="list-style-type: none"> • HIGH TEMPERATURE – this means feeling hot to the touch on the chest or back • A NEW CONTINUOUS COUGH – this means coughing for more than an hour, or having 3 or more episodes in 24 hours • A LOSS OR CHANGE TO SENSE OF SMELL OR TASTE – this means being unable to taste or smell as usual 	DO NOT COME TO SCHOOL Contact school to inform us Obtain a PCR test Self-isolate until results are known Siblings who have no symptoms should continue to attend school	On receipt of a negative test result and when your child is well enough to attend
My child tests positive for Covid-19	DO NOT COME TO SCHOOL Contact the school to inform us, stating the earliest possible date of return Engage fully with NHS Test and Trace Engage with remote learning if your child is well enough to do so	After the applicable isolation period and when your child is well enough to attend Children can return after 10 days even if the cough and loss of taste/smell remains. This can last for weeks
My child tests negative for Covid-19	Contact school to inform us	...same day/next day and when they are well enough to return
Someone in my house is ill with Covid-19 symptoms	Obtain PCR tests for everyone in your household and advise all close contacts of the person with symptoms to do the same If your child(ren) have no symptoms of Covid-19 they should continue to attend school while awaiting the test result. If your child(ren) have symptoms, they must self-isolate for the required period or until a negative PCR test result is received. A person is only required to isolate if they are over the age of 18 years and 6 months and are not double vaccinated. Any person who is double vaccinated or is under the age of 18 years and 6 months are not required to isolate unless they test positive or have 1 or more of the 3 main symptoms of Covid 19.	
Someone in my house tests positive for Covid-19	Obtain PCR tests for everyone in your household and advise all close contacts of the person with symptoms to do the same If your child(ren) have no symptoms of Covid-19 they should continue to attend school while awaiting the test result. If your child(ren) have symptoms, they must self-isolate for the required period or until a negative PCR test result is received. A person is only required to isolate if they are over the age of 18 years and 6 months and are not double vaccinated. Any person who is double vaccinated or is under the age of 18 years and 6 months are not required to isolate unless they test positive or have 1 or more of the 3 main symptoms of Covid 19.	
NHS Test & Trace has identified my child as being in close contact of someone with symptoms confirmed as Covid-19	Obtain a PCR test for your child If your child has no symptoms of Covid-19 they should continue to attend school while awaiting the test result. If your child has	

	<p>symptoms, they must self-isolate for the required period or until a negative PCR test result is received.</p> <p>A person is only required to isolate if they are over the age of 18 years and 6 months and are not double vaccinated. Any person who is double vaccinated or is under the age of 18 years and 6 months are not required to isolate unless they test positive or have 1 or more of the 3 main symptoms of Covid 19.</p>	
Someone other than NHS Test and Trace has informed me that I am a close contact of someone who has tested positive for Covid-19	<p>Obtain a PCR test for your child</p> <p>If your child has no symptoms of Covid-19 they should continue to attend school while awaiting the test result. If your child has symptoms, they must self-isolate for the required period or until a negative PCR test result is received.</p> <p>A person is only required to isolate if they are over the age of 18 years and 6 months and are not double vaccinated. Any person who is double vaccinated or is under the age of 18 years and 6 months are not required to isolate unless they test positive or have 1 or more of the 3 main symptoms of Covid 19.</p>	
We/my child has travelled and needs to self-isolate as a period of quarantine	<p>Do not take unauthorised leave in term-time</p> <p>Consider quarantine requirements and FCO advice when booking travel</p> <p>Return from a destination when quarantine is needed</p> <p>Agree an earliest possible date for return</p>	...the quarantine period has been completed