



# Brindishe Lee Newsletter

Friday 7<sup>th</sup> January 2022

Headteacher: Ms Maxine Sebire

Brindishe  
Lee

Dear families, governors, staff and friends,

Happy New Year to you all and welcome back to school. It was lovely to see everyone again after the festive holiday. We hope that you all enjoyed the Christmas break and were able to spend some quality time with loved ones.

I'm sure that you will be aware of the constantly changing Government guidance regarding COVID- 19. We sent a letter to all parents/carers on Tuesday of this week detailing the up-to-date requirements and changes with the isolation period as well as school reminders. Please spend time reading this information and if you have any questions, please do ask the school office who will be happy to assist.

On behalf of all staff, a huge 'Thank You' to the children and parents who kindly brought Christmas cards and gifts at the end of last term. We all really appreciate your thoughtfulness and generosity, especially at such a busy time of year.

Finally, thank you everyone for really making a conscious effort to follow the covid protocol to ensure we continue to offer our children, staff, parents/carers and the community a secure and safe school environment.

Have a lovely weekend! Stay safe and well everyone.

Kind regards,  
Ms Sebire & the Brindishe Lee Team.

## Winter Weather – Coats and Hands

As many of you have noticed, the weather has really changed this week and it has certainly got much colder. Please can we remind you to make sure that your child brings a warm coat to school, and perhaps a hat, scarf and gloves for the end of the day and lunchtime. Please make sure these are clearly labelled with your child's name. Also, we are still making sure that the children sanitise and wash their hands several times a day in school as part of keeping everyone safe and well. As the weather has turned colder, please can we suggest that you moisturise your child's hands before they come to school and when they get home as well. This will help to prevent them getting dry and sore. Thank you for your support with this matter.



## Reception place for September 2022

The deadline for making your application for a Reception place for September 2022 is Saturday 15 January 2022. We strongly advise you to list several schools on your application, ranked in order of your preference. Full details about online applications, how places are offered, the appeals process and further information is available here:

<https://lewisham.gov.uk/myservices/education/schools/school-admission/applying-to-start-primary-school>

Please refer to our school website and virtual tour for further information about Brindishe Lee

<https://lee.brindisheschools.org/news/?pid=5&nid=1&storyid=364>

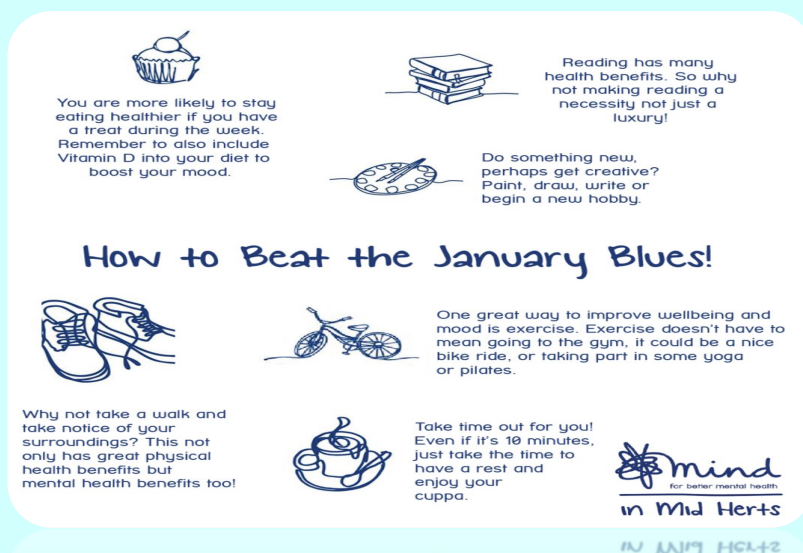
### Online Safety - LEGO Build and Talk

LEGO® have created Build and Talk to help you talk to your child about digital safety and wellbeing. Firstly, you pick an activity to do and then you read a story, which includes questions and conversation prompts, whilst they build with their LEGO®. This is a great way to start talking about online safety with your child <https://www.lego.com/en-gb/sustainability/children/buildandtalk/>

Whilst you're there, view their guides on key topics related to online safety <https://www.lego.com/en-gb/sustainability/children/digital-child-safety/> or play Doom the Gloom with your child, which will support them in using the internet safely: <https://www.lego.com/en-gb/campaigns/kids/doom-thegloom>.

### Mental Health and Wellbeing – January Blues

January can often be a difficult month for many people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park, enjoying the sunshine ...) are all harder to achieve. However, there are some ways that we can help ourselves beat those 'January Blues'. Please refer to the tips below for some ideas to try out as a family.



### Parents Toolkit - Wellbeing

Check out BBC Bitesize for their wellbeing tips designed for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health.

[https://www.bbc.co.uk/bitesize/articles/z63htrd?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=wellbeing](https://www.bbc.co.uk/bitesize/articles/z63htrd?utm_source=google&utm_medium=cpc&utm_campaign=wellbeing)

### P.E Kit

A polite reminder, please can all children come to school wearing their P.E kits on their allocated P.E day/s, this will support the smooth running of the school.

The PE kit should include shorts/jogging bottoms, suitable footwear, a t-shirt and a jumper, when needed. May we remind you that jewellery will not be permitted during PE lessons and long hair should be tied back for health and safety reasons.

### Clubs - Reminder

There are still spaces left at Sportacus clubs this term. They are offering Football and Karate for all year groups (see the attached flyer for booking details). Over the next few weeks, Ms Etuk-Smith will commence a new choir club and Ms White will be providing an Art & Design club after school. There will be more information to follow on these clubs.

## Important Dates

Wednesday 19<sup>th</sup> January – Year 5 local walk

Thursday 20<sup>th</sup> – Year 6 Holocaust Zoom

Friday 21<sup>st</sup> January - Girls football coaching starts

Saturday 22<sup>nd</sup> January 2022 – Blackheath 'Shine' Programme starts

Tuesday 1<sup>st</sup> February – Years 1, 2, 3 & 5 – Science Dome

Monday 7<sup>th</sup> February – Friday 11<sup>th</sup> February – Year 5 swimming sessions

Monday 7<sup>th</sup> February – Friday 11<sup>th</sup> February – Parents/Carer Meetings

Monday 14<sup>th</sup> February - Half term break

## COVID - Testing and Isolation

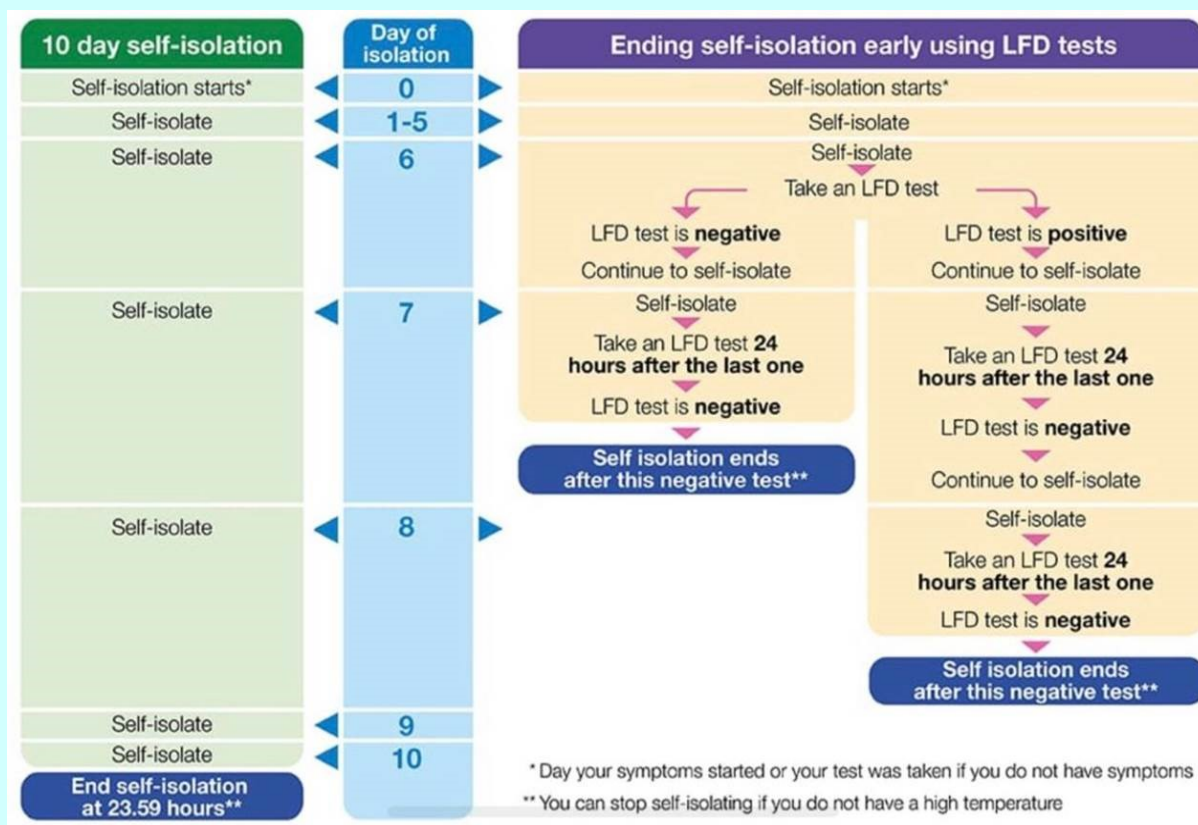
If your child is showing signs of COVID or tests positive on a LFT, you must book a [PCR](#)

If the PCR is negative your child can come back into school. Please email proof of a negative test to school as soon as possible to ensure everyone is kept safe and well.

If your child is positive, you must follow the instructions given by NHS test and Trace. We also now ask you to email us proof of the positive test.

Following new guidance on self-isolation, please use the grid below as a support. If your child has a negative LFT on day 6 and day 7, they may return to school. Please email proof of the negative LFT test to the school office. This evidence should be the NHS notification you will receive following entering a negative result on the NHS website.

Guidance is constantly changing and can sometimes be very confusing, so please do remember it is important to work with us to keep everyone as safe as possible. If you have any questions about the information provided, please do get in contact via email or by calling the office. Thank you for your support with this matter.





Dear Parents/Carers,

Please find attached our timetable for the spring term. We will again be providing 2 after school clubs for your children to enjoy and all our clubs at Brindishe Lee are for **all year groups**.

Our exciting new club this term is Karate with our specialist Karate coach Sophie who just recently achieved 2<sup>nd</sup> dan grade and competes both nationally and internationally in her sport.

### **Football**

Join the Sportacus coaches for a programme full of skills, games, competitions and matches. Our FA qualified football coaches have an action-packed time in store to help you develop new and existing skills in a fun and nurturing environment.

### **Karate**

Our new Karate club will fuse together fun games designed to develop Karate fundamentals such as balance, speed and agility with technical skills such as blocks kicks and stances. This club will be great for both beginners to the sport and children who already participate in external clubs.

Club	Day	Time	Dates	Full Price
Football	Monday After School	3:30-4:30	Monday 10th Jan Monday 21st Mar (10 sessions)	£70.00
Karate	Tuesday After School	3:30-4:30	Tuesday 11th Jan Tuesday 22nd Mar (10 sessions)	£70.00

To secure your child's place please use our online booking system found at  
[www.sportacus.co.uk/book-online](http://www.sportacus.co.uk/book-online)

We now accept all major debit, credit cards, Apple pay and Paypal payments. Please note: Paper booking forms/bank transfers can no longer be taken. Our prices include an online booking and administration fee.

Sportacus clubs need at least 15 children signed up to commence.

***By signing up to any of our services, you agree to our terms and conditions which can be found on our website.***