



Brindishe Lee Newsletter

Friday 11th March 2022

Headteacher: Ms Maxine Sebire

Brindishe
Lee

Dear families, governors, staff and friends,

The sun has started to shine which is lovely to see. Another fun and fabulous week of learning at Brindishe Lee which was highlighted in today's Praise Assembly.

Please look on our Weduc platform for key dates and information regarding your child's class. All information regarding updates, trips/visitors, special school events and what your child is learning about will be posted.

Thank you to the F@B team who have been busy fundraising for the school by selling pizza making kits as well as virtually fundraising for our school library. Thank you to everyone in the Brindishe Lee community who has supported and has donated funds to the school.

We hope you have a nice weekend!

Kind regards,

Ms Sebire & the Brindishe Lee Team.

The Healing Power of Sleep

This year's **World Sleep Day will be held on Friday 18th March 2022** and is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep.

A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep. Having enough good-quality sleep is a key, and often underestimated, protective factor for children and young people. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour.

Primary school-aged child generally need around 10 to 11 hours of sleep a night, while teenagers need around 8 to 10. How to support positive sleep for your child:

- Having a regular time to go to sleep and wake up.
- Having a predictable and consistent night-time routine.
- Making sure children and young people are in natural daylight for at least half an hour— particularly in the morning.
- Making sure children and young people get enough exercise during the day.
- Older children should avoid napping in the day.
- Avoiding caffeine, particularly in the afternoon.
- Turning off computer screens or other devices at least an hour before bedtime. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.
- Having low lighting and a quiet space in bedrooms.
- Avoiding checking devices, particularly in the middle of the night.
- Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.

Safeguarding/Online Safety - Poppy Playtime

Have you heard of Poppy Playtime?

With chapter 2 just being released we thought it important that you're aware that whilst the name and characters suggest a playful game, it is a survival horror game with graphics that may not be suitable for your child.

It includes characters such as 'Kissy Missy' and 'Huggy Wuggy.' Please view this game before allowing your child to play it as it may not be appropriate for them – particularly young children. Children may be playing the game or just watching videos of it on sites such as YouTube or playing replicated versions on Roblox for example. Further information The INEQUE Safeguarding Group have produced this informative briefing for parents and carers: <https://ineqe.com/2021/12/03/poppy-playtime-online-safety-review/>

Rights Respecting Weekly Focus

Article 6 of the UNCRC recognises that all children and young people have the right to survive and the right to develop.

Ukrainian Appeal

Thank you to the families and staff who have kindly donated to the Ukrainian humanitarian disaster. We have a large collection of toiletries, cereal bars, nappies, wipes, baby milk and other required items that we have taken to the Polish Centre in Forest Hill. If you would like to support further, a member of the community has sent the school this link: <https://www.dec.org.uk/appeal/ukraine-humanitarian-appeal>.



*Thank you everyone for
your kindness!*

Lewisham & Greenwich NHS Trust

Lewisham Council are in the process of reviewing the delivery of the School Health and Health Visiting Service. To help re-commission the services next year, the council has produced a survey as they are really keen to hear from parents/carers about how the service is currently working, any gaps or issues you think we should be focusing on, and what commissioning priorities should be. This survey is just in relation to services for 5-11 year olds, as they completed a similar consultation in relation to 11-19 year-olds last year.

The council wants to make sure that they design services collaboratively, and reflecting the needs of all children and families in Lewisham. Please click the link listed below.

<https://consultation.lewisham.gov.uk/targeted-services-and-joint-cyp-commissioning/feedback-on-the-school-health-service-parents-and/>

Thank you for your support.

Important Dates

- Wednesday 16th March – Radish – Parent Taster Session (Refer to the attached poster)
- Friday 18th March – Red Nose Day – Wear Red Day - kindly donate £1.00 for Comic Relief
- Tuesday 22nd March – Year 6 local area walk
- Friday 1st April – Year 4 ZooLab Experience
- Friday 1st April – End of the Spring Term
- Monday 4th April - Sportacus Easter Camp (Refer to the attached poster)
- Tuesday 19th April – Summer Term - Children return to school
- Tuesday 26th April, 6pm - Lewisham tech workshop for parents, session 1
- Tuesday 3rd May, 6pm - Lewisham tech workshop for parents, session 2

**More dates to follow shortly re. visitors, events and trips*





BRINDISHE LEE PRIMARY SCHOOL TASTER EVENT WEDNESDAY 16TH MARCH

Radish, your school catering team, invite you to come and sample some of the wonderful food that we provide at lunchtime. A stall will be outside the school with samples of our lunch menu. Please come and taste samples of what is on offer for the children at lunchtime as you come to collect your child.

Southern Style Crunchy Chicken (Eggs, Barley, may contain Soy, Milk)

Spinach, Chickpea & Potato Curry (Vegan) (May contain Wheat)

Macaroni Cheese (Milk, Wheat)

Chocolate & Date Brownie (Eggs, Wheat)

Flapjack (Gluten, Oats, may contain Barley, Wheat)

Banana Cake (Eggs, Wheat)

Homemade Bread (Wheat)

Full Salad Bar (Display only)



MONDAY 4TH - THURSDAY 14TH APRIL 2022

**2 WEEKS
OF DANCE
FOOTBALL
& MULTI
SPORTS**



EASTER ACTIVITY CAMPS



Ofsted REGISTERED

07897 932 884

WWW.SPORTACUS.CO.UK

INFO@SPORTACUS.CO.UK

CHILDCARE VOUCHERS NOW ACCEPTED



EASTER HALF TERM CAMPS

JOIN THE SPORTACUS TEAM FOR ANOTHER EXCITING PROGRAMME OF ACTIVITIES THIS EASTER HALF TERM:

MULTISPORTS (BOTH LOCATIONS)
FOOTBALL (DARRICK WOOD ONLY)
DANCE (AT BOTH LOCATIONS ON THURS & FRI)

PRICES

FULL WEEK 1 BOOKING	£93.50
FULL WEEK 2 BOOKING	£75.50
INDIVIDUAL DAY BOOKING	£28.50

USE "SIBLING 10" FOR 10% OFF ANY
FULL WEEK BOOKING OF 2+ PLACES

USE THE CODE "SIBLING10" TO SAVE 10% ON
ANY FULL WEEK BOOKING FOR 2 OR MORE KIDS
OFFER NOT AVAILABLE ON INDIVIDUAL DAY
BOOKINGS

LOCATIONS

DARRICK WOOD JR SCHOOL, LOVIBONDS AVE, ORPINGTON, KENT BR6 8ER

BRINDISHE LEE SCHOOL, WANTAGE ROAD, LONDON SE12 8NA



SCAN THE QR CODE TO BOOK

**MON 4TH
THUR 14TH APR**

9:30-3:30 EVERY DAY FOR BOYS AND GIRLS AGED 4-12

CHILDCARE VOUCHERS NOW ACCEPTED - GET IN TOUCH FOR MORE DETAILS

WWW.SPORTACUS.CO.UK

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