



# Brindishe Lee Newsletter

Friday 29<sup>th</sup> April 2022

Headteacher: Ms Maxine Sebire

Brindishe  
Lee

Dear families, governors, staff and friends,

Welcome back to the new school term. We hope you had a beautifully, sunny and restful break and that your children are ready for what promises to be an exciting and action packed term. We are delighted that the children have returned so enthusiastically and the weather seems to be matching their enthusiasm!

We have now completed our first set of consecutive terms, the first time children have been back in school for two consecutive terms in the last two years. I cannot emphasise enough how incredibly proud I am of every child and member of staff at Brindishe Lee Primary School and how they have come together to inspire, motivate and support children and families both socially and academically. It is most impressive.

This week, it was wonderful to see so many parents and carers at our open door sharing learning event on Monday. Parents commented on the positive progress made in the children's book as well as the lovely learning environments the staff have created with the children. It was so lovely to see the children sharing their learning with their families. Please refer to the grid listed below for future open door dates. We look forward to a busy, exciting and fun filled summer term.

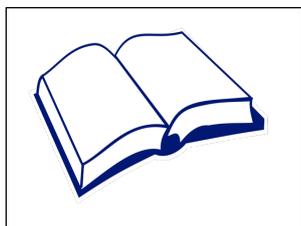
Have a lovely Bank Holiday weekend!

Kind regards,

Ms Sebire & the Brindishe Lee Team.

## Sharing Learning - Reminder

Due to covid restrictions being lifted, we want to invite parents/carers into the classroom at pick-up time to look at their children's learning. Please refer to the grid listed below outlining the dates allocated to sharing learning. This is a wonderful opportunity for you to discuss with your child their learning as well as look at the wonderful work on display.



<u>Summer Term 2022</u> Sharing Learning Time: 3.30-4.00pm
Monday 25 <sup>th</sup> April – completed
Thursday 26 <sup>th</sup> May
Monday 20 <sup>th</sup> June
Thursday 14 <sup>th</sup> July

## Free School Meals

If your circumstances have changed and you think you may be entitled to Free School Meals, you can use the following link to check your eligibility - <https://pps.lgfl.org.uk> Please note, eligibility for FSM is not backdated, so apply as soon as possible.

## Lost Property

We have been displaying last terms lost property outside the school office, please take a look. We do hope we will be able to reunite you with your child's lost articles of clothing! All named items will be delivered directly to the classes.

### Sunscreen

As we go into the summer term, we are hoping to enjoy some lovely sunny weather. Once the sun is here, please ensure you apply a high factor sunscreen to your child before bringing them to school. All children should have a sunhat or cap in school for sunny weather and we recommend this is kept at school for the entire summer term due to the changeable nature of our wonderful British weather. Please also ensure your child brings a water bottle to school every day. Please ensure all items are clearly labelled with your child's full name.

### Attendance Reminder

*'Attend today...and achieve tomorrow!'*

As we all know, every child has the right to an education (Article 28). In England, children are expected to attend 190 days of school year, with the exception of when they are too sick to come to school or isolating due to Covid19. This means that there are 175 other days in the year to book holidays, trips away and visits to see family members.

Every year, we receive a number of requests for children to be absent from school during term time. Schools cannot authorise an absence for a holiday/visit and we will only grant an authorised absence for exceptional circumstances.

**The process for applying for a leave of absence is as follows:**

1. A **'Request for a Leave of Absence'** form is completed by the parent/carer (see the school website or email the office)
2. The request will be passed to the Headteacher and discussed with the school's Federation Attendance, Safeguarding and Welfare Officer
3. The school decides if it will authorise the absence.

Parents/carers should note that flights (etc.) should not be booked before a leave of absence is authorised. Every day of school missed by a pupil reduces their attendance by 0.5%, meaning that a child with 95% attendance has missed ten whole days of school. If a pupil is persistently absent (85% attendance), they have missed six weeks, or half a term, of schooling.

Days Absent at End of Year	Absence Percentage	Attendance Percentage at End of Year
1	0.5%	99.5%
5	2.5%	97.5%
10	5%	95%
20	10%	90%
30	15%	85%

### Important Dates

- Wednesday 4<sup>th</sup> May – Year 1 to Horniman Museum
- Wednesday 4<sup>th</sup> May – Year 4 Magnolia and Year 4 Sycamore- Visit to the Church of Good Shepherd
- Wednesday 5<sup>th</sup> May – Year 3 to Horniman Museum
- Monday 9<sup>th</sup> – Thursday 12<sup>th</sup> May – SATS Week for Year 6
- Monday 16<sup>th</sup> – Wednesday 18<sup>th</sup> May – Year 6 School Journey
- Friday 20<sup>th</sup> May – Reception to Mudchute Farm
- Monday 30<sup>th</sup> May – Friday 3<sup>rd</sup> June – Half term Holiday
- Monday 6<sup>th</sup> June – INSET DAY (Queen's Jubilee)

## Stress Awareness Month 2022

Please see listed below some information and top tips on how to manage stress. For further information around this topic please click on this link <https://www.stress.org.uk/national-stress-awareness-month/>

### Signs of Stress:

- ◆ **Withdrawn behaviour**— Children who are struggling with stress can act withdrawn. They don't seem to enjoy the same things they used to, or seem a little hesitant to join in with their peers.
- ◆ **Unexplained aches and pains**—Stress can manifest in physical ways as well. Children under stress tend to complain about unexplained headaches and stomach aches when they have a perfectly clean bill of health.
- ◆ **Sleep**—Any change in sleep patterns can indicate that your child is stressed. For instance, all of a sudden they can't wake up in time for school. Or, they've suddenly become a night owl who refuses to go to bed before midnight.
- ◆ **Eating patterns**—Likewise, any change in eating patterns can indicate stress. Your child may eat much more than usual or seem to exist on nothing at all.
- ◆ **Irritability**—Is your child suddenly acting out? Do they seem more irritable or cranky than usual? Children who feel stressed don't know how to express what they are feeling, so they tend to act irritable or moody instead.
- ◆ **They tell you**—Some children will complain about their worries or stressors, while others will clam up. Be sure to talk to your children about stress to get a better handle on if she's feeling any. Ask questions like, "Do you know what stress means?" "Do you ever feel stressed?" "What makes you feel stress?" "How do you deal with it?"

### Strategies to support your child:

- ◆ Give your child effective strategies to deal with the stress, such as physical activity, breathing exercises or meditation. Older children might also like journaling or creating artwork to express their feelings.
- ◆ As with most things when it comes to parenting, actions speak louder than words. Make sure you are appropriately managing your own stress and your child will be more likely to follow suit.
- ◆ Take some time to talk to your child about stress and the ways they can cope.



## Online Safety Support & Guidance

### What's in the news?

Children may come across news that upsets them, worries them, or makes them feel anxious. Newsround have produced this article which you can share and read with your child providing them with tips about what to do if they are feeling sad about the news:

- <https://www.bbc.co.uk/newsround/13865002>

### How can I support my child?

The following two articles provide advice on how to help your child cope with the media coverage of traumatic events, for example the current news around Russia invading Ukraine:

- <https://www.parents.parentzone.org.uk/morearticles/helpingyour-child-cope-with-media-coverage-of-traumatic-events>
- <https://www.childline.org.uk/get-involved/articles/worryingabout-russia-ukraine/>

### Real or Fake?

A lot of children see or hear news updates from social media or via friends so it's important that we talk to them about fake news and provide them with the skills to help them distinguish between real or fake news.

**So how do we get them to critically think about what they are reading? Here are some tips:**

- Check the source (who wrote it).
- When was it written? Is it based on an old story?
- Is it on a reputable news site, for example Newsround?

### Further information

- <https://www.bbc.co.uk/bitesize/articles/zmvdd6f> • <https://www.internetmatters.org/resources/tackling-fake-news-misinformation-advice-for-parents/>