



Brindishe Lee Newsletter  
Friday 5<sup>th</sup> February 2021  
Headteacher: Ms Maxine Sebire



Dear parents, carers, governors, staff and friends,

It has been another busy week at school, and at home, for all of our staff and families. We know that everyone is working tirelessly, while trying to remain as positive and upbeat as possible. This week, children have been recognising and celebrating *Children's Mental Health Week*. The theme this year is *EXPRESS YOURSELF*, all classes from Reception to Year 6 have enjoyed extra-curricular and enrichment activities. We particularly enjoyed seeing you all dressed up in your best attire for your 'live' class Zoom sessions. Please refer to our Student or Parent/Carer Rooms on *Itslearning* for further information and support around Mental Health and Wellbeing.

We had confirmation from the Government that schools will close for half-term and will not reopen fully straight after the half-term break. We await further announcements but the Government are predicting the earliest schools will be fully back will be the 8th March. We can confirm we will continue with our remote learning provision alongside our Critical Key Worker provision in school until this stage, with the exception of the half-term week when we encourage all our families to have a break from their online learning.

Along with other schools, we have now begun regular testing for our staff in school, to enable us to detect any possible asymptomatic cases. We continue to maintain all our distancing and safety procedures as before and we welcome the reassurance this testing brings to us all. As this period of lockdown continues, please keep yourselves and your families safe and remember that the latest guidance can always be found on the government website here: <https://www.gov.uk/guidance/national-lockdown-stay-at-home>

Have a lovely weekend. Stay safe and well everyone.

Kind regards,

Ms Sebire and the Brindishe Lee Team.

### Support

If you have any questions or queries during this time, please can we ask that you use the following email addresses, so that the right person can get back to you:

- **Queries** about online learning, accessing devices, Free School Meals, login details, concerns, general questions – [info@brindishelee.lewisham.sch.uk](mailto:info@brindishelee.lewisham.sch.uk)
- **Technical Support** with *Itslearning* or *Weduc* – [support@brindishelee.lewisham.sch.uk](mailto:support@brindishelee.lewisham.sch.uk)
- **Wellbeing Support** - You can still email [recovery@brindishelee.lewisham.sch.uk](mailto:recovery@brindishelee.lewisham.sch.uk) for wellbeing support from the staff at school.

## The Virtual School Library

Oak National Academy and the National Literacy Trust have come together to launch their Virtual School Library to keep children reading during lockdown. Every week, a popular children's author will become 'Author of the Week' and provide a free book or audiobook and exclusive videos and activities aimed at primary school children, all available at [library.thenational.academy](http://library.thenational.academy).

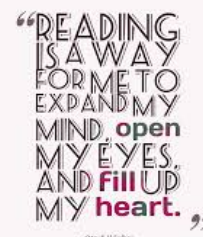
The Author of the Week is Sally Gardner's, who wrote *'Mr Tiger, Betsy and the Blue Moon'*, illustrated by Nick Maland. You can also watch an exclusive video with Sally to hear all about her stories and favourite reads. Enjoy reading or listening to this wonderful book. You can also find this library link and other reading resources on the Shared Student Room on *ItsLearning*.

[Mental Health First Aid \(MHFA\) England](#), list on their website many benefits to reading.

These include:

### Reading

- is pleasurable
- can reduce stress
- can provide an escape from the 'real world'
- helps you develop empathy for others
- works your brain and prevents memory loss
- helps to treat mental health issues



“READING IS A WAY FOR ME TO EXPAND MY MIND, open MY EYES, AND fill UP MY heart.”

## Teacher/Child Video Catch Up Calls

Before the half-term break, you will have the opportunity to book another Teacher/Child Video Call.

These video calls will take place between **1.10pm and 3.30pm on Wednesday 10<sup>th</sup> February and Thursday 11<sup>th</sup> February**. This is an important opportunity for your child and the teacher to 'have a catch up', celebrate work and talk through any worries or concerns they may have.

You will be sent a text, asking you to log-in to your Weduc App and to click on the link to book the appointment.

Please email [info@brindishelee.lewisham.sch.uk](mailto:info@brindishelee.lewisham.sch.uk) if you require any further support with logging into Weduc.

Other members of staff from the Brindishe Lee team will continue to telephone the children inbetween these video calls.

***Please note: Reception video calls will be on the 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> February 2021 from 1.10pm – 2.10pm.***

## Free School Meals – Vouchers – REMINDER

The National Free School Meals voucher scheme has now been launched and will be run by the original government supplier, Edenred. Parents/Carers of children entitled to Free School Meals should receive the eCode and instructions on how to use the voucher within 4 days. These £15 supermarket vouchers will be sent weekly, up to the week commencing the 8th February. Families will be able to use the vouchers to buy food for their child as soon as they receive it. Vouchers can not be used to buy age-restricted items such as, alcohol, cigarettes or lottery tickets.

If you think you might be entitled to free school meals for your child, please use this link to view the criteria and to apply ([apply for free school meals](#)). If you are successful, please let the school office know as soon as possible.

*Please note that Free School Meals, is different to Universal Free School Meals which all Reception, Year 1 and Year 2 children automatically receive, but only when they are in school.*

## Safer Internet Day

On **Tuesday 9<sup>th</sup> February 2021**, we will celebrate the 18th edition of **Safer Internet Day** at Brindishe Lee. With the theme once again of *'Together for a better internet'*, the day calls upon us all to join together to make the internet a safer and better place for all, especially for children and young people.

Next week, there will be a Safer Internet assembly during which an interactive quiz will take place. Alongside this, there will be online safety activities for everyone to enjoy, plus the weekly online safety bulletin videos, which will include a new app that parents/carers and children can use.

### Mental Health and Wellbeing Challenge

Each week, after your remote learning for the day, as a family, you may wish to take part in our weekly kindness challenge.

If you have completed any of the challenges and would like to share these with your teacher, please email them to us at [info@brindishelee.lewisham.sch.uk](mailto:info@brindishelee.lewisham.sch.uk) or post them onto *Itslearning* in the **Share and Celebrate** folder. Please refer to the suggestions listed below.

### Weekly Kindness Challenge

**Focus:** Kind to Our Friends

- **Day 1** - Set aside time to do something with your friend – talk over Zoom/Skype, on the phone, or play an online game together. Always remember to seek permission and support from a trusted adult before you go online/use a device.
- **Day 2** - Think about why you like and miss your friends. Write down five reasons why your friends are good friends and five things you like to do together.
- **Day 3** - Write a letter about what makes you a good friend. Remember to be kind to yourself – make the letter about you, not about your friends.
- **Day 4** - Write a postcard to your friends. Use the reasons you wrote down on Day 2 as a guide for what you should write to them – and remember to send the postcard or letter to their address, as a nice and kind surprise for them.
- **Day 5** - Write a *friend acrostic poem* and then send it to one of your friends

### Extra - Kindness Jar Challenge

Last week, Ms Sebire and the team, set an optional project for children/families to complete. The task was to design and make a kindness jar, filled with acts of kindness to carry out, in preparation for Mental Health Week this week. We would like to thank everyone who has sent us their wonderful creations.

Please look at our updated Shared Student Room and our Parent/Carer Room for further information and support around the topic of Mental Health and Wellbeing for parents/carers and children.



### Children's Mental Health Week – EXPRESS YOURSELF

This week, children in school and working remotely from home have been recognising and celebrating Children's Mental Health Week. The theme this year was *EXPRESS YOURSELF* and all classes from Reception to Year 6 have enjoyed exploring a range of extra-curricular and enrichment tasks.

Children have taken part in a range of enrichment activities online to raise awareness, provide strategies as well as offering support, these included: fitness sessions, mindfulness moments, music and singing sessions as well as daily wellbeing challenges.

The interactive Zoom sessions were a particular highlight this week whereby children dressed in their best attire to support the wellbeing awareness week – '*Dress to Express*'. The children took part in a range of interactive activities, for example, Year 2 enjoyed a live scavenger hunt to find different items that represented them around their home. Whilst Year 5 were asked to express themselves by designing an outfit using any media. Year 3 read a '*Huge Bag of Worries*' and listed their worries, turning negative thoughts into positive thoughts. Year 4 enjoyed a lively Zoom session, expressing themselves through movement. Other year groups used their creative skills to spread positivity and kindness at home and in the school provision either through dance, singing or through thoughtful words.

This week's Praise Assembly focused on sharing and celebrating the wonderful learning occurring across the school as well as highlighting Children's Mental Health Week.

