

**Friday 10<sup>th</sup> February 2022**

Dear Children, Families, Staff, Governors and Friends,

It has been another very busy week at Brindishe Green as the children from across the school have been taking part in a range of colourful activities to help them to recognise and understand their emotions and feelings, as part of Children's Mental Health Week. Today the school joined together to create a fabulous human rainbow to demonstrate that if we work together and support each other, we can all help to improve our own, and other's mental health. We would like to thank Liana Parker and her Mental Health Team for organising such an important week.

Today we held a very special assembly to say goodbye to Mr Phipps – it was a fun and heartwarming event, with just a smidge of squirty cream. Children from across the school presented him with beautiful cards to show him how much they will miss him and to wish him all the best in his new job.

We are delighted to tell you that on Monday, a group of children from across Year 5 and 6 took part in the London Youth Games Sportshall Athletics Competition. Mr Lewis and Ms Sullivan, who escorted the children were extremely impressed with their talent, behaviour, team work and enthusiasm throughout the competition. The children had trained very hard for the event and on the day took part in a range of activities. After a very full on and competitive day, the team came third, meaning they will now represent our school at the London Youth Games Final. Congratulations to all the children – this is a wonderful achievement! Thank you to the parents/carers who helped take the children to the event...and for all your support.

As we come to the end of this half term and look forward to a week off school, we would like to take this opportunity to thank you for your continued support. We know that many of you will be feeling anxious with the announcement that national Covid restrictions are to be lifted sooner than we anticipated, but after half term we will let you know how we plan to continue to keep our children and staff as safe as possible.

We hope you have a very peaceful and safe half term, and look forward to welcoming you all back to school on **Monday 21<sup>st</sup> February.**

We hope you all have a peaceful and enjoyable weekend,  
*The Brindishe Green Senior Leadership Team*

**Wonderful Work!**

This week the children across the school have impressed the adults with their focus and dedication to their learning. The children listed below have really shone throughout the week and will be bringing a praise card home:

Year 1: Hugo &amp; Raunakbir, Ava &amp; Filzah, Imisi &amp; Alex

Year 2: Noah &amp; Eli, Skye &amp; Andrew, Zahra &amp; Taku

Year 3: Rudy &amp; Azaria, Edie &amp; Youssef, Yachen &amp; Jasmine

Year 4: Siddarth &amp; Omar, Elm Class, Beech Class

Year 5: Fanta &amp; Grace, Cristian &amp; Ariella, Callum, Aisha &amp; Kaina, Almedin &amp; Emmelia-Rose

Year 6: Lucas &amp; Jojo, Amy &amp; Kaine, Dennis &amp; Tamaira

### World Book Day – Friday 4<sup>th</sup> March 2022

At Brindishe Green we will be celebrating **World Book Day on Friday 4<sup>th</sup> March 2022** \*. On this day every class in the school will be taking part in a range of exciting reading activities and challenges, in order to inspire and develop a love for reading.

For those who are new to the school, World Book Day is also an opportunity for children (and staff) to dress up as their favourite book character. We often see Harry Potter, Paddington Bear, The Very Hungry Caterpillar and Rocket (from Look Up!) walking through the gate.

This year prizes for the best **homemade costumes** will be given, as we want to really encourage families to spend as little as possible and to think about the environment when choosing their costume. We can't wait to see what you come up with.

*\*National World Book Day is on 3<sup>rd</sup> March but every year we celebrate on the Friday*

### Parent ENGage Wellbeing & Resilience Workshops

This week is 'Children's Mental Health Week'. Whilst it is right to focus on the wellbeing of young people, it is also important to remember that parents continue to need support too. We continue to suffer from anxieties for different reasons – looking for work or returning to work in the office, our children sitting exams for the first time since 2019 and of course, trying to remain healthy and well during the pandemic.

Parent ENGage CIC is a Lewisham parent education network, and their workshops are supported by Lewisham Council. They run the workshops on Friday mornings and can offer workshops via zoom, or, from March 2022, in-person workshops with a light breakfast. The first workshop covers the 5 Ways to Wellbeing and offers coping strategies to manage stress and anxiety, which parents can teach their children. The second workshop covers 10 Ways to Build Resilience and Mindful Listening. Alternatively, they cover both topics in one 3-hour workshop.

The workshops are **run by Lewisham parents for Lewisham parents. The workshops are free.** If you would like to learn more, please email [info@parent-engage-cic.org](mailto:info@parent-engage-cic.org). You can also visit our website to learn more about us: <https://parent-engage-cic.org>

### Sportacus Half Term Clubs

There are a limited number of places still available for the Sportacus Half Term Clubs, which take place at Brindishe Manor or Darrick Wood Jr School. Clubs include Dance, Multi Sports or Football, and can be booked on a daily or weekly basis. Check out their website for more information - <https://www.sportacus.co.uk/half-term>

### Lewisham Better Leisure Centres – February 2022 Half Term Offer

The leisure centres in Lewisham have been the subject of considerable investment and are now operated by a new leisure management company (GLL operating as Better). Better have compiled a programme of activities for the February half term to suit a wide range of interests. All details can be found on the attached flyer. Go on give it a try!

### We are a Gold Rights Respecting School

**Article 24: (health and health services)** Every child has the right to the **best possible health**. Governments must provide good quality health care, clean water, nutritious food, and a clean environment **and education on health and well-being so that children can stay healthy**. Richer countries must help poorer countries achieve this.

At Brindishe Green we continuously teach and remind the children how important it is to keep themselves safe and healthy. From eating well, to exercising, to getting enough sleep and practising good hygiene, we want all our children to be able to make good choices now, and in the future. This week, Children's Mental Health Week, we have been particularly focusing on teaching the children how to recognise and describe different emotions and how they ask for help or use a range of strategies if they do not like how they are feeling. We really hope that as they get older, and become teenagers, and then adults, they will remember what they have been taught, in order to maintain positive and healthy mental health.



### **Our Weekly Online Safety Message from Ms Chin.... Safer Internet Day**

This week, we celebrated Safer Internet Day! This day is celebrated globally to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively.

The theme this year was '**All fun and games? Exploring respect and relationships online**'.

As a parent or carer, you play a key role in helping your child to stay safe online. You don't need to be an expert on the internet to help keep your child stay safe online.

If your child ever uses a **laptop, tablet, smartphone, games console, smart TV or smart speaker**, please take a few minutes to look at the advice and resources available on **Safer Internet** to support you as you support your child to use the internet safely, responsibly, and positively - <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

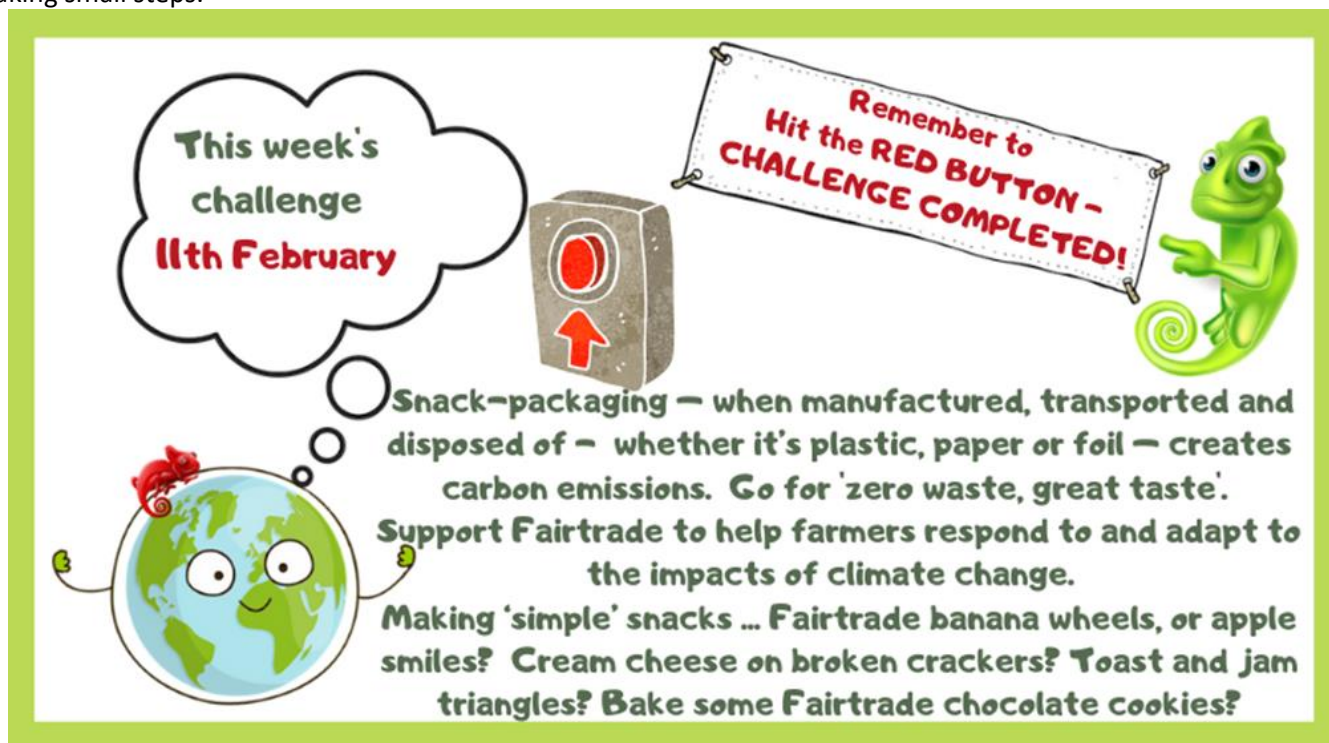


### **Young Climate Warriors**

'Millions of farmers could be at risk of financial collapse as their livelihoods come under increasing climate pressure'. [Fairtrade and Climate Change Report, October 2021](#)



Children eat different food and 'snacks' all round the world. Is snack packaging really necessary? This week Young Climate Warriors are challenged to prepare some 'zero waste, great taste' simple snacks for their family – cutting the carbon emissions related to 'throwaway' wrappers. This topic also provides an opportunity to think about foods and farming around the world. The Fairtrade movement supports farmers in adapting to a changing climate and investing in sustainable farming. Fairtrade Fortnight encourages us to 'Choose the world you want' - and that starts with making small decisions and taking small steps.



**A message from the Brindishe Friends Group (BFG)**

**Next meeting** - To be held at the school on **Thursday 10th March at 6pm**. Please let us know if you want to come and we'll make sure we send you through further details: [bfgsocials@gmail.com](mailto:bfgsocials@gmail.com)

**'Make you own pizza' night** - This is also booked for **10th March**. For more info on how to buy a 'make your own Pizza' (and cookies!) kit use this link: <https://doughies.co.uk/products/brindishe-green>

If you have any questions please get in touch: [bfgsocials@gmail.com](mailto:bfgsocials@gmail.com)

These were a huge hit in October. Everything we raise goes to paying for food parcels for families in the Brindishe Green community during the school holidays.

**Keep up to date** - Search for us on Facebook - search 'Brindishe Friends Group' - and follow us on Twitter - @bfghithergreen - to find out more about what we're up to. You can email us too to find out more and with any questions: [bfgsocials@gmail.com](mailto:bfgsocials@gmail.com).