



# Brindishe Federation Newsletter

Friday 9th February 2024



## Veg Power!

We are excited to inform you that Radish will be hosting a 'Veg Power' event which will be held in Brindishe Schools on Thursday 14th March to support the 'Eat Them to Defeat Them Campaign'. We are delighted to get involved in this great campaign to encourage our children to try new vegetables in a fun and engaging way.

### A bit of background:

In 2018 Veg Power formed a key partnership with ITV and together created the 'Eat Them to Defeat Them' campaign. Now in its sixth year, nearly 5,000 schools across the UK and over 1.5m pupils have taken part. Research now shows that repeated involvement in the campaign leads to increased veg consumption over the long term. If you would like some more information about Veg Power, please visit:  
<https://eatthemtodefearthem.com/schools/>

### What is Radish doing?

Radish's plan for this fun Veg Power day is as follows:

#### •*The Radish Big Chomp Salad Bar*

Staff will encourage your pupils to get those gnashers to work defeating those veg one big bite at a time, and we are planning some great chomp visuals and fun. Chomping on raw veg is also excellent for dental health – so double win!

#### •*Lunchtime*

The main menu will remain in place, but we will highlight the dishes that are packed with veggies with some fun decorations on display to get the children excited!

Every pupil will receive a reward chart and stickers to take home so they can continue their quest to chomp and defeat their veggies!

## Online Safety Bulletin

### BRECK Principles



This week, some schools in the Brindishe Federation had the BRECK foundation charity come into school to discuss online safety and online grooming with the children across year 3-6.

Being a parent to a child of the digital generation can be challenging. The Breck Foundation work with parents and carers to educate them about the dangers of online grooming to help them educate and empower their children to make better decisions to stay safer online.

To learn more about the story of Breck and where these come from, visit  
<https://www.breckfoundation.org/post/useful-links-for-parents>

# Right Respecting Article Of The Week

Safer Internet Day was marked on Tuesday 7th February this year and all three Brindishe Schools recognise this annual event.

We all have a right to feel safe and secure and that means safe online as well as in the real world. Safer Internet Day is an annual event that promotes the safe, responsible and positive use of the internet. There are a large number of articles that link with being online. The internet can be a great place but needs to be used carefully.

*What do you feel are some of the great things about the internet and life online?  
What don't you like about the internet and life online?*

Your child's right to be safe and protected is always important, including when they use computers, phones and the internet. Can you think of three top tips for staying safe online that you can share with your child at home? Use [thinkuknow.co.uk](http://thinkuknow.co.uk) to help.

Watch [this video](#) about safe and respectful relationships online. Talk with your child at home about the lessons you learned from watching it and talk with your child about what they learnt in school this week for **Safer Internet Day 2024**.



## Holiday Swimming Crash Courses

Lewisham's February half term crash course lessons will run between **Monday 12th to Friday 16th February 2024**. Each booking is a week long intensive course – prices for all levels is £40

**Swim for All** - All pools across Lewisham Partnership will be running additional Swim for All sessions (family swims) in all pools. 'Swim for All' sessions are perfect for all abilities. If you're looking to build your confidence, work on your strokes, float away any stress, or just simply want to enjoy a more casual swim with your family and friends. Come before 10am to take advantage of our Kids for a Quid offer.

**Holiday Camps** - Bellingham Football Domination multisport - [click here](#) for more information

**Soft play** - Available at Bellingham and Wavelengths

**Adult & Child Gym (9-17 yrs)** - 'Adult and Junior Gym' session are for adult members where they can bring along their child (maximum one child per adult)

**Junior Gym** - If you are aged 11-17 years and want to work out in the gym over the half term break, we have lots of extra sessions available!

**Junior Classes** - Junior Classes running at Forest Hill Pool, Glass Mill Leisure Centre and Wavelengths Leisure Centres

- Junior Cardio
- Junior Strength & Conditioning

# Governing Body

If you would like to attend a Brindishe Federation Governing Body meeting, please email our Chair of Governors, Liz Murphy - [lmurphy@brindisheschools.org](mailto:lmurphy@brindisheschools.org). Our fourth meeting of this academic year is on **Tuesday 19th March at 6pm** at Brindishe Manor School.

## Key Federation Dates

- End of Term - **Friday 9th February**
- Half Term - **Monday 12th February to Friday 16th February**
- Children return to school - **Monday 19th February**
- Secondary Offer Day - **Friday 1st March**

*Have a lovely half term break.*

*Look forward to seeing you all back at school on Monday 19th February.*