



Brindishe
Federation

Brindishe Federation Newsletter Friday 16th May 2025



Smokefree Lewisham

Lewisham Council supports **Smokefree 2030** and is working to reduce smoking and its impact on the people who live, work or study in the Borough. Smoking continues to be the leading cause of preventable death. Lewisham council encourages and promotes healthy behaviour around children and young people to reduce their exposure to harmful second-hand smoke. We all want to protect children and young people from the harms of smoking along with helping smokers to quit.

Smokefree School Gates

School buildings and grounds are already smoke free, providing a healthy environment in which children and young people can learn and thrive. The aim of the smokefree school gate is to go further to reduce exposure to second-hand smoke by the children and other non-smokers. Everyone has the right to enjoy their surroundings free from the effects of tobacco smoke and this includes children and young people who may have to walk past smoking adults at the school gates. Embedding a smokefree gates initiative will help to promote and model healthy behaviour, reduce children's exposure to tobacco, improve air quality and discourage learnt behaviour.

Brindishe Schools have Smokefree School Gates

The smoke free gate is an important initiative to support the creation of Smokefree Generation and Smokefree 2030. To quit smoking in Lewisham, please call: 0800 0820 388 or email: quit@smokefreelewisham.co.uk

Online Safety Bulletin

The impact of smartphones

There is a growing concern on how excessive use of smartphones can affect our children. In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also highlight the effects of smartphone use on our children's mental health.

If your child is using a smartphone then please try to ensure they maintain a healthy screentime limit. According to King's College London, "two new studies of smartphone habits in teenagers have identified links between problematic smartphone use and depression, anxiety and insomnia." You can read more about these studies here:

<https://www.kcl.ac.uk/news/teens-with-problematic-smartphone-use-are-twice-as-likely-to-have-anxiety-and-many-are-eager-to-cut-down>

Compass have published an article as well on what effects mobile phones have on children here:

<https://www.compass-uk.org/services/compass-changing-lives/online-resources/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>


SMOKEFREE LEWISHAM



Lewisham Summer Reading Challenge 2025

Story Garden challenge will keep children reading over the holidays - in libraries and in the Great Outdoors.

All Lewisham public libraries are offering the Challenge throughout the summer holidays, and it's free for children to take part. Children joining 'Story Garden' can discover new books, participate in free activities, and explore the link between reading and the great outdoors, where nature and imagination come together.

This year's Summer Reading Challenge features artwork from award-winning illustrator Dapo Adeola, whose stunning illustrations will bring the Story Garden theme to life; creating an enchanting world where children can find magical creatures, plants and flowers to inspire their next reading adventure.



For further information click link here - <https://readingagency.org.uk/the-summer-reading-challenge-2025-story-garden-takes-reading-to-the-great-outdoors/>

Walk to School Week

WALK WITH US!

Walk to School Week is an annual five-day walking challenge and takes place 19-23 May 2025. This year's challenge will see pupils take on The Great Space Walk, encouraging them to travel actively to school every day of the week.

Meeting various colourful intergalactic friends along the way, pupils will learn about the important reasons to walk or wheel and its benefits for individuals, communities and the planet!

If you're a parent or carer, there are lots of ways Living Streets can help get you and your family walking. They can also help make walking safer and easier in your neighbourhood. Find out about our [walk to school initiatives](#), including WOW - our walk to school challenge.



Brindishe Schools Governing Body

Governing Body meetings are regular and meet every half term. Parents/carers are more than welcome to attend our meetings as 'observers'. If you would like to know more about the governing body or you would like to attend one of our meetings, please email Rachel Waite - [***rawaite@brindisheschools.org***](mailto:rawaite@brindisheschools.org). ***Our fifth meeting for 2024/2025 will be held on Thursday 22nd May 2025 at Brindishe Lee School - 6pm.***

Key Federation Dates

- May Half Term - Monday 26th May to Friday 30th May
- Multiplication Check Year 4 starts Monday 2nd June
- Phonics Screening Check for Year 1 starts Monday 9th June
- Brindishe Schools INSET DAY - School closed to all children - Friday 27th June



May Half Term Camps Are
LIVE! Multisports & Dance at
Sportacus!

