

Brindishe Federation Newsletter

Friday 13th March 2026



Supporting Our Children During Difficult Times: Resources Regarding the War in Iran

At Brindishe Schools, we know that recent events relating to the war in Iran may be affecting some members of our school communities, and we want to ensure that you feel supported and have access to appropriate resources during this challenging time.

As a federation of schools, we understand that global conflicts can have a profound impact on children's wellbeing, particularly when families have personal connections to the regions affected or when children are exposed to distressing news coverage.



Talking to Your Child About Conflict

General Principles:

- Stay calm and reassuring – Children take their emotional cues from adults. Let them know they are safe.
- Be honest but age-appropriate – Use simple, clear language and avoid graphic details
- Listen and validate their feelings – Encourage them to ask questions and express how they feel
- Limit exposure to news – Constant exposure to distressing images and reports can increase anxiety

Reputable News Sources

If you want to stay informed or help your child understand what's happening, we recommend:

- BBC News: Middle East – For factual, balanced news coverage for adults
- BBC Newsround (www.bbc.co.uk/newsround) – Child-friendly news summaries designed for primary-aged children
- CBBC Newsround: World News – Age-appropriate explanations of current events

Mental Health and Wellbeing Support

At School: If you're concerned about your child's wellbeing or notice changes in their behaviour, mood, or anxiety levels, please contact us. We have support available.

Support for Families with Connections to Iran

We recognise that some families in our school community may have personal connections to Iran or the wider region, and this situation may be particularly distressing for you. Please know that we're here to support you and your children during this difficult time. If you would like to speak to someone at school about additional support, please contact us.

UNICEF also have resources for parents and carers: [UNICEF: how to talk children about conflict and war](#), focussing on age appropriate language, reassurance and keeping calm, spreading compassion not stigma and how to limit the flood of news.

We're here to support all our families. If you have questions, need further support, or wish to discuss any concerns about your child, please don't hesitate to get in touch. These are challenging times for many families, and we want you to know that Brindishe Schools are here to support you and your children.

Lewisham Parent Consultation

In July 2025, the Government launched its strategy "Giving every child the Best Start in Life", setting out its ambition for all children to develop well, learn to communicate, form relationships, manage emotions, learn and play.

A key ambition for the Government is that 75% of children achieve a Good Level of Development (GLD) by 2028 which is assessed at the end of reception by your child's primary school. This covers development in their communication and literacy, physical development, maths, understanding of the world and their creativity.

Lewisham Children's and Health Services are keen to support children and their families in this ambition and are seeking feedback from parents and carers on any support we can offer to help children achieve this.

All surveys submitted will be entered into a draw to win a £50 voucher.

Follow the link [Parent/Carer Survey: Supporting learning at home – Fill in form](#)

Online Safety Bulletin

Family Smart Start

Family Smart Start is a free toolkit designed to help you and your child navigate the milestone of getting their first phone. The toolkit provides support on how to set up their new phone, how to talk to your child about digital safety and a template family agreement.

Find out more here: <https://familysmartstart.com/>



Royal Ballet and Opera

The Royal Ballet and Opera Youth Opera Programme introduces young people aged 8-13 to vocal training and the world of opera in a welcoming, supportive and inspiring environment. Their programmes nurture singing skills, creativity and confidence through training and performance opportunities.

Rooted in inclusion and access, they actively welcome young people from all backgrounds and work to reflect the diversity of local communities. For some, this is the start of a pathway into further training. For others, it is about building confidence, friendships and the joy of making music together. For all our young singers, it is a place to grow and find their voices.

Applications for the RBO Youth Opera Programmes are now open and will close at midnight Sunday 10 May 2026.

RBO are inviting young singers to apply for their Youth Opera Programmes: Young Voices and the Youth Opera Company. Applicants must be aged 8 to 11 years old (inclusive) on 1 September 2026 (currently in Years 3-5), and live within Greater London, or within an hour of travel time to the Royal Opera House.

Applicants should be able to demonstrate:

A passion for and commitment to singing

An interest in drama and performing skills

An enthusiasm for teamwork and collaboration

For further information and how to apply please visit their website.

<https://www.rbo.org.uk/learning/young-people/youth-opera-company>



Rights Respecting Article - International Women's Day

International Women's Day (IWD) is celebrated on 8 March. It is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Across Brindishe Schools this week, we recognised and celebrated International Women's Day.

Why do you think it is important to have a special day to celebrate women?

To celebrate how amazing women are.

To recognise how women have changed the world.

To acknowledge the challenges women still face around the world.

To encourage women to be themselves – to be the best they can be!

To let women know they are appreciated.

To speak out about inequality.

Fewer girls than boys go to school – this isn't right.

Women often get paid less than men for doing the same job.

It is about equality and ensuring all are treated fairly and not discriminated against.

To explore what we need to do to create a world where gender equality exists.

Watch Thomas and Friends on Gender Equality. Thomas talks about what his friends are good at and says that girls and boys should work as equals and have the same chances in life. Talk to your children at home about what they really good at? Can girls and boys be good at the same things? Could you draw a picture of a woman or girl that you look up to in your family



Key Federation Dates

- Easter Holidays - Monday 30th March to Friday 10th April
- Bank Holiday Monday - Monday 4th May
- SATS Week for Year 6 - Monday 11th May to Thursday 14th May
- Half Term - Monday 25th May to Friday 29th May

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'. This means you can sit and observe the meeting but will be unable to speak/comment and would need to leave the meeting during confidential items.

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. An email to confirm attendance at the meeting will need to be received before a parent/carers can join the meeting.

Our third meeting for 2025/2026 will be held on Thursday 19th March 2026 at Brindishe Manor School - 6pm.

Measles

Since January, London has seen a rise in measles cases, including outbreaks in North London. Almost all children who have caught measles had not had the MMR or MMRV vaccine.

Measles spreads very easily among unvaccinated people. Because vaccination uptake has fallen below the threshold needed to prevent transmission, Lewisham schools and early years settings are at risk of outbreaks.

Measles spreads very easily among those who are not vaccinated. It usually starts with a high temperature and cold-like symptoms, followed by a rash.

Around 1 in 5 children with measles need hospital care, and measles can sometimes lead to serious problems, such as pneumonia, meningitis, blindness, and seizures.

The MMR and MMRV vaccines protect against measles. Nearly all children who are developing measles have not been vaccinated. The MMR vaccine is recommended for anyone born on or before 31 December 2019, and the MMRV vaccine for younger children. They are safe, free, and given in two doses, usually at 12 months and 18 months of age. Getting the vaccine also helps stop measles from spreading to people with weak immune systems and babies who are too young to have it yet.

Please check whether your child has had two doses of the MMR (or MMRV) vaccine. You can look in your child's "Red Book" (Personal Child Health Record), check on the NHS app, or ask your GP surgery.

If your child has missed one or both doses, please book a free appointment as soon as possible by contacting the School Immunisation Team (020 8487 1730 / HRCH.Immunisationcallcentre@nhs.net) or by speaking to your GP practice.

You can find more information on the NHS website: <https://www.nhs.uk/conditions/measles/>

Thank you for helping us to keep our community safe.





SPORTACUS ACTIVITY CAMPS

Active Kids, Happy Days.

Mon 30th Mar – Fri 10th Apr

**Join us this Easter for a high-energy holiday camp
your child will never forget!**

**Our activity Camps are big on sport and big on fun –
packed with sports sessions, inflatables, archery and
Nerf, plus expert coaching and new friendships every
day.**

**Early drop-off & late collection at all venues
Safe, supervised, and seriously unforgettable!**

**Plus, enjoy 10% sibling discount on 2 or more full-
week bookings.**

**Spaces fill fast – secure your child's spot for an action
packed Easter break!**

What to Bring:

- **Packed lunch and healthy snacks**
- **Refillable water bottle**
- **Appropriate clothing**
- **No fizzy drinks, sweets, or nut products**

BOOK NOW

**VENUES ACROSS
LONDON & KENT.
CHECK THE WEBSITE
FOR MORE
INFORMATION**



**9:30 – 3:30
CHILDREN AGED 4-12**



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No You're Not, Yes I Am - a portrait of autistic women.

This exhibition by documentary photographer Rosie Barnes, gives voice to autistic women from a wide range of diverse communities. The moving and powerful portraits and interviews explore and express the inequalities, misunderstandings and barriers experienced by autistic women and girls. These powerful voices advocate for change, paving the way for a society that appreciates and welcomes the full spectrum of human experience.

SET

SET Lewisham Unit 1 Lewisham Retail Park,
London, SE13 7RZ info@setspace.uk

Opening Dates/Times:

Monday March 23rd 6-8pm **Private view**

Tuesday March 24th 2-6pm

Wednesday March 25th 2-6pm

Thursday March 26th 2-6pm

with a Panel discussion 6-8pm

Friday March 27th 2-6pm

Saturday March 28th 2-6pm

Admission FREE

For accessibility visits please contact Drumbeat Outreach:
S.Gannon@drumbeat.lewisham.sch.uk



This exhibition is generously supported by Lewisham Public Health as part of its commitment to the Lewisham All Age Autism Strategy and contributes to the Partnership for Inclusion of Neurodiversity in Schools (PINS).



APRIL TO
OCTOBER 2026

NOURISH



SPRING INTO SUMMER MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

13 April
4 May
1 June
22 June
13 July
31 August
21 September
12 October

Macaroni Cheese **1,7 V**
Chick Pea & Spinach Biryani **VG**
Tomato & Sweetcorn Pasta **1 VG**

Carrots
Mixed Peppers

Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Beef Bolognese Pasta **1**
Cheese & Pesto Swirl **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Baked Wedges
Seasonal Vegetables

Toffee Tart **1,7** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Meatfree Meatballs & Gravy **6 VG**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes or Jollof Rice
Cabbage
Swede

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Chicken Korma
Sweet Potato & Lentil Curry **VG**
Herby Tomato Pasta **1 VG**

Rice
Green Beans
Carrots

Chocolate Orange Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Fish Fingers **1,8**
Wrap Stack **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips
Sweetcorn & Peas
Coleslaw **9**

Lemon Drizzle Biscuit **1,6 VG**
Yoghurt **3,7**
Fruit Pots **VG**

WEEK TWO

20 April
11 May
8 June
29 June
20 July
7 September
28 September
19 October

Cheesy Cauliflower Pasta **1,7 V**
Vegetable Burger in a Bun **1,5,6 VG**
Jackets with a Choice of Toppings **7,8,9**

Baked Wedges
Carrots
Peas

Honey Cake **1** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Keema Curry
Sweet & Sour Vegetables **VG**
Pesto & Pea Pasta **1 VG**

Rice
Seasonal Vegetables

Summer Trifle **1,7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Savoury Beef & Yorkshire Pudding **1,7,9**
Samosa Puff **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Mashed Potato
Broccoli
Carrots

Cornflake Cookie **1,7,16**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Chicken Fajita **1**
Vegetable & Bean Fajita **1 VG**
Tomato Spaghetti **1 VG**

Rice
Tomato Salsa
Green Beans

Carrot & Orange Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Salmon Fish Cake **1,8**
Margherita Pizza **1,3,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Peas,
Grated Carrot

Oaty Biscuit **1,15 VG**
Yoghurt **3,7**
Fruit Pots **VG**

WEEK THREE

27 April
18 May
15 June
6 July
14 September
5 October

Margherita Pizza **1,3,7 V**
Loaded Cajun Bean Wedges **VG**
Cheesy Fusilli **1,7 V**

Rainbow Rice
Sweetcorn
Coleslaw **9**

Jam Roly Poly **1,6 VG** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Chicken Pie **1**
Vegetable Stir Fried Noodles **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Crushed Potatoes
Seasonal Vegetables

Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

BRUNCH
Chicken Sausage **1,3,6**
Or Vegetable Sausage **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Brunch Hash Potatoes
Baked Beans
Mushrooms & Tomatoes

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Mild Chilli Beef
Tomato & Herb Penne Pasta **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Rice
Peas
Mixed Peppers

Sultana Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Fish Fingers **1,8**
Cheese & Bean Parcel **1,7 V**
Arrabiatta Pasta **1 VG**

Chips,
Peas, Baked Beans
Cucumber Sticks

Caramel Cookie **1,7 V**
Yoghurt **3,7**,
Fruit Pots **VG**

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg
10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

Selection of Salads **9**, Homemade Bread **1,3**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

AVAILABLE
DAILY

