



**Brindishe Lee Newsletter**  
**Friday 29<sup>th</sup> January 2021**  
**Headteacher: Ms Maxine Sebire**



Dear parents, carers, governors, staff and friends,

**Message from Mrs Waite:**

As we approach the end of the fourth week of term, it is important for us all to recognise how well everyone is doing. We have been speaking to parents and carers over the last few weeks, who have naturally been worrying about their child/ren but take it from us, you are all doing an amazing job.

If on a particular day it is a struggle to stick to the timetable set and to complete all the tasks, it is important that you try and support your child as best you can, but please do not worry. Read a book, put on BBC Bitesize or throw a ball in the park: your child will not be disadvantaged in any way. Use these moments as a chance to take stock, recharge and start again. On these days, try to just focus on the one main assignment set so that the teacher can give feedback to move the child on in their learning.

Next week, the schools will be providing lots of opportunities for children and families to look after their wellbeing as we all recognise Children's Mental Health Week. What better way to support each other moving into week 5.

I have also had the opportunity to talk to some parents and carers this week who have raised their thoughts and concerns around the online learning offer. As always, we appreciate these comments and will always ensure these are discussed and then used a tool for improvement if we feel we need to change our offer.

Heading into the weekend, please may I also take this as an opportunity to remind you that even though the rates of infection are dropping slightly, it is our duty to do all we can to keep everyone safe. We have done so well to keep the Key Worker Provision open throughout January and hope to continue to do so whilst we remain in lockdown.

Wishing you all a lovely weekend.

*Rachel Waite*

**Executive Head Brindishe Schools.**

**Message from Ms Sebire**

This week at Brindishe Lee we have been pleased again with the lovely learning that has been uploaded every day onto Itslearning. Children across the school have been sharing what they have been doing at home and in the provision. This week the *live* interaction sessions started across the school. The feedback has been very positive with the exception of some small individual IT issues, which have hopefully been resolved. These Zoom sessions will run weekly, with a Mental Health Awareness focus next week.

As a school, we appreciate everything you are doing at home to help this lockdown succeed. We appreciate and support those who are on the frontline in our community and everyone who is staying at home to protect the NHS and each other. Stay safe and well.

Kind regards,

Maxine Sebire and the Brindishe Lee Team.

**Headteacher.**

## Children's Mental Health Week – Monday 1<sup>st</sup> February – Friday 5<sup>th</sup> February

Children's mental health charity Place2Be has set up Children's Mental Health Week 2021. Its aim is to highlight the importance of mental health within children and young people. Brindishe Lee, along with other schools, youth groups, various organisations and individuals across the UK will be taking part.

### **What is the theme of the week?**

The theme of Children's Mental Health Week this year is '**Express Yourself**'. The aim is to encourage children to express themselves in a variety of ways. Children could express how they feel through a piece of artwork or writing, or they could express it through a performance such as dance or drama. An important part of this theme is that expressing yourself doesn't mean that you're the best at something. It's all about finding a way to show other people who you are and how you feel. It's about showing how you see the world and finding a way to 'express yourself' which feels good to you. Expressing yourself in a way that's unique to you is a great way to improve your mental wellbeing.

Next week, children at Brindishe Lee will take part in a range of tasks and activities associated to raising awareness and supporting their wellbeing. The focus for our 'live' Zoom sessions will be linked to Children's Mental Health Week. We would like to invite the children to '**Dress to Express**' during this interactive session. The children might like to wear their favourite fancy dress costume or their best outfit. In addition to this, there will also be daily activities to complete from Miss Matthews centred on the theme '*Expressing Yourself*', including *The Squiggle Game* and some short stories to enjoy. The class teachers will also be embellishing the learning next week with some wellbeing activities including Miss Enya's new dance session.



## Remote Learning Support

Thanks again to our families who are at home supporting their children with remote learning. We know this must be challenging, especially if there are other siblings at home and for those parents working from home. We have been so impressed with how the children are engaging with the learning opportunities and seeing the posts of their work is so encouraging.

Some parents have asked for tips to further support learning at home. As we all know, there is no one size fits all, we appreciate that everybody's circumstances are different, however, here are some general tips as well as a short video that you may find helpful -

[https://educationendowmentfoundation.org.uk/public/files/videos/EEF\\_Supporting\\_daily\\_routines\\_during\\_school\\_closures.mp4](https://educationendowmentfoundation.org.uk/public/files/videos/EEF_Supporting_daily_routines_during_school_closures.mp4)

### Top Tips

- **Routine** - Try to encourage your child to be ready and dressed for the start of the school day, creating and sticking to a routine that meets the needs of your family.
- **Planning** - Distinguish between weekdays and weekends, and make it clear when the school day is over, to separate home and school life.
- **Movement & Breaks** - Plan breaks and exercise into the day to help keep your child active.
- **Nourishment** - Drink lots of water and plan in healthy snacks throughout the day.
- **Wellbeing** - Ask your child to teach you about mindfulness.
- **Communication and Community** - Please keep in contact with us and do let us know if you're having any difficulties. Please refer to the support box in this newsletter for contact information as well as the school website.

### Planner/Checklist

The following home learning routine planner/checklist from EEF might be useful when spending more time at home. Routines support behaviour and wellbeing. Please refer to the link for an example of a routine planner -

[https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19\\_Resources/Resources\\_for\\_parents/Supporting\\_home\\_learning\\_routines\\_-\\_Planning\\_the\\_day.pdf](https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_parents/Supporting_home_learning_routines_-_Planning_the_day.pdf)

In addition to this, please refer to the Parent/Carer Room for additional resources to support remote learning and family life during lockdown.

## Itslearning Platform Updates and Reminders

**Itslearning** - The engagement in the remote learning is at an all-time high and the quality of work continues to improve each day. We believe, our platform allows everyone to work around their schedule and their own family circumstances with lessons that can be viewed multiple times, if needed. Please find listed below reminders and updates to support you and your family with the online platform.

**Teacher/Child Video Catch Up Calls** - The teachers were delighted to see and speak with so many children during their video calls this week. It was wonderful to hear the children talk about their learning and how they have been engaging in the tasks and assignments set. There will be another opportunity to book a *Teacher/Child Video Call* the week commencing the 8<sup>th</sup> February. Further details regarding signing up will be sent out next week.

**Live Interaction Sessions** - The children and staff really enjoyed their class Zoom session where they interacted with their peers and teacher. Next week, the session will focus on Mental Health Awareness Week. The details of the Zoom meeting will appear on your child's *Announcements Page* on *Itslearning*.

**Shared Student Room** - There is a rich variety of online resources to cater for your family's needs and to enrich the online learning further, e.g. virtual trips, fitness sessions, mindfulness techniques as well as an abundance of information (in a child friendly format) about COVID-19 and stories to help them understand the virus and lockdown.

**Parent/Carer Room** - There is a new Shared Parent/Carer Room to help support all Brindishe families at this time. This new room will appear when your child logs onto *ItsLearning* in the usual way. Here adults can access online resources such as wellbeing resources, stories to share with your child/ren to help 'make sense' of COVID-19 as well as links to the Lewisham Family Centre, who offer a range of virtual parenting courses. The virtual room also offers workshops for parents linked to the curriculum as well as videos to support parent/carers when using technology.

**Share and Celebrate Folder** - All classes have a *Share and Celebrate* folder in the *Resources* tab of *Itslearning*. Children can upload work, photographs, and videos they have been doing during the week so that the teacher and the other children in the class can see and celebrate the fantastic effort everyone is making. During the *Teacher and Child Catch Up* video calls, references may be made to work uploaded and selected pieces may be recognised in the weekly Share and Celebrate Praise Assembly.

**Assignments** - Teachers set daily assignments and will provide feedback to the work submitted. The comments that the teachers make are designed to motivate the children and support them to move forward in the next piece of learning. To support parents/carers further, we have made a video about how to submit assignments, which we will post on the *Parent/Carer Room* on *Itslearning*. Teacher's will also discuss the children's assignments and online learning during the phone calls and fortnightly Weduc video calls.

For further information, please refer to our full online offer, which you can find on our school website.

## The Virtual School Library - Update

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](#).

The [Author of the Week this week is, Nizrana Farook](#). You can read or listen to '[The Girl Who Stole an Elephant](#)' completely free. Watch an exclusive video about Nizrana's new book, '[The Boy Who Met a Whale](#)' and discover her top three children's books and read an interview all about reading. You can also find this link on the Shared Student Room on *ItsLearning*. Happy Reading!

## Parent/Carer 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)

### 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.*

### Collecting a new Home-Learning Book from Brindishe Lee

If your child has completed their Home-Learning Book, you are welcome to collect a new one next week. Please refer to the grid listed below for more information regarding the day, date and time to collect the new work book.

<u>Date</u>	<u>Time</u>	<u>Year Group</u>
Monday 1 <sup>st</sup> February	10.00 - 11.00am	Reception Book Collection
Tuesday 2 <sup>nd</sup> February	Or	Year 1 & Year 2 Book Collection
Wednesday 3 <sup>rd</sup> February	2.00 - 3.00pm	Year 3 & Year 4 Book Collection
Thursday 4 <sup>th</sup> February		Year 5 & Year 6 Book Collection

You can collect the new work book from the front gate.

Please remember to follow the Government guidance when collecting the new work book.



### Kindness Project

This week during Wednesday's assembly, Ms Sebire 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 Awareness Week next week.

If your child would like to share their creations, please email them in to [info@brindishelee.lewisham.sch.uk](mailto:info@brindishelee.lewisham.sch.uk) or upload them to the **Share and Celebrate** folder on *Itslearning*.



## Writing Competition 2021 'Healthy at Home'

Can you help us create a persuasive poster to encourage everyone to stay healthy and happy whilst at home?

Do you have some good ideas for staying active whilst at home?

Maybe you know some top-tips for keeping yourself feeling mentally well during lockdown.

How can you encourage others to join in?

All entries must be uploaded to the "Competition" folder on the BL Students Shared Room on ItsLearning by Friday 5th February.

### Writing Competition – Final Reminder

Following on from Mr Richardson's successful Winter Writing Competition, Miss Lea has produced the first of many spring term competitions, which you will find on your class page on *ItsLearning*.

We are very excited to hear that *Damien Egan, Mayor of Lewisham* will be our guest judge.

You can find the task listed below and entries must be submitted to the **Competition Folder** on *ItsLearning* under 'Resources'.

Good luck children!

### Mental Health and Wellbeing

Each week, after your remote learning for the day, as a family, you may want 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

##### Theme – Music & Kindness

- **Day 1** - Music is a wonderful thing – but it's very easy to get stuck to listening to the same type of music. As a suggestion, with a trusted adult, go to [www.randomlists.com/random-songs](http://www.randomlists.com/random-songs) and listen to at least five different songs. You may be surprised by what you find!
- **Day 2** - Do you know the favourite songs of everyone in your household? Today, find out everyone's favourite song, and then make a playlist out of them! If your household is small, ask everyone for 2 or 3 songs – Enjoy sharing your songs!
- **Day 3** - Music is an important part of many cultures. Every country around the world have their own type of music. This is usually called a 'genre', as a suggestion visit [www.musicgenreslist.com](http://www.musicgenreslist.com) and find at least two music genres that you've never heard of before. Once you've found your two genres, try and find songs from that genre and listen to them with your family.
- **Day 4** - We listen to music nearly every day. But we also make music every single day – whether that's a beat from tapping on the desk when you're bored, whistling in the shower, or simply breathing out at a certain tempo! Today, record a short song of your own. You can sing, play, or make any kind of noise you want, as long as you have a song around a minute long at the end.
- **Day 5** - Today, spend some time looking up and finding songs that you think your friends will like, and send them to them! Sharing music can be an amazing way to connect with other people, and your friends will definitely appreciate it if you send some good music their way!

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.

Thank you Brindishe Lee community for your ongoing support.  
Take care everyone - from The Brindishe Lee Team.



