



Friday 3rd February 2023

Dear Parents and Carers,

We have had a fantastic Number Day here at Brindishe Manor! Well done to everyone who came in to school with a number themed hat, cape, prop or costume...they were the most creative costumes we have ever seen! All of our children from Nursery – Year 6 have visited our Number photo station for some class and group photos and had a great time having some pictures together with some number props!

Mental Health Week

Next week is Children's Mental Health Week. Across the school, the children are going to be taking part in a range of activities about Mental Health and Wellbeing. Please have a look at the guidance attached to see how you can support your child's mental health and wellbeing.

You may also like to visit Place2Be <https://www.childrensmentalhealthweek.org.uk/>



Safer Internet Day

Next week is also Safer Internet day. We are always talking about how to use technology and the internet safely in school and it is threaded through our safeguarding and computing curriculum, but next week we will hold assemblies on Tuesday to promote this significant day with the children. You may find it useful to visit: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



Safeguarding at Brindishe Manor

If you are coming to school after the gates have closed at 9am or during the school day for any reason, please make sure that you ring the buzzer and report straight to the office to let them know who you are and why you are in school. We cannot have parents and carers going to classrooms after 9am to make sure that we can safeguard all of our children. Thank you.

Parent/ teacher meetings

Parent and teacher meetings for Spring term will be held the week beginning 27th March. We will be in touch closer to the time so that you can book your appointment with your child's class teacher. These meetings are always held after school.

We hope you all have a very pleasant weekend!

The Brindishe Manor team



Brindishe
Federation

Brindishe Federation Newsletter

Friday 3rd February 2023

What's going on in our local area?

Brick Dinos at The Horniman starts 10th February.



Step back in time with [Brick Dinos!](#) Discover the Jurassic and Cretaceous Periods like never before and meet dinosaurs and other prehistoric giants face to face, each one masterfully built using LEGO® bricks.

In this family-friendly exhibition, some of the largest beasts to ever walk the earth have been recreated in miniature form by artist Warren Elsmore and his team.

Incredible models include the raptor-like Masiakasaurus, a life-sized flying pterosaur, the swamp-dwelling, crocodile-like Sarcosuchus, and a new Polacanthus model on display for the first time.

The exhibition also features rarely seen specimens from the Horniman's stores, and a range of hands-on activities for children to enjoy including build your own dinosaur and digging for fossils.



DATES

10 February - 29 October 2023

TIMES

10am - 5:30pm

TICKETS: BRICK DINOS

We recommend booking tickets in advance to avoid disappointment. **Members and benefactor tickets will discount to free once you have logged in, after adding tickets to the basket.**

Please book a ticket for every member of your party. **The discounted family prices below will be automatically applied to your basket at checkout.**

Member and Benefactor tickets	£0
Adult ticket	\$9
Adult ticket with Gift Aid	£10
Child ticket	£4.50
Child ticket with Gift Aid	£5
Family of 3 ticket (1 adult)	£15.50
Family of 3 ticket with Gift Aid	£17
Family of 4 ticket (up to 2 adults)	£20
Family of 4 ticket with Gift Aid	£22
Under 3s ticket	£0
Disabled companion ticket	£0



Rights Respecting at Brindishe Schools - Article of the Week

Article 17, Access to information from the media - Every child has the right to reliable information from a variety of sources and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.

Article 19, Protection from violence, abuse and neglect - Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.

Article 34, Sexual exploitation - Governments must protect children from forms of sexual abuse and exploitation.

Safer Internet Day is marked on 7 February every year.

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. This week's activities have a particular focus on Article 19, the right to protection from harm, Article 17, the right to reliable information and Article 34, protection from exploitation.

The internet can be a great place but needs to be used carefully. Please use these activities to start the conversation about internet issues that matter to you, what changes you would like to see and how we can make it a more positive and rights respecting place!

At Brindishe Schools we are continuously learning about how to stay safe online, from looking at healthy online relationships, how to block strangers, pegi rating for apps and how to spot fake news. Children at our schools are very good at keeping safe online but learning for all children, in all year groups is constantly threaded throughout our whole curriculum. We will be recognising Safer Internet Day on 7th February with extra activities and discussions in our classrooms.

Your children might know more about the internet than you. Think about talking through [this leaflet](#) with them so together you can stay safe online.





Brindishe Weekly Online Safety Bulletin



TikTok

You must be over 13 years of age to use TikTok.

Users can watch musical clips, record clips (it includes lots of lip synching and dancing), edit them and add special effects.

Why should I be concerned?

You need to be aware that some of the videos may contain explicit language and sexual imagery, which may not be suitable for your child to view. There is also the risk of strangers contacting your child so make sure you have set up the appropriate settings. If your child is using TikTok then we recommend setting the account as private (this is the default setting for users under 16 since Jan 2021). ***Even with a private account, your child's profile information such as their photo and bio are still visible*** so ensure your child understands the importance of not adding personal information (e.g. location, age and phone numbers) to this area.

This article explains how you can strengthen your privacy settings and what features are turned off by default for accounts for children aged 13 – 15: <https://newsroom.tiktok.com/en-us/strengthening-privacy-and-safety-for-youth>

Family Pairing

This allows parents to link their own TikTok account to their child's account. This will allow you to set controls such as restricted mode (limit the appearance of inappropriate content) and screen time management (control how long they can spend on TikTok each day). You can find out more here:

<https://www.tiktok.com/safety/en/guardians-guide/>

Challenges and Trends

Lots of them are fun and not harmful but sometimes they can be risky. TikTok have produced this resource to help you talk to your child about challenges and the potential risks: <https://www.tiktok.com/safety/en-sg/online-challenges/>

Blocking and Reporting

As with similar apps, there is the ability to report and block other users so ensure your child knows how to use these features:

- <https://support.tiktok.com/en/safety-hc/report-a-problem>
- <https://support.tiktok.com/en/using-tiktok/followers-and-following/blocking-the-users>

Governing Body Dates

If you would like to attend a Brindishe Federation Governing Body meeting as an observer, please email our Chair, Liz Murphy - lizcmurphy@gmail.com

Spring 1	Brindishe Lee	Tuesday 7 th February 2023, 6pm
Spring 2	Brindishe Green	Thursday 23 rd March 2023, 6pm
Summer 1	Brindishe Manor	Tuesday 23 rd May 2023, 6pm
Summer 2	Brindishe Lee	Thursday 13 th July 2023, 6pm



Brindishe
Federation

NATIONAL STORYTELLING WEEK 2023 - CELEBRATING STORY

Sat 28th Jan - Sun 5th Feb
CELEBRATING STORY

Stories belong to everyone ... what's your story?



What will you be telling and where will you be telling it?

Oral storytelling is one of the most ancient artforms, and continues to this day as a vibrant part of culture throughout the world. [The Society for Storytelling website](#) provides a central place to find out about storytelling events in our local area.

Message from Angela Scattergood, Director of Education Services for Lewisham.

Stories and storytelling are so important in the lives of both children and adults and are at the heart of our schools' curricula. Stories enrich our lives and help us to understand ourselves; develop empathy with others through the characters we encounter and make sense of the world. Developing the ability to learn from stories is a skill that will serve children throughout their lives. I can think of no better example of the power of storytelling than the work of Lewisham Migration Museum. The exhibition of the submissions of their Moving Stories competition winner (and runners up) will be on display from half term week. The museum has developed wonderful resources for schools, available on their [website](#). Please do share your storytelling tweets, posts and news with Comms.



Key Federation Dates

- Half Term - Monday 13th Feb – Friday 17th Feb
- Easter Holidays – Monday 3rd April to Friday 14th April
- Monday 17th April – Children return to school for Summer Term
- **Primary offer day** – Monday 17 April 2023 (you will get an email in the evening telling you where your child has been offered a place)

TOP TIPS FOR HOW YOU CAN SUPPORT YOUR CHILD'S MENTAL HEALTH

Below are some ideas for how you can support your child, as well as some suggestions for where you can get further information.

DAY TO DAY . . .

Our everyday habits are important to our mental health, just as they are to our physical health. Here are a few suggestions to help your child develop good habits.



THINK ABOUT THE FIVE WAYS TO WELLBEING

Are there things you can encourage them to do, or do together, each day?



TALK OPENLY ABOUT MENTAL HEALTH

Just as you might encourage them to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself), talk openly about, for example, staying connected with others or being physically active in order to take care of our minds.



MODEL GOOD HABITS

Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.



THINK ABOUT PHONE USAGE - BOTH THEIRS AND YOURS

We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health. We're also more likely to listen to one another if we're not distracted by technology.



NOTICE ANY CHANGES IN YOUR CHILD'S BEHAVIOUR

Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling.

WHEN TIMES GET TOUGH . . .

Sometimes you might worry about your child's mental health. Whilst you might need to speak to a member of school staff or your GP for advice, here are a few things you can do if you're worried.



LET YOUR CHILD KNOW THAT YOU'RE CONCERNED

Explain why you feel that way, e.g. if you've noticed they haven't been interested in activities they usually enjoy.



USE ACTIVITIES THAT YOU DO TOGETHER TO HAVE CONVERSATIONS ABOUT HOW THEY ARE DOING

Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.



LET THEM KNOW THAT STRUGGLING SOMETIMES IS NORMAL AND NOTHING TO BE ASHAMED OF

Tell them about the mental health spectrum and that we all, including you, go up and down the scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.



LISTEN AND EMPATHISE

Often the first step to feeling better is feeling connected and knowing that someone is alongside you. Empathy helps young people (and adults) connect. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.



IF YOU'RE STILL WORRIED

Talk to a trusted member of school staff or your GP who can point you towards sources of help.