



Brindishe Federation Newsletter

Friday 23rd 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

Are you being SMART online?

When using the internet, ask your children to be SMART!

S – SHARE – don't share information like names, numbers and emails with people you meet online.

M – MEET – Never meet an online friend without a parent or carer, even if you've been friends for a long time.

A – ACCEPT – Never accept a file, message picture or text from someone you don't know. This is how viruses can be spread. Remember, if you see something inappropriate – tell someone!

R – RELIABLE – Information online is not always true. Check with lots of sources both online and offline and speak to others if you are unsure.

T – TELL – Tell a trusted adult if you feel upset, worried or confused by something you've seen online or if you or someone you know is being bullied online.

Right Respecting Article Of The Week

Children's Mental Health Week

Before half term, all three schools across the Brindishe Federation recognised Children's Mental health Week.

What do you need for positive mental health?

- Understanding the different types of emotions you have.
- Knowing that it is usual and ok to have times when you might feel sad or worried
- Learning different ways to look after your mental health
- Having a trusted adult to speak with about your feelings.
- Making sure you exercise regularly.
- Making sure you have a healthy diet.



It's ok to have different feelings and moods, and talking about them links to your right to freedom of expression. At Brindishe Schools we learn about what the different colours mean in the 'Zones of Regulation'. Talk to your children at home about how they use zones in school. How can you get back to green if you are in a different zone?

How active are you at home with your child/children? Watch and join in with this video linking mental health and being active.

<https://www.bbc.co.uk/teach/supermovers/pshe-super-mood-movers-look-after-yourself/zx2gydm>



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. Our fourth meeting of this academic year is on **Tuesday 19th March at 6pm** at Brindishe Manor School.

Key Federation Dates

- Children return to school - **Monday 19th February**
- **SHINE at Blackheath starts Saturday 24th until Saturday 23rd March**
- Secondary Offer Day - **Friday 1st March**
- Primary National Offer Day - **Tuesday 16th March**