



# Brindishe Lee Newsletter

Friday 9<sup>th</sup> October 2020

Headteacher: Ms Maxine Sebire



Brindishe  
Lee

Dear parents/carers,

At Brindishe Lee Primary School, we are dedicated to supporting all our children, their families and the community. We have been compiling our weekly newsletter and have decided that this week in support of *World Mental Health Day* we would dedicate the newsletter to supporting the communities wellbeing. Hopefully, the newsletter this week provides some helpful advice and information to help support our families. We hope you find these *words of wisdom* useful. Have a lovely weekend!

Ms Maxine Sebire.

**Headteacher & the Brindishe Lee Team.**

## #HelloYellow at Brindishe Lee

How lovely it was to see such an array of yellow arrive for school this morning, including staff. Children have spent today learning about mental health and discussing what 'good' mental health feels like. Year 1 have thought about positive qualities that were important to their mental health, such as kindness and empathy. They then made a class poem about all things yellow followed by a hunt around the school grounds. Year 4 created their own safe eco-system linked to their Varmints learning, thinking about things that make them feel safe, content, mindful and happy. They also launched their 100 acts of kindness initiative. Year 3 enjoyed making superheroes and Year 6 recorded poems for other classes to enjoy. Year 2 explored being kind to others. While Year 5 played bingo this morning thinking about self-care acts. All classes have enjoyed the #HelloYellow photo booth. Happy, uplifting, upbeat music has been playing from every classroom. This afternoon, teachers presented praise cards which centred on kindness, empathy and resilience. Pictures of each class and their learning will be available for you to see in your child's own class page on ItsLearning.

**Thank you to all children, staff and parents who wore yellow today to support YoungMinds.**

**If you wish to donate to YoungMinds on their Just Giving page, please follow the link below.**

<https://youngminds.org.uk/donate/>



## Five Ways to Wellbeing



1. **Keep learning** - Research shows that learning new skills can also improve your mental wellbeing by boosting self-confidence and raising self-esteem, helping you to build a sense of purpose and helping you to connect with others.
2. **Connect** - Good relationships are important for your mental wellbeing. They can help you to build a sense of belonging and self-worth, give you an opportunity to share positive experiences and provide emotional support and allow you to support others.
3. **Take notice** – Paying more attention to the present moment can improve your mental health. This includes your thoughts and feelings, your body and the world around you.
4. **Give** - Offering help and support to others even simply a listening ear can be therapeutic during these times.
5. **Be active** - Walking, running, football, yoga, dancing, anything - whatever makes you happy - it is a great way to keep fit and healthy, it also offers structure to your day.

## Mindfulness

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges (*NHS website – Mindfulness section*).

Try some of these ideas:

- **Squeeze Muscles** - Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat the exercise moving up your body.
- **Belly Breathing** - Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- **Mindful Meal** - Pay attention to the smell, taste and look of your food.
- **Meditation** - Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- **Blowing Bubbles** - Notice their shapes, textures and colours.
- **Listening to Music** - Focus on the whole song, or listen specifically to the voice or an instrument.
- **Colouring** - Focus on the colours and designs when drawing and colouring.

*\*Trying some of these ideas as a family is a great step to being more mindful.*

## Places to go for advice and support



Young Minds <https://youngminds.org.uk/> & <https://youngminds.org.uk/get-involved/how-to-fundraise/helloyellow/>



Mental Health Day <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>



<https://www.nspcc.org.uk/keeping-children-safe/>

You can still email [recovery@brindishelee.lewisham.sch.uk](mailto:recovery@brindishelee.lewisham.sch.uk) for help and support from the staff at school.



### Being Thankful

There is ample research to show that deliberately focusing on the good things in our lives - practising gratitude - can improve our wellbeing. It's easy to give in to our natural negativity bias as our brains strive to protect us from harm, but we can counter that by deliberately focusing on what's good, even during challenging times.

#### Ideas to try:

- At the end of each day, write down three good things about the day, no matter how small (e.g. a rainbow in the sky, a smile, a funny joke you heard...it's amazing what you'll notice!)
- Share at least one positive story with other people each day.
- Say 'thank you' for all the little things others do for you and mean it.

### **Online Safety Bulletins**

It is World Mental Health Day on October 10<sup>th</sup>, and it is a great time to reflect on the ways being online can have a positive and a negative impact on our mental health. National Online Safety have produced a guide to screen addiction in children.

Mind have also produced a pdf to help adults check in with how being online may be impacting their own mental health.

<https://www.mind.org.uk/media-a/2932/online-mental-health-2018.pdf>

### **Sharing Learning Virtually**

The teachers would like to share photographs of the children and their learning with you on Itslearning, our password protected platform. This will be updated on a weekly basis so that we can share and celebrate the wonderful learning occurring in school. This week the pictures will focus on #Hello Yellow. If you do not want your child's photograph to be uploaded onto their virtual classroom, please email [info@brindishelee.lewisham.sch.uk](mailto:info@brindishelee.lewisham.sch.uk) by Wednesday 7th October.

### **Photographs at Brindishe Lee**

Unfortunately, last year we were unable to have our usual school photographs for individual children, siblings and classes. As promised, next week (Monday to Wednesday) our school photographer will be in school taking photos of individuals and classes (children only) which you can purchase in the usual way. Please note, we will not be able to take photos of siblings at this time.

### **Half-Term Holiday Camp**

Sportacus will run their ever popular holiday camp again this half-term. From **Monday 26<sup>th</sup> to Friday 30<sup>th</sup> October**, they will be providing an action packed programme of sports and games at Brindishe Green School. Call Harry on **07828 218690** or email [Harry@sportacus.co.uk](mailto:Harry@sportacus.co.uk) for further information.

### **Dates for your Diary**

**Monday 12<sup>th</sup> – Wednesday 14<sup>th</sup>** – School photographs  
**Friday 9<sup>th</sup> October** – Show racism the 'RED CARD'  
**Thursday 12<sup>th</sup> November** Flu Vaccination, Reception – Year 6  
**Tuesday 24<sup>th</sup> November** Reception hearing and vision test  
**Monday 9<sup>th</sup> November** – Bikeability for Year 5

### **Harvest Collection – Helping others**

Every year we collect food supplies for the *Church of The Good Shepherd with St Peter, Lee*. These food donations are sent to the 'Helping Hands' Foodbank. Fortunately, we are able to continue with this during these times and each Brindishe School has been asked to collect only one item of food this year. **Brindishe Lee have been asked to collect rice.** From Monday, we will leave a box at each entrance gate for your donations. These will be collected by the church on **Monday 19<sup>th</sup> October**.

**Thank you in advance for helping us, to continue helping our local community.**

### **Community Project**

The children in Year 6 are due to take part in a not-for-profit project called *Community Senior Letters*. The CSL project believes strongly in the power letters have to affect empathy and connection between two people from different generations, contexts, and walks of life. The project has the power to uplift spirits, ease stress and relax the mind during these unsettling times. More information to follow on this exciting project.

### **Autumn Term Parent/Carer Meetings**

Due to the current situation, this event **will take place virtually** after the half-term break. More details to follow with regards to dates and booking an appointment. Thank you for your support and patience.

### **WEAR RED DAY – Show Racism the Red Card – Friday 16<sup>th</sup> October 2020**

Each October **Show Racism the Red Card** holds its annual Wear Red Day! The 6th annual Wear Red Day will take place across England, Wales and Scotland on **Friday 16th October 2020**. Children at Brindishe Lee are invited to wear red on this day. If you wish to donate, please click on the link below.

<https://www.justgiving.com/theredcard>

**Show Racism the Red Card**