



# Brindishe Lee Newsletter

Friday 22<sup>nd</sup> January 2021

Headteacher: Ms Maxine Sebire

Brindishe  
Lee

Dear parents, carers, governors, staff and friends,

This week at Brindishe Lee we have been so impressed with the high-quality learning that has been uploaded every day onto *Itslearning*. Children from across the school have been sharing what they have been doing at home and the staff have been delighted to see that the children in their class have been producing some lovely work. The children in school have been doing the same learning with members of staff and have been really trying their best as well. We will share some of this learning in Friday's Praise Assembly, which you can find in the BL Shared Students Room on *Itslearning*.

Thank you Brindishe community - We know that everyone is working hard, while trying to remain as positive and upbeat as possible. We hope that everyone in our school community is keeping safe and looking after themselves, and to those of you who are unwell, we wish you a speedy recovery.

Have a peaceful weekend.

Kind regards,

*Ms Sebire and the Brindishe Lee Team.*  
Headteacher.

## 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)

If you need **technical support** with *Itslearning* or *Weduc* – [support@brindishelee.lewisham.sch.uk](mailto:support@brindishelee.lewisham.sch.uk)

## Introducing the Virtual School Library

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](http://library.thenational.academy)

The first [Author of the Week](#) is Dame Jacqueline Wilson DBE, who talks about how her infamous character Tracy Beaker got her name, offers exclusive activities and recommends her top reads to check out. *The Story of Tracy Beaker* is also available to read for free for a week. Happy Reading!

You can also find this link in the Shared Student Room on *ItsLearning*.

## **Itslearning Updates**

As our online platform for learning continues to evolve and grow, we would like to update you on a few key features. Please note, our full online learning offer for Brindishe Schools will be available to view on our school website from next week. We will also email out the online learning offer to Brindishe parents/carers.

## **Shared Student Room**

As you may have already seen, Brindishe Lee offers a Shared Student Room for all children. Within this page there are a variety of resources and tools to help support your child at this time. Maybe your child would like to take a virtual tour of Buckingham Palace or Chester Zoo? Perhaps they would like to extend their knowledge in a particular curriculum area? Visit *The Unicorn Theatre* online or enjoy a stage show? There is a rich variety of online resources to cater for your family's needs, e.g. fitness session, 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**

In addition to this remote offer, from today there will be 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 'top tips' for home-schooling, mental health resources, stories to share with your children to help 'make sense' of COVID-19, links to the Lewisham Family Centre who offer a range of virtual parenting courses. This virtual room also has curriculum workshops delivered by Brindishe staff across the federation and links to useful contact numbers, such as the NSPCC and Samaritans.

## **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 a weekly celebration video along with all the great learning occurring during the week. In addition to this, the Senior Leadership Team will also share your great learning in Friday's Praise Assembly.

## **Teacher/Child Video Catch Up Calls**

The teachers were delighted to see and speak with so many children during their video calls last week. It was wonderful to hear the children talk about their learning and how they have been engaging in the tasks set. There will be another opportunity to book a Teacher/Child Video Call on the 27<sup>th</sup>/28<sup>th</sup> January from 1.00-3.30pm. *Please note, the Reception video calls will be on the 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup> January from 1.00pm – 2.10pm.*

## **Live Interaction Sessions**

From next week, we really hope your child will be able to join their class and teacher for their live interaction session/s. On your child's Announcements Page, the teacher will post a Zoom link that will allow you to access the session. Although the session is optional, we feel it is important that all children attend. It is important to note that the sessions will not deter from the daily learning that is set and uploaded every day, they are in addition.

When your child attends their Zoom session we must emphasise the importance of safeguarding them and others in the group. Therefore, please ensure that your child is ready for their session at least 5 minutes before it is due to begin. Please talk through with them the protocol sent out this week as well as the following safeguarding measures listed below:

- the microphone is kept on mute throughout the session, unless the teacher turns it off
- the username is changed to the name of the child
- an adult should always be present in the room whilst the session takes place
- ensure that there is no one else visible on screen – only the child and parent/carers should be visible
- turn off all background noise (TV, radio, music etc.), in case the teacher asks your child to speak
- the session must not be recorded

If you would like additional support setting up Zoom, we have made a video to support you with this matter. Please refer to the **Parent/Carer Room** on *Itslearning*, where you will find a Zoom Support video.

## **Friendly Reminder – Communication**

Please may we remind you, that the assignments tool for children to upload their learning should not be used by parents/carers to email staff. If you would like to speak to a member of staff, please email [info@brindishelee.lewisham.sch.uk](mailto:info@brindishelee.lewisham.sch.uk) and we will forward your email on to the relevant member of staff.

Please note - *The assignments messaging feature is for children only.*

### Support from the Community

If as a parent/carer you wish to offer your time, resources or expertise to Brindishe Lee, please get in contact with us at [info@brindishelee.lewisham.sch.uk](mailto:info@brindishelee.lewisham.sch.uk)

We would like to thank the parents/carers who have already donated laptops and resources to the school. This is very much appreciated by the Brindishe community especially during these uncertain times.

### Mental Health and Wellbeing

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

#### **Focus: Healthy Eating**

- **Day 1** - What does it mean to eat healthy? Although we know that certain foods are good for us, and other foods are bad for us, how much do we really understand? As a suggestion, take a look at the **NHS Eatwell Guide**: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide> to learn more about a healthy, balanced diet.
- **Day 2** - Whether because of allergies, ethical concerns, sustainability, culture, and many other reasons, all over the world, people eat different kinds of food. Look into at least three alternative diets (vegan, dairy-free, or anything else) and write down three things that make the diet unique.
- **Day 3** - Fast food is amazingly convenient and is usually very tasty. But do you know that eating it more than once a week is considered bad for you? Today, research your favourite fast food meal and find out how it compares to the Eatwell Guide you looked at on Day 1.
- **Day 4** - Healthy eating has an enormous effect on your mental wellbeing. If you eat healthy, your mood and energy levels improve, and you think much more clearly. As a suggestion, refer to the Eatwell Guide (NHS) and plan a healthy meal, share your ideas with friends and your family.
- **Day 5** - Design a healthy drink for you and your family to try. To help you further with ideas, take a look at this link for suggestions: <https://www.bbcgoodfood.com/recipes/collection/kids-smoothie-recipes>

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.

### Free School Meals – Vouchers

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.*

### Writing Competition – 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*. This week, we were 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!

# 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.

