



Brindishe
Manor

Newsletter

Friday 24th April 2026

What has been happening this week...

Year 3 visited the Beckenham Field Studies Centre on Tuesday to develop their learning on rocks and soils, their current science topic. The children enjoyed using the park to look for different kinds of rocks and soils and then classified them. The children had a great day and worked together really well!

This week we also welcomed parents to our PSFA coffee morning. The PSFA would always welcome more parents and carers to join, or to offer their time at the events they organise. The money that the PSFA raises throughout the year supports the school in purchasing a huge range of resources, equipment and experiences for all our children. Your help is always appreciated. You can contact the office for more information.

Seeking Views of Parent and Carer Feedback on School Meals

We have been working with Nourish, our new catering providers, for a term and would like to take this opportunity to seek your views.

To help us gather meaningful feedback, there are two short questionnaires:

- one for parents/carers whose child currently has a school dinner
- one for those whose child brings a packed lunch.

We kindly ask that you take a few minutes to complete the relevant survey by Friday. It is important to us and will help shape future developments to our lunchtime provision.

All views will be shared with Nourish, and a summary of responses will be sent out in the newsletter when completed.

Thank you for your continued support

Rachel Waite

Executive Head



Parent/Carer Questionnaire – Brindishe Manor School Dinner Choice

[Parent/Carer Questionnaire – Brindishe Manor School Dinner Choice – Fill in form](#)

Parent/Carer Questionnaire – Brindishe Manor Packed Lunch Preferences

[Parent/Carer Questionnaire – Brindishe Manor Packed Lunch Preferences – Fill in form](#)

Key Dates for Summer Term

27th April - Eco Week

28th April - Horniman Museum Year 4

1st May - Poetry workshops with Naomi Cortes

4th May - BANK HOLIDAY NO SCHOOL

5th May - Open Classroom 3:15pm

8th May - Poetry workshops with Naomi Cortes

11th May - SATS Week Year 6

15th May - Poetry workshops with Naomi Cortes

25th May - HALF TERM WEEK

1st June - Multiplication check fortnight - Year 4

4th June - Year 4, 5, 6 sports day - Ladywell track

8th June - Phonics week

15th - 18th June - Individual and class photos

19th June - Careers morning Year 6

30th June - Open Classroom

UCL

Are you a parent/primary caregiver of a child aged 3-12?

We are inviting parents to take part in an online study about parent and child relationships.

The study is confidential and to be completed online in your own time.

Your responses will help us to better understand parenting and child development.

Interested? Please copy the link into your browser or scan the QR code below.

https://qualtrics.ucl.ac.uk/jfe/form/SV_2nxc7TttAY01LM

For further information contact the research supervisors of this study-
Prof. Bonamy Oliver- b.oliver@ucl.ac.uk and
Dr. Emily Midouhas- emily.midouhas@ucl.ac.uk

Thank you so much for your time and participation!



Spaces available at Brindishe Manor

We currently have some spaces in our Key Stage 2 classes, due to families relocating.

We would love to welcome more families to Brindishe Manor for the Autumn term 2026.

If you have family or friends that could be interested in moving their children to our school then please let them know! They can make an application via the Lewisham admissions system, or if they would like to talk to someone first, a member of SLT would be pleased to have a chat with them.



Being a Parent

A parenting programme for parents of children aged 2-11

Delivered by trained Parent Group Leaders from Empowering Parents Empowering Communities (EPEC), part of South London & Maudsley NHS Trust, in partnership with Lewisham.

A free 9 week course to help parents learn practical skills for everyday life such as:

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies



Thursdays
30th April - 2nd July

(no session 28th May - half term)

10.00am-12.00pm

Best Start Family Hub
Bellingham

109 Randlesdown Road
SE6 3HB

07720 152903

To book call the

The Hub, go to

[lewishamfamilyhubs.org.uk/events](https://www.lewishamfamilyhubs.org.uk/events)

or scan the
QR code





Brindishe Federation Newsletter

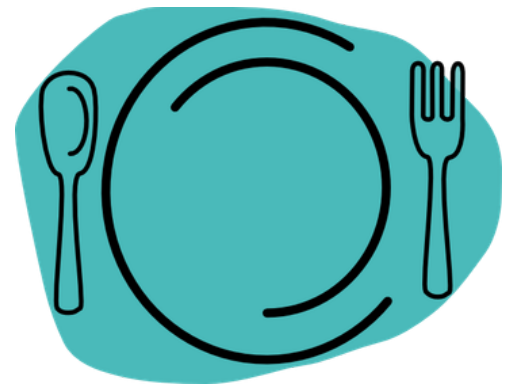
Friday 24th April 2026

School Meal Survey Coming Soon

We would like to hear your views on school meals at Brindishe Schools. Over the next few weeks, we will be sending out a short survey to gather your feedback on the quality, variety and overall experience of the meals we provide. Your opinions are really important to us and will help us to continue improving our catering service to meet the needs of our pupils. Please look out for the survey via Weduc and take a few minutes to share your thoughts. We're particularly interested in your thoughts on:

- The quality and taste of the food
- The variety and choice available, including options for different dietary requirements
- Portion sizes and whether they're appropriate for your child
- Value for money

Thank you for your ongoing support.



Forever Swift

Trinity School is hosting a Forever Swift concert on April 30th.

Although it is a fundraiser for Trinity, they know there are a lot of Swifties in our community and are happy for us to share this with our Brindishe families, friends and neighbours, giving all the children a chance to attend.

Trinity School are hosting a Taylor Swift tribute concert featuring the Forever Swift tribute act. This is a PTA fundraising event for Trinity Primary School.

When is the event? There are two performances: -

Show 1: Doors open at 3:45pm for a 4:15pm start

Show 2: Doors open at 5:45pm for a 6:15pm start

Each performance is one hour long and both shows will feature the same performance.

Important: - Attendees must leave promptly after their show finishes
If you wish to attend both performances,
you must purchase a ticket for each show.

Where is the event taking place?

Trinity Primary School

Leahurst Road , SE13

How much are tickets? - Tickets cost £7 each - One ticket must be purchased per child attending.

Accompanying adults must also buy a ticket. How can I buy tickets? Tickets are available to purchase online via: <https://paft-trinity-lewisham-school.square.site/>



‘What I wish my parents or carers knew...’: A guide for parents and carers on managing children’s digital lives.

Parenting today can feel overwhelming — especially when childhood looks so different from what we grew up with. There’s no manual, and it can be hard to keep up with the fast-changing digital world your child moves through every day. This guide aims to make those conversations easier and help you support your child with confidence.



Montage Arts

Montage Theatre Arts are a Lewisham-based performing arts and youth engagement charity. They offer term-time courses for children aged 3-12 in Lewisham. As a charity, their courses are affordable and accessible, and we also offer free and reduced-rate places for those who meet our means testing.

The classes are a great chance for children of all ages to make new friends, grow their confidence, and build performing arts skills such as singing, dancing, and drama.

<https://www.montagetheatre.com/classes/>



Stephen Lawrence Day

Stephen’s story is both challenging and inspirational. He was a normal young person who made the most of everyday opportunities. Although his life was short, Stephen provides a positive role model of a life well lived.



Wednesday 22nd April was Stephen Lawrence Day, which marked the anniversary of Stephen’s death in 1993, at the age of just 18. He was murdered in an unprovoked racist attack in Eltham. Stephen Lawrence Day is a day to honour Stephen’s life and a national day of reflection, a moment for us to reflect on the work we are doing to challenge injustice and racism and empower all young people to imagine their futures, and also to recognise the work we still have to do.

We remember and honour Stephen and our thoughts are with his family and friends this week.



Brindishe
Federation



Means Tested Free School Meals

If you are in receipt of the below benefits, you could be eligible for Free School Meals and extra funding for the school, up to **£1,515.00 for every child who is eligible.**

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Families who have signed up for the scheme at the Brindishe Schools will receive a range of opportunities and items from the list below.

- Lewisham Free Holiday Activity & Food vouchers at selected school holidays (HAF)
- half price school journeys
- access to extra-curricular clubs and enrichment
- a school branded sweat shirt
- a £5 book voucher
- a water bottle and stickers
- a stationery pack (including pencil case, colouring pencils, and exercise books)

You can check if you are eligible for free school meals by using the step by step guide in the link below:

<https://pps.lgfl.org.uk/>

If you are eligible you can apply with Lewisham council:

www.lewisham.gov.uk/freeschoolmeals



If you require any additional support, kindly contact our Attendance, Welfare and Safeguarding Officer **Clare Doran** on 079 4304 1970.

Lewisham Parent Consultation

In July 2025, the Government launched its strategy "Giving every child the Best Start in Life", setting out its ambition for all children to develop well, learn to communicate, form relationships, manage emotions, learn and play.

A key ambition for the Government is that 75% of children achieve a Good Level of Development (GLD) by 2028 which is assessed at the end of reception by your child's primary school. This covers development in their communication and literacy, physical development, maths, understanding of the world and their creativity.

Lewisham Children's and Health Services are keen to support children and their families in this ambition and are seeking feedback from parents and carers on any support we can offer to help children achieve this.

All surveys submitted will be entered into a draw to win a £50 voucher.

Follow the link [Parent/Carer Survey: Supporting learning at home - Fill in form](#)

Online Safety Bulletin - What is the Manosphere?

Have you seen the new Netflix documentary 'Louis Theroux: Inside the Manosphere' in which Louis Theroux interviews several 'influencers' that promote extreme / disturbing ideologies online. It is a shocking watch but prompts the importance of ensuring our children are protected from this content. In essence, the manosphere is against the empowerment of women and certain people promote these views and other harmful misinformation online via social media etc.

What should I do?

We need to develop critical thinking in our children and have age-appropriate conversations with them as explained in these articles:

<https://parents.actionforchildren.org.uk/feelings-behaviour/talking-about-feelings/talk-to-your-child-gender-equality/>

<https://www.brook.org.uk/blog/4-ways-to-tackle-misogyny-among-young-people/>

<https://www.unwomen.org/en/articles/explainer/what-is-the-manosphere-and-why-should-we-care>



Royal Ballet and Opera

The Royal Ballet and Opera Youth Opera Programme introduces young people aged 8–13 to vocal training and the world of opera in a welcoming, supportive and inspiring environment. Their programmes nurture singing skills, creativity and confidence through training and performance opportunities.

Rooted in inclusion and access, they actively welcome young people from all backgrounds and work to reflect the diversity of local communities. For some, this is the start of a pathway into further training. For others, it is about building confidence, friendships and the joy of making music together. For all our young singers, it is a place to grow and find their voices.

Applications for the RBO Youth Opera Programmes are now open and will close at midnight Sunday 10 May 2026.

RBO are inviting young singers to apply for their Youth Opera Programmes: Young Voices and the Youth Opera Company. Applicants must be aged 8 to 11 years old (inclusive) on 1 September 2026 (currently in Years 3-5), and live within Greater London, or within an hour of travel time to the Royal Opera House.

Applicants should be able to demonstrate:

A passion for and commitment to singing

An interest in drama and performing skills

An enthusiasm for teamwork and collaboration

For further information and how to apply please visit their website.

<https://www.rbo.org.uk/learning/young-people/youth-opera-company>



Rights Respecting Article - EARTH DAY

Earth Day takes place every year on April 22nd to show support for the protection of the environment and our planet.

Since 1970, Earth Day has brought together people, governments and companies from around the world, supporting them to do something positive for the environment.

It promotes the fact that 'change starts with action' and we can all take action and encourage others to take action that positively impacts on the world around us.

Article 6 (life survival and development)

Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.

Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

This week, the headteachers met with our climate advisor Oci Scott to review our Brindishe Climate Action Plan. Nearly a year into our action plan, Brindishe staff, children and parent/carers have made great strides to reduce our carbon footprint. We have been recycling, swapping toys and clothes, turning our heating down, switching off fridges and freezers, recycling batteries, shutting down our IT equipment when not in use, thinking about our meat intake at lunch and much more. This week, all staff across the federation took part in a staff development session on sustainability and how we all can do more to save our planet and help our children and families do the same.

What do you and your family do that helps the environment and the planet?



Watch this short film about sustainability told in the form of a fairy tale. Celebrate all the great things you are already doing in school or at home to protect and restore the earth.



Key Federation Dates

- Bank Holiday Monday - Monday 4th May
- SATS Week for Year 6 - Monday 11th May to Thursday 14th May
- Half Term - Monday 25th May to Friday 29th May
- End of Summer Term - Friday 17th July

Brindishe Schools Governing Body

Governing Body meetings are regular and meet every half term. Parents/carers are more than welcome to attend our meetings as 'observers'. This means you can sit and observe the meeting but will be unable to speak/comment and would need to leave the meeting during confidential items.

If you would like to know more about the governing body or you would like to attend one of our meetings, please email Rachel Waite - rawaite@brindisheschools.org. An email to confirm attendance at the meeting will need to be received before a parent/carer can join the meeting.

Our third meeting for 2025/2026 will be held on Thursday 18th June 2026 at Brindishe Lee School - 6pm.

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Interested? Please copy the link into your browser or scan the QR code below.

https://qualtrics.ucl.ac.uk/jfe/form/SV_2nxc7TtttAY01LM

For further information contact the research supervisors of this study-

Prof. Bonamy Oliver- b.oliver@ucl.ac.uk and
Dr. Emily Midouhas- emily.midouhas@ucl.ac.uk

Thank you so much for your time and participation!



APRIL TO
OCTOBER 2026

NOURISH



SPRING INTO SUMMER MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

13 April
4 May
1 June
22 June
13 July
31 August
21 September
12 October

Macaroni Cheese **1,7 V**
Chick Pea & Spinach Biryani **VG**
Tomato & Sweetcorn Pasta **1 VG**

Carrots
Mixed Peppers

Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Beef Bolognaise Pasta **1**
Cheese & Pesto Swirl **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Baked Wedges
Seasonal Vegetables

Toffee Tart **1,7** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Meatfree Meatballs & Gravy **6 VG**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes or Jollof Rice
Cabbage
Swede

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Chicken Korma
Sweet Potato & Lentil Curry **VG**
Herby Tomato Pasta **1 VG**

Rice
Green Beans
Carrots

Chocolate Orange Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Fish Fingers **1,8**
Wrap Stack **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips
Sweetcorn & Peas
Coleslaw **9**

Lemon Drizzle Biscuit **1,6 VG**
Yoghurt **3,7**
Fruit Pots **VG**

WEEK TWO

20 April
11 May
8 June
29 June
20 July
7 September
28 September
19 October

Cheesy Cauliflower Pasta **1,7 V**
Vegetable Burger in a Bun **1,5,6 VG**
Jackets with a Choice of Toppings **7,8,9**

Baked Wedges
Carrots
Peas

Honey Cake **1** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Keema Curry
Sweet & Sour Vegetables **VG**
Pesto & Pea Pasta **1 VG**

Rice
Seasonal Vegetables

Summer Trifle **1,7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Savoury Beef & Yorkshire Pudding **1,7,9**
Samosa Puff **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Mashed Potato
Broccoli
Carrots

Cornflake Cookie **1,7,16**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Chicken Fajita **1**
Vegetable & Bean Fajita **1 VG**
Tomato Spaghetti **1 VG**

Rice
Tomato Salsa
Green Beans

Carrot & Orange Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Salmon Fish Cake **1,8**
Margherita Pizza **1,3,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Peas,
Grated Carrot

Oaty Biscuit **1,15 VG**
Yoghurt **3,7**
Fruit Pots **VG**

WEEK THREE

27 April
18 May
15 June
6 July
14 September
5 October

Margherita Pizza **1,3,7 V**
Loaded Cajun Bean Wedges **VG**
Cheesy Fusilli **1,7 V**

Rainbow Rice
Sweetcorn
Coleslaw **9**

Jam Roly Poly **1,6 VG** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Chicken Pie **1**
Vegetable Stir Fried Noodles **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Crushed Potatoes
Seasonal Vegetables

Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

BRUNCH
Chicken Sausage **1,3,6**
Or Vegetable Sausage **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Brunch Hash Potatoes
Baked Beans
Mushrooms & Tomatoes

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Mild Chilli Beef
Tomato & Herb Penne Pasta **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Rice
Peas
Mixed Peppers

Sultana Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Fish Fingers **1,8**
Cheese & Bean Parcel **1,7 V**
Arrabiatta Pasta **1 VG**

Chips,
Peas, Baked Beans
Cucumber Sticks

Caramel Cookie **1,7 V**
Yoghurt **3,7**,
Fruit Pots **VG**

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg
10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

AVAILABLE
DAILY



Parents
Staff &
Friends
Association

CRAFT EVENT



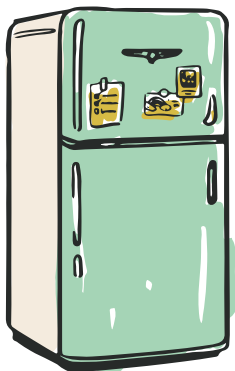
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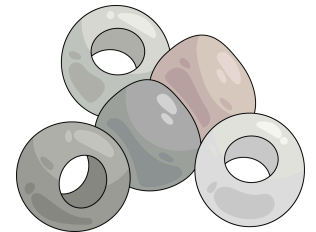
FRIDAY, 8TH MAY



**3.15PM-
4.30PM**



Activities:
Mask making
Fridge magnet making
Door sign making
Personalised key ring making



Food & drinks

Pay with tokens

**All funds raised will go to Brindishe
Manor PSFA**

PARENTS/ADULTS MUST STAY WITH THEIR CHILDREN AT ALL TIMES

Registered Charity number 1117178