



Brindishe Manor Newsletter

Friday 9th October 2020

Headteacher: Kate Porter



Dear Parents/Carers,

At Brindishe Manor, 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, this week's newsletter will provide some helpful advice and information to help support our families.

Have a great weekend,

Kate Porter & the Brindishe Manor team

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.*

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.

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 awareness and support <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>



<https://www.nspcc.org.uk>

You can also still email recovery@brindishemanor.lewisham.sch.uk for help and support from the school staff



Rights Respecting at Article 24 (health and health services):

This week we have been focusing on the fact that 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. As it is World Mental Health Day on 10th October, perhaps your child could design a poster or create a PowerPoint presentation to promote **World Mental Health Day** within our school community. Don't forget to link it to Article 24.



Scholastic Book Club

This year we are not able to hold our usual Book Fair in school. However, we have set up a new monthly online book club. You can look at all the latest books and order them online. For every £1 you spend on this month's Book Club, our school will earn 20p in Scholastic Rewards. Go to:

<http://schools.scholastic.co.uk/brindishe-manor/digital-book-club>

Please place your orders online by **31st October 2020**.

WEAR RED DAY – Show Racism the Red Card – Friday 16th 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 in Brindishe Manor are invited to wear red on this day. You can donate via the Just Giving Link below.

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

Show Racism the Red Card



Half Term Holiday Camp

Sportacus will run their ever popular holiday camp again this half-term. From **Monday 26th to Friday 30th 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 for further information.

Violin lessons

We have some spaces available for children to begin violin lessons after half term in years 4 and 6. If you are interested please ring the school office on 0208 852 0852 to express an interest and find out more.

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 Manor have been asked to collect UHT milk** From Monday, we will leave a box at each entrance gate for your donations. These will be collected by the church on **Monday 19th October**.

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