

Friday 9th October 2020

Dear parents, carers, staff, governors and friends,

Hello Yellow Friday

It was a wonderful treat to watch so many children, families and staff come into school today wearing yellow for our Hello Yellow Friday! So far we have raised £352.23 which we will use to buy mental health resources for our school. At Brindishe Green we are passionate about raising awareness of mental health and the importance of looking after ourselves by talking about our emotions and feelings. We want everyone in our community to know that there are many places they can access support if they are finding things difficult and that we encourage everyone to talk about how they are feeling in order to get the advice and help they need. At the bottom of our newsletter we have shared some useful websites for you to explore.



Next week at Brindishe Green, all the children across the school will be taking part in lots of activities, conversations, assemblies and lessons where they will continue to learn about how they can look after their own mental health, and others.

The London Marathon – Well done Ms Cairns!

A huge congratulations and thank you to Ms Cairns who completed the London Marathon on Sunday. She ran the 42km in a staggering 4 hours and 16 mins in order to raise money which will help to improve and update our school's outdoor spaces. So far she has raised £1,310!

There is still time to sponsor Ms Cairns by clicking on https://www.justgiving.com/crowdfunding/petra-cairns?utm_term=4wGjKjRdX. Thank you to everyone who has been so generous!

Give a Garment

Our BFG (Brindishe Friends Group) is organising a clothes swap next week as a way of allowing families to pass on some items of clothing that no longer fit their children. They will be collecting **coats, Brindishe Green jumpers and shoes only**. The clothing must be washed and in a good condition. This will take place on **Monday 12th and Tuesday 13th October in the morning**.

Get a Garment

On **Monday 19th and Tuesday 20th October** the clothes that have been collected will be displayed in the playground for families to take. Only one coat/jumper/pair of shoes can be taken per child. There will be a donation bucket if you would like to make a small contribution towards the school.

Please look out for the poster, with more information, that was emailed to you this week.

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.

Call Harry on **07828 218690** or email Harry@sportacus.co.uk for further information.

Sumdog Competition

Sumdog's latest Lewisham Maths Contest is almost here! It starts today, **Friday 9th October at 8am, and finishes at 8pm on Thursday 15th October**. Mr Phipps has entered every class from Year 1 to Year 6. Last year, pupils from Brindishe Green answered over 850,000 maths questions between March and September. Amazing! So let's be part of the fun again this year. Remember, scores are based on correct answers, not how many questions your child answers. And everyone has an equal chance as your questions are just for you! Good Luck everyone...and enjoy the maths!

Foodbank Collection

Once again we are collecting much needed items for the **Helping Hands Foodbank!**

This term we are collecting **long life (UHT) fruit juice**. Any size or brand is very gratefully received!

Please bring your donations to school on **Monday 19th and Tuesday 20th October**, during drop off. There will be collection boxes in the playground on those days.

The 'Helping Hands Foodbank' is a joint project between the Church of the Good Shepherd with St Peter (in Lee) and Action for Refugees in Lewisham (AFRIL). AFRIL is a small, locally-run charity based in Lewisham. They work to relieve poverty and social isolation amongst refugees and asylum seekers, by providing education, family support services, and access to emergency supplies. Thank you for your donations!

Parent Teacher Meetings

After half term we will be holding our Parent Teacher Meetings online using video call. These will take place during week beginning 2nd November. We will send more information to you over the next couple of weeks.

Online Safety Bulletin

It is World Mental Health Day on October 10th, 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>

We are a GOLD Rights Respecting School

At Brindishe Green we teach the children about their Rights and how these Rights are for all children, all over the world. Each week we will share an Article for you to discuss with your child at home.

Article 24: (health and health services) Every child has the right to the best possible health.

Wellbeing should be a priority for adults, as well as children, as we navigate the uncertainty of the world at the moment. This week we encourage you as a family to take time to discuss and reflect around what contributes to positive mental health and overall wellbeing. This weekend, why not go for a walk in the fresh air, enjoy a delicious meal together or do some mindfulness activities such as colouring or yoga



Wishing you all a very happy and healthy weekend. See you on Monday.

Best wishes,
The Brindishe Green Senior
Leadership Team

Important Dates

Give a Garment – 12th and 13th October

Get a Garment – 19th and 20th October

Harvest Collection – Monday 19th and Tuesday 20th October

Secondary School Applications – Saturday 31st October (at the latest)

Half Term Holiday – Monday 26th October – Friday 30th October

Flu Vaccinations (Rec to Year 6) – Monday 9th November

Places to go for advice and support

[Click here to discover 10 mental health charities to support on World Mental Health Day and Beyond.](#)



Young Minds <https://youngminds.org.uk/>



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



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

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