



Brindishe
Manor

Open classroom
Thursday 6th February
between 3:15-3:45pm

Come and have a look at
some of your child's
learning.



Newsletter

Friday 31st January 2025

What has been happening this week...

Thank you to all of our parents and carers who attended our 'Early Reading, Writing and Maths workshops' this week for children in Reception and Year 1. Many of you have passed on your positive feedback about the workshop style sessions and the handouts that you were able to take away with you. A huge thank you to all of the teachers who ran both sessions! Over the next few weeks we will be updating our website and including some of the session information for you to access, if you were unable to attend.

Our Year 6 children had a great trip to the Bromley Reform Synagogue this week. They were able to explore the synagogue, look at clothing for special Jewish festivals and learn more about how Jewish people celebrate their religious events throughout the year. Thank you to the parents and carers who accompanied the children.

What is happening next week?

Next week is Children's Mental Health Week!

Mr Ahmed, our Mental Health and Wellbeing lead, will be talking to the children about how to support the mental health and wellbeing in our assemblies this week. Children will also take part in session in class. are and in class sessions.

You may wish to look at the Place2Be's website for more information on how to support your child at home.

TIPS FOR FAMILIES

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

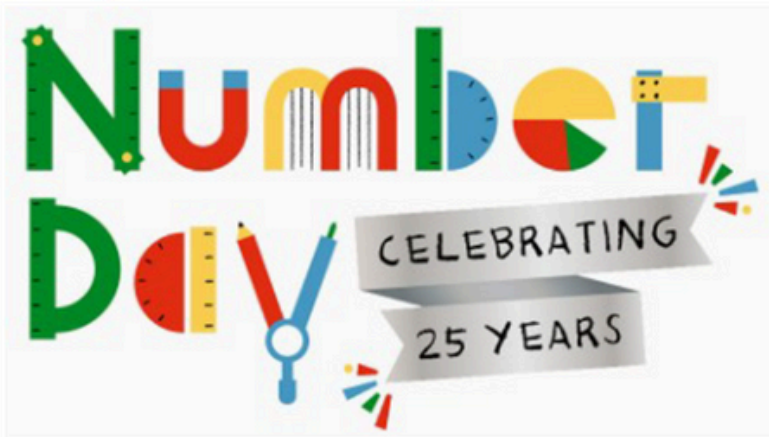
5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.place2be.co.uk)

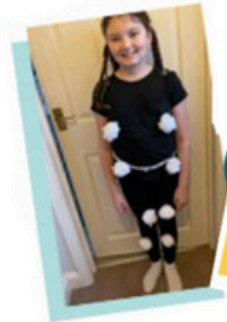




Friday 7th
February

Dress For Digits!

Wear an item of clothing with a number on it or you could put your creative hats on and design a unique t-shirt, hat or even become a human-sized calculator or dice!



Lewisham Autism Strategy

Lewisham Council have an All-Age Autism Strategy that is in place between 2023 and 2028. Lewisham Council and its partner organisations have committed to progressing their vision that Lewisham is a borough in which people with autism can lead fulfilling lives.

Lewisham Council want to hear from their residents on the impact of the strategy implementation. They also want to understand what gaps and future steps that they may need to take in 2025/2026.

Please click on the link to answer the survey - [CLICK HERE](#)

The survey closes on 14th February.

Key Dates

Thursday 6th February - Open classroom

Friday 7th February - Number Day

W/c Monday 10th February - DT week

Monday 10th February - Dogs Trust running workshops in school

Tuesday 11th February - Dogs Trust running workshops in School

Friday 14th February - PSFA

Thursday 27th Feb - Y2 to Greenwich Field Studies Centre

Thursday 6th March - World book day

Further dates on the Weduc Calendar

Dates for
the Diary:



Friday 7th
February

Dress For Digits!

Wear an item of clothing with a number on it or you could put your creative hats on and design a unique t-shirt, hat or even become a human-sized calculator or dice!



We are raising money for the [NSPCC](#).

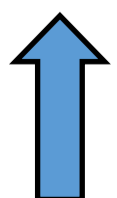
Keeping children safe is why the NSPCC is here:

- When a child needs a helping hand, they'll be there.
- When parents are finding it tough, they'll help.
- When laws need to change, or governments need to do more, they won't give up.



Powered by [gift7](#)

If you would like to donate, please scan this QR code
or [click here](#).



Contact us at brindishemanorpsfa@gmail.com and look for event updates in the newsletter or on the PSFA Facebook page [facebook.com/brindishemanorpsfa](https://www.facebook.com/brindishemanorpsfa)

February - What's on!

The Year of the Snake.

Wishing luck and prosperity to all our families celebrating the Lunar New Year this week. We have entered into the year of the snake. This festival marks the end of winter and the start of spring.



PSFA Annual General Meeting (AGM) - Monday 10th Feb, 6 to 7pm. Come along and hear about what the PSFA have done over the last year and help us plan what's coming next. The AGM is also a chance for people to stand down as trustee and for new members to join the team. There are two potential roles up for grabs. The meeting will take place in the school, the room is tbc.



Cake and World Book Day costume sale Friday 14th February, 3.15pm

Cake sale - Ending the term with a lovely event. Could you buy or make cakes or biscuits for our cake sale? Why not make your creations valentines themed and they will be entered into our competition. **Please do not include nuts and clearly list all ingredients.** Drop your items at the school office on the morning of the sale (14th February). Prizes are tbc.



Costume sale - [World Book Day](#) is fast approaching and it can be a scrabble to find a costume that fits. We're asking families to donate any book themed costumes for our sale, so unused costumes can get a new life.



This year, the school are exploring the theme of book covers and characters on the covers. Maybe you have a Gruffalo, Alice in Wonderland or similar costume in the dress up box? Maybe someone else could give it a new life and maybe you will find something for this year's WBD. **Please drop costumes in the boxes outside the office.**

