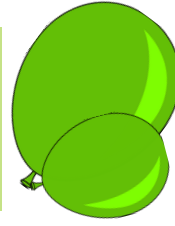


Brindishe
Federation

Brindishe Federation Newsletter

Friday 8th May 2026



A Century of Wonder: Happy 100th Birthday, Sir David Attenborough!

Today, we're celebrating an extraordinary milestone – the 100th birthday of Sir David Attenborough, one of the world's most beloved naturalists and broadcasters.

For over seven decades, Sir David has opened our eyes to the wonders of the natural world. From the depths of our oceans to the heights of our mountains, he has shown us the incredible diversity of life on Earth and inspired millions of people – young and old – to care for our planet.

Why Sir David Matters to Us

At Brindishe Schools, we believe in nurturing curiosity, respect for our environment, and a sense of responsibility for the world around us. Sir David embodies these values perfectly. His dedication, passion and tireless work to protect nature remind us all that one person truly can make a difference.

Conversation at Home

Ask your child: "If you could show Sir David Attenborough one amazing thing about nature, what would it be and why?"

You might also enjoy watching one of his programmes together as a family – from Blue Planet to Planet Earth, there's something to inspire everyone.

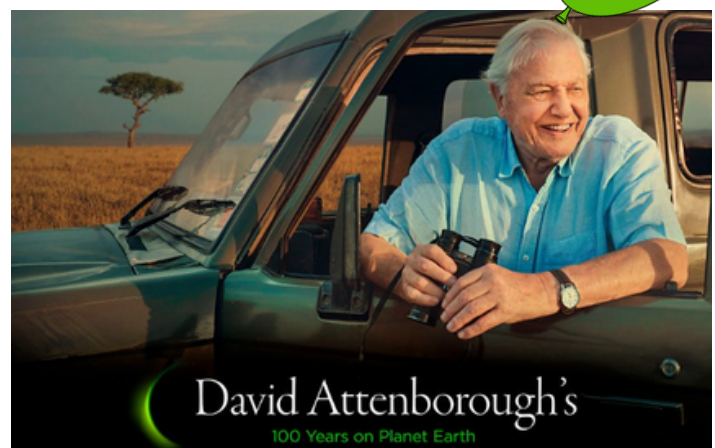
A Message for the Future

As Sir David himself has said: "No one will protect what they don't care about, and no one will care about what they have never experienced."

Let's continue to explore, wonder at, and protect the natural world – just as Sir David has taught us.

Happy 100th Birthday, Sir David – and thank you for a lifetime of inspiration! 🎂🌿

[Sir David Attenborough's 100th Birthday on the BBC - Everything you need to know!](#)



Good Luck Year 6

Dear Year 6,

Next week is SATs week, and we wanted to take a moment to tell you how incredibly proud we are of each and every one of you.



You Are Ready



You've worked so hard this year – not just in lessons, but in the way you've grown as learners and as people. You've tackled tricky problems, supported each other, and shown real determination. All of that hard work has prepared you brilliantly for next week.

Remember: SATs Are Just One Part of Your Story

These tests are important, but they're just a snapshot of what you can do on a few days in May. They don't measure your kindness, your creativity, your sense of humour, or the million other things that make you special. We know you are so much more than a test score.

Top Tips for Next Week

Before the tests:

- Get a good night's sleep – your brain works best when it's well-rested
- Eat a healthy breakfast each morning
- Arrive on time so you feel calm and ready

During the tests:

- Read each question carefully – take your time
- If you get stuck, move on and come back to it later
- Remember to breathe! A few deep breaths can help you feel more focused
- Do your best – that's all anyone can ask

After each test:

- Let it go! Once a test is finished, don't worry about it
- Be kind to yourself and your friends
- Remember there's another chance to shine the next day



We Believe in You!



*We
believe
in you* ♥

Your teachers have seen how much you've learned and how far you've come. We know you're going to walk into those classrooms and show what you can do.

Whatever happens next week, we are proud of you. You are ready. You are capable. You are brilliant.

Now go and show those SATs what Brindishe Year 6 are made of! 💪

Good luck – we're all rooting for you!

From all the staff at Brindishe Green, Brindishe Manor and Brindishe Lee School



Online Safety Bulletin

Fake or Real? Know the Deal

Essex Police have launched a ground-breaking AI Safety Campaign in partnership with BT and EE to tackle the growing risks posed by artificial intelligence (AI) misuse and deepfake technology. This is the first time a UK police force is working directly with a global technology firm to provide practical advice to parents, guardians and young people.

AI technology offers incredible opportunities, but it also introduces serious risks when misused. Deepfake content – highly convincing, fabricated images or videos – can be used to exploit young people, sometimes without their knowledge. Artificially generated Child Sexual Abuse Material (CSAM) is one of the fastest-emerging crimes Essex Police is actively investigating.

The campaign is designed to help you understand:

- What deepfakes are and why they matter
- How to protect children from online harm
- What to do if an image is misused



Find out more here, including advice on how to protect your child: https://eephonesmart.co.uk/online-safety-tips/understanding-deepfake-dangers/?redirected_from=fake-or-real

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/>

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>



WHAT'S ON FOR YOUNG PEOPLE IN LEWISHAM 2026?



Looking for things to do in Lewisham? The What's On for Young People in Lewisham 2026 guide brings together a wide range of free and low-cost activities for young people of all ages, all in one place.

From sports and fitness sessions like football, boxing, basketball and swimming, to creative and performing arts, including theatre, dance, music, writing and sewing, the guide highlights opportunities across the borough that support wellbeing, creativity and confidence. There's also information on youth clubs, outdoor activities, cooking projects, activism and volunteering, plus details of local libraries, leisure centres and council-run youth services.

Whether you're a young person looking for something new to try, a parent or carer supporting activities outside school, or a professional working with young people, this guide makes it easy to see what's available, where it's happening and how to get involved.

The full guide can be found with this newsletter



Rights Respecting Article

Mental Health Awareness Week

Mental Health Awareness Week occurs every year in May and is an ideal time for us all to think about mental health, tackle stigma, and discuss how we can create school environments that protect our mental wellbeing. The week is based around a different theme each year, and previous themes have included nature, kindness, and body image. It is hoped that as many people as possible will have conversations about mental health and the everyday things that can affect it.

Our mental health clearly links to Article 24 of the CRC but, if you think about it, many of the other rights that children and young people are entitled to, also contribute to good mental health. See how many connections you make to different rights in this week's activities.

What do you need for positive mental health?

- Understanding the different types of emotions you have.
- Knowing that it is usual and ok to have times when you might feel sad or worried
- Learning different ways to look after your mental health
- Having a trusted adult to speak with about your feelings.
- Making sure you exercise regularly.
- Making sure you have a healthy diet.
- Spending relaxation and fun time with friends and or family.
- Taking part in hobbies or activities that you enjoy.
- Being involved in activities to help others.
- Limiting screen time or access to other online platforms.
- Health care – being able to see a doctor, nurse or counsellor if you need to.



[Watch this video](#) at home with your children and discuss who they could talk to if they are feeling worried.



Key Federation Dates

- 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/carers can join the meeting.

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



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.

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_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

