

Brindishe Federation Newsletter

Friday 3rd July 2026



Ready for another heatwave?

Last week, the UK saw temperatures reach 37.7C (99.9F). Firstly, we would like to thank all parents/carers, staff and children for managing so well and showing extreme resilience in extreme temperatures. It wasn't easy but with adjustments made in school and parents/carers supporting with extra water, hats, loose clothing and sun cream our children were able to attend school as normal.

Temperatures have fallen from the record-breaking highs seen across the UK last week - but there are signs another heatwave could be building as July begins. Some forecasts suggest temperatures could climb back into the low to mid-30Cs in England. However, there is still uncertainty about how hot conditions might get.

"Although a return to heatwave conditions is looking increasingly likely for some areas, the likelihood of such extreme high temperatures or high levels of humidity as last week is currently low," Met Office

Human-induced climate change is amplifying heatwaves and when they occur, they are hotter and more frequent than they would be naturally. Studies show that recent heatwaves in the UK and Europe have been made 2-4°C hotter and up to 100 times more likely due to global warming.

How can we continue to keep safe during heatwaves and over the summer holidays?

1. Stay in the shade when possible

It's a good idea to keep children in the shade in the middle of the day when the sun is at its strongest - try and get into the habit of heading indoors between 11am and 3pm, or use a parasol or a play tent to provide some shade.

2. Use a good sun cream

Make sure your little one wears sunscreen that covers any exposed skin - use plenty, and don't forget their shoulders, the back of their neck, the tops of their ears, nose and cheeks and the tops of their feet. Choose a sunscreen that is SPF30 or above, with at least 4 stars for UVA protection.

3. Keep topping up the sun cream

Try and put sun cream on your child at least half an hour before heading out to play - remember that you'll need to put more on throughout the day, especially if they've been swimming or paddling.

4. Always pack a sunhat

It's a good idea for children to wear a floppy sunhat that protects their face and neck whenever they're out in the sun. Wearing a hat yourself can really encourage your reluctant toddler to follow suit - and hats with chinstraps can be very useful if your child likes removing their hat!

5. Drink lots of water

Give little ones access to water throughout the day, especially in warm weather. Encourage them to drink regularly - particularly when they've been running around.

Water Safety

The Royal National Lifeboat Institution (RNLI) is urging people heading to the coast to remember and share essential water safety advice, which could save lives. If you are visiting the coast this summer, the safest option is a lifeguarded beach, where you should swim between the red and yellow flags. If you can't choose a lifeguarded beach, find out about your chosen beach before you visit - check weather and tide times and read local safety signage.

The Government now advise limiting screen time for young children. They advise avoiding screen time for under 2 years and to try to keep it to less than 1 hour a day for 2-5 years.

Best Start for Life have published an article outlining what content is better, how your own screentime affects your child and how screentime can affect your child's development. [Find out more here](#)

Catford Library Summer Reading Challenge 2026

The Summer Reading Challenge—a national initiative that helps boost children's reading skills and confidence while encouraging a lifelong love of reading will take part this coming summer, 2026.

During the challenge, children can read anything they choose over the summer holidays and collect free rewards along the way. The programme runs throughout the holidays and is open to all children aged 4–11.

Lewisham are also hosting a special awards ceremony at Catford Broadway on 29th October for children who read all 6 books. The award ceremony will be a fantastic opportunity for families to celebrate the achievements of all the children who took part in the challenge.

If you have any questions or would like to discuss arrangements, please do not hesitate to get in touch. They are looking forward to working with families and inspiring pupils this summer.

[For more information - Click Here](#)



TRIIE Pledge and Survey

Schools in Lewisham have taken the 'Tackling Race Inequality in Education (TRIIE) Pledge' and leaders have been providing valuable work across Lewisham. Lewisham are now inviting school communities to take part in the TRIIE surveys, which will help them better understand experiences and inform the next phase of TRIIE development.

Parents and Careers: [TRIIE Evaluation: Survey for Primary School Parents & Carers \(June 2026\)](#)

Deadline: Tuesday 7th July 2026, 11:59pm

Participants will also have the opportunity to opt into a follow-up interview or focus group (w/c 6th to 10th July 2026) for more in-depth contributions.

We greatly appreciate your support actively in promoting and facilitating completion across our whole school community. High participation will ensure Lewisham can capture a diverse and representative range of experiences.

The findings will directly inform:

- TRIIE priorities and next steps.
- Future support for schools.
- Identification of strengths and areas for development across the partnership.

Lewisham particularly encourage participation from Black staff, pupils, and families, especially those with Black Caribbean, Black African, and Mixed Black heritage backgrounds. Ensuring these voices are heard is central to TRIIE's aims and to achieving meaningful and sustainable change.

Important information about measles in South East London

Lewisham Council is working closely with other South East London councils, the UK Health and Security Agency (UKHSA) and local NHS partners after a measles outbreak was detected at a school in a neighbouring borough.

Measles is a highly infectious disease that spreads very easily among people who are not fully vaccinated. While many people recover, measles can lead to serious complications such as brain inflammation, pneumonia and – in rare cases – long-term disability or death.

NHS England figures show that around 20 percent of children who catch measles require hospital treatment. Unvaccinated or partially vaccinated adults are also at risk of serious illness. In a school setting, they can also risk spreading measles across multiple classes and year groups.

How to get vaccinated

The MMR vaccine (measles, mumps and rubella) is available for free to all children and adults born on or before 31st December 2019. Two doses are required to be fully protected from measles.

The MMRV vaccine (measles, mumps, rubella and chickenpox) is available for free to all children born on or after 1st Jan 2020. Children are offered this vaccine at 12mo and 18mo, and two doses are required to be fully protected from measles.

- Children under school age can catch up on the MMRV vaccine at their GP
- School-age children can catch up on the MMR(V) vaccine through NHS clinics throughout South London, with regular clinics across Lewisham: [NHS catch-up clinics](#)
- Adults can catch up on the MMR vaccine through their GP

[Further guidance for parents/carers can be found here](#)

YOUTH GROUP!

**For young people seeking asylum, refugees, and
Ukrainian nationals, living in Lewisham, age 11-19**



WHAT'S ON?

- Creative activities and games
- Food and refreshments
- Study space available
- Relax and socialise

WHEN?

Every other **Tuesday** from
11th August, **5-6:30pm**

WHERE? Our youth club is near Fordham Park in
Deptford/New Cross. Venue shared on sign-up.

To sign up or refer a young person, contact **Hannah** at
+44393461324 or **southresettlement.ts@refugeecouncil.org.uk**

All questions welcome

Key Federation Dates

- End of Summer Term - Friday 17th July
- Start of Autumn Term 2026 - Thursday 3rd September 2026
- INSET DAY - Friday 27th November 2026

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 last meeting for 2025/2026 will be held on Tuesday 14th July at Brindishe Lee School - 6pm.

EXCITING ACTIVITIES

Explore - Play - Discover

**MULTISPORTS**



A different adventure every day! Try exciting sports, fun games, and action-packed challenges.

**DANCE**



Six themed dance workshops, six chances to shine! Learn routines, build confidence, and perform with friends.

**FOREST SCHOOL**



Explore, build, discover and create in the great outdoors with our qualified Forest School Leaders.

Dance & Forest School available on selected days & venues



SPORTACUS

SUMMER ACTIVITY CAMPS



BIG ON SPORT - BIG ON FUN

SPORTACUS SUPER DAYS

Big Activities. Bigger Smiles.

**NERF**



**INFLATABLES**



**WATER DAYS**



**WIN IT WEDNESDAY**



Take your summer to the next level with our action-packed Sportacus Super Days! From epic Nerf Battles and giant Inflatables to refreshing Water Days, exciting Themed Days, and our ever-popular Win It Wednesday, there's always something extra to look forward to. Bigger adventures, bigger smiles, and unforgettable memories await!