

Brindishe Federation Newsletter

Friday 16th January 2026



Happy New Year to all our Brindishe Families

Welcome back to all families across our federation. We hope you all had a relaxing and fun filled break and a good Christmas for those who celebrate.

The term is already in full swing. Children settled back into school life very quickly and they were thrilled to see their teachers. New learning has gripped their attention from the start and teachers are already busy arranging trips and visits to support the curriculum.

On Tuesday 6th we welcomed Nourish, our new catering provider, and feedback from staff, children and parents/carers has been overwhelmingly positive. Thank you to those of you who have taken the time to email or give us verbal feedback on the school gate.

Spring Term is a short term but as busy as the rest with assessments, parents/carers evenings, visits and visitors and a full curriculum to cover but we are looking forward to a positive term, with some sunny days and lighter evenings to boot. If you do have any questions or queries, please do email info@ and the school office will direct your email to the appropriate member of staff.

Here's to a successful Spring Term - **Rachel Waite - Executive Head of Brindishe Schools**

Reminders for contact details and leavers



Just a few reminder from Brindishe Schools for all parents/carers and for those leaving our federation and transferring to another school

- Please can we remind you to check your contact details regularly on Arbor. This is vital for the emergency contacts list.
- If you have been offered a place at an alternative school, please email info@ to inform the school formally. We cannot accept verbal communication to the office or class teachers.
- If you are a Wrap Around Care user (Breakfast or Tea Club) and leaving Brindishe please inform extended services via email and provide the date you wish to to cease using the provision. Failure to inform us may result in extended charges for you when the service is not being used.
- In addition, if and when you inform us you will be transferring schools please let us know if your child attends any **music tuition run by Lewisham** and ensure you contact **Sportacus** to inform them if your child is signed up to a club with them.

Step into the world of Seymour Science

BBC Bitesize Primary has launched two new games that invite children to join Seymour and his friends as they learn all about science. The games are set in Seymour's workshop where he films his very own TV science shows. Friends join him as they share their expertise on the seasons as well as light, sound and electricity.

In Seymour's latest Key Stage 1 game, Smashing Seasons, children learn what makes each season special. Using Seymour's Key Stage 2 game, invite your children to learn all about light, sound and electricity, as Seymour prepares for his latest broadcast. Each resource is packed with lots of activities and quizzes to immerse children in each subject area. Visit: www.bbc.co.uk/bitesize/primary





Following a recent ITV investigation*, which found extremist content on Roblox, we thought we would provide a reminder of what you need to be aware of.

A lot of the content is user generated, which means not all games will be suitable for your child to view/play. If your child is playing Roblox, it is important to monitor what your child is accessing and set up appropriate parental controls. PEGI rate Roblox with a Parental Guidance label, this is because it is considered a platform with a huge level of user generated content.

What should I be aware of?

Game content

Chat Facility - Players can chat with each other (users under the age of 13)

Virtual Currency - Players can buy Robux (their virtual currency) to buy in game upgrades or accessories.

How do I report abuse and block users and further information?

This article outlines the different reporting facilities:

<https://en.help.roblox.com/hc/en-us/articles/203312410-How-to-ReportRule-Violations>

<https://parentzone.org.uk/article/roblox>

<https://www.esrb.org/blog/what-parents-need-to-know-about-roblox-2/>

<https://www.internetmatters.org/advice/apps-and-platforms/online-gaming/roblox/>

Sharing REAL course for Parents

Sharing REAL with Parents



This fun 4 week course aims to build your confidence in how you can support early literacy within your home and help your children's learning and development in communication and language.

- **Meet other parents and carers.**
- **Share ideas to support your child's early learning.**
- **Take home FREE resources each week.**



To book go to:
[lewishamfamilyhubs.org.uk/
events/parenting-course](http://lewishamfamilyhubs.org.uk/events/parenting-course)
scan the QR code
email family.hub.bookings
@lewisham.gov.uk
or call 07720 152902



Wednesdays 14th January - 4th February 2026
9.30am - 11.30am

Corbett Community Library
103 Torridon Rd, SE6 1RQ

Wednesdays 18th February - 11th March 2026
1.00pm - 3.00pm

Evelyn Family Hub
231 Grove Street, SE8 3PZ

Fridays 6th - 27th March 2026
1.00pm - 3.00pm

Bellingham Family Hub
109 Randlesdown Road, SE6 3HB

lewishamfamilyhubs.org.uk



**NATIONAL
CHILDREN'S
BUREAU**



**Raising Early
Achievement
in Literacy**

New Cross Fire – 45th Anniversary Memorial Service

On 18 January 1981, the New Cross Fire tragically led to the deaths of 14 young Black people.

2026 marks the 45th anniversary of the New Cross Fire.

A memorial service will take place on Sunday 18 January 2026 at St Andrew's Church, Brockley Road, London SE4 2SA. Please arrive by 2.15pm to be seated.

The service, led by Rev John Grundy and Rev Steve Lawrence, is an important opportunity to gather to commemorate and honour those who lost their lives in the fire in 1981, and to remember their families and survivors.

Following the service, guests are invited to a reception with a buffet kindly provided by Cummin' Up, serving authentic Caribbean food.

You can join the service on the day via [live stream](#).



Key Federation Dates

- **February Half Term - Monday 16 February 2026 to Friday 20 February 2026**
- **Shine on Saturdays for selected Year 5 children - Saturday 31st Jan, 7th Feb, 28th Feb, 7th March and 14th March) Celebration Event)**
- **Easter Holidays - Monday 30th March to Friday 10th April**

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 third meeting for 2025/2026 will be held on Tuesday 3rd Feb 2026 at Brindishe Manor School - 6pm.

Introducing Nourish - our new catering provider

The Brindishe Federation have now officially moved over to Nourish as our new catering provider - [Primary-nourish contract catering](#). Nourish is a family-led company passionate about serving healthy, balanced, and freshly prepared meals every day.

What's Staying the Same?

- Meat-Free Mondays and Fish Fridays will continue.
- The same friendly kitchen staff
- All menus and catering details will be updated on the school website for easy access
- Children be able to choose between a packed lunch or hot meal each day

What's New?

- Children and families will notice new signage around the kitchen.
- We'll introduce fun themed days like Harry Potter Day and Lunar New Year
- Opportunities to meet Mr Nourish



Allergy Support

If your child has a bespoke allergy menu, Clare Doran will be in touch to ensure a smooth transition. This may include reviewing the new menu and completing a Nourish Risk Assessment.

Why Choose a Hot School Meal?

- Did you know that opting for a hot school meal can save you time and money?
- On average, families could save £477 per year compared to packed lunches.
- Nourish meals are nutritionally balanced, freshly prepared, and designed to support learning.
- Children enjoy a variety of dishes, a daily salad bar, and freshly baked bread—plus the social experience of eating together.

Thank you for your continued support as we make this positive change for our children.

NOVEMBER TO MARCH 2026 NOURISH					
WHAT'S ON THE MENU?					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 3 Nov 24 Nov 15 Dec 19 Jan 9 Feb 9 March 30 March	Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 Seasonal Vegetables Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Pie 1 Mushroom & Lentil Stew VG Pesto & Pea Pasta 1,7 V Crushed Potato Cauliflower, Carrots Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Turkey & Gravy Broccoli Tots 1,7 V Arrabiata Pasta Shells 1 VG Rustic Roast Potatoes or Jollof Rice Cabbage, Peas Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Bolognese Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9 Green Beans Grated Carrots Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Vegetable Sausage VG Cheese & Tomato Pasta 1,7 V Chips, Sweetcorn, Baked Beans Cucumber Sticks Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG
WEEK TWO 10 Nov 1 Dec 5 Jan 26 Jan 23 Feb 16 March	Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Caribbean Brown Chicken Chick Pea Jambalaya VG Tomato Spaghetti 1 VG Rice, Carrots, Peas Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Cheesy Pasta Twists 1,7 V Rustic Roast Potatoes or Jollof Rice Broccoli, Carrots Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Stew & Dumpling 1 Falafel Burger & Wedges 1,5 VG Jackets with a Choice of Toppings 7,8,9 Cauliflower, Green Beans Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Salmon Bites 1,8 Margherita Pizza 1,3,7 V Herby Tomato Pasta Twists 1 V Chips, Peas, Coleslaw 9 Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG
WEEK THREE 17 Nov 8 Dec 12 Jan 2 Feb 2 March 23 March 27 Oct	Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9 Rice, Green Beans, Mixed Salad Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Pesto & Pea Penne 1,7 V Sweetcorn, Peppers Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Savoury Mince Beef & Yorkshire Pudding 1,7,9 Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Cottage Pie Butternut Squash Risotto 7 V Herby Tomato Pasta 1 VG Seasonal Vegetables Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Grated Carrot Caramel Flapjack 1,7,15 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 Celery/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 celery. Please discuss with your manager.					
AVAILABLE DAILY					

Being a Parent

Parenting programme for parents of children aged 2-11

Delivered by trained Parent Group Leaders from Empowering Parents Empowering Communities (EPEC), part of South London & Maudsley NHS Trust, in partnership with Lewisham



A FREE 9-week course to help parents learn practical skills for everyday life such as:

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies

ONLINE

Wednesday 9.45-11.45

23rd January – 27th March 2026

(no session 18th Feb – half term)

Feedback from Lewisham Parents

"I absolutely loved this course. I would recommend it to anyone. It has helped me out so much as a parent"

"The leaders were amazing, made me feel so much more confident and feel like people actually do care."

To sign up and find out more click [HERE](#) or scan the QR code:



Or Contact **07860 371868**



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

NHS
South London
and Maudsley
NHS Foundation Trust



'Being a Parent' starting January 23rd 2026.

This is a free 9 week group programme offered to parents/carers of children aged from 2 to 11 years old.

The course is designed to give children and families the very best start in life by supporting parents to:

- Understand and manage their own feelings, as well as their child's
- Communicate and interact positively with their child
- Use positive behaviour management strategies
- Reduce and manage parental stress
- Providing practical tools and guidance to help families build stronger, more positive relationships

There will be 2 groups running: one is in person and one is online. Parents and carers can choose which one (online or in person) they would like to attend.

The in person group will be held at Downham Family Hub and an online group

To find out more scan the QR code in the flyer Or Contact 07860 371868

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Downham Family Hub

Shrofford Road, BR1 5PD

Friday 10.00 – 12.00

23rd January – 27th March 2026

(no session 20th Feb – half term)

To sign up and find out more click [HERE](#) or scan the QR code:



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