



Brindishe
Manor

Newsletter

Friday 20th March 2026

What has been happening this week...

This week children in our Year 4 classes took part in a Viking workshop, to develop their understanding of this period in history. Our youngest children took part in a Science workshop, focussing on animals and Year 2 visited the Ragged Museum to explore what life was like in Victorian times. Many of the children dressed up as Victorian children and all looked fantastic! It has been a busy week!

Eid al-Fitr

We would like to wish all our families who are celebrating Eid al-Fitr a joyful and peaceful time. Eid marks the end of Ramadan, a special month of reflection, kindness, and togetherness. It is a time for families and friends to come together, share meals, give to those in need, and celebrate with gratitude. We hope everyone has a wonderful weekend filled with happiness, and Eid Mubarak to all who are celebrating!

Messages from the office

- A reminder to parents to make sure you advise the office of any changes to your usual home time arrangements with plenty of time. Please do not leave it until 3pm!
- Please make sure any absences are called in by 9:15am
- As the weather gets warmer, children will be taking layers off throughout the day. It is essential that **EVERY ITEM** of clothing is **LABELLED** with your child's name.

Forest School is coming to Brindishe Manor

We are really excited to have started planning our own Forest School on our grass space. With the help of the PSFA and Holly (our resident parent gardener) we have now had a log delivery and are starting to map out summer term sessions for Nursery and Reception. The PSFA will be supporting us with the purchase of a mud kitchen, shed/ classroom space and resources for our forest school learning to start!



Parents Evening

Nursery to Year 6 Parent/Teacher Meetings

A reminder that will be holding our 1:1 Nursery to Year 6 Parent/Teacher meetings on Tuesday 24th and 26th of March. The booking portal on Arbor will close on **Sunday 22nd March at 11pm**. To book your meeting, please use your Arbor App or the Arbor Parent Portal (internet browser). Please click here to read instructions on how to book, if needed – [Click here.](#)



Overall school attendance this week:	95.%	
Top 5 classes with attendance over 95%:	Attenborough	99%
	Escher	98%
	Adeola	98%
	Thunberg	97%
	Goldsworthy	97%
A huge well done to Attenborough 99% attendance this week		
Top classes with all children in on time	Rashford, Jeffers, Adeola, Pankhurst Huge well done to them all 😊	



Planting and litter pick day Saturday 21st March, 12pm to 3pm.



What to expect

We will be tidying the planters and other areas of the school, including planting, weeding, mulching and creating habitat piles.

As part of the Great Big School Clean, we will also ask people to go out with litter pickers and help make the areas surrounding school even nicer for the whole community.

Drop in anytime from 12 to 3pm. Refreshments will be available.

What we need

Help make our school and surrounding areas even more beautiful. Volunteers to join us for a fun afternoon of gardening and litter picking. Children must be supervised at all times.

Please bring

- Sturdy boots or shoes
- a pair of gardening gloves if you have them
- children should also bring gloves if they want to join in.



We're also looking for people to bring

- garden forks
- trowels
- kneeling pads
- wheelbarrows (if you live close by)



Registered charity number 1117178

Brindishe Manor

Science Week Competition

Monday 23rd March – Friday 27th March

Get ready to unleash your curiosity! This year, our Science Leaders are encouraging all students to take part in our thrilling whole school Science Competition.

This year's theme is

Flight

We're challenging everyone to design and create something that soars, glides, or hovers. It can be big or small, complex or simple. If it flies, it counts!

Let your imagination take off!

The science team will be looking for.....

- **Most successful** - Does it fly the furthest or stay in the air the longest?
- **Most original** - Is your creation unlike anyone else's?
- **Most effort** - Have you put a lot of effort into it? Does it have the "wow factor?"

The rules are simple!

- All entries must arrive to school by **Tuesday 24th March**.
- The creation must be made by the children; children can work in small groups but no bigger than 3 children per group.
- The entry must be an original creation (no ready-made kits).

Every winner will proudly receive a Science Certificate A badge of honour for soaring to success!

We can't wait to see what you create!

Thank you to all the parents and carers who have already purchased a book for our libraries. We will be restocking them in the summer term.

National Year of Reading

Donate a book for classroom reading corners

This year, the PSFA is funding new furniture for our classroom reading corners!

To help fill them, please consider buying a book from our **school wish list** via the QR code below.

We'll be adding more titles throughout the year.

If you already own a good-quality copy of a book on the list, pre-loved donations are very welcome!

(You can also buy used books via the list.)



*Select the wish list registry address to deliver directly to school.
If buying elsewhere, please mark as purchased on the wishlist.
brindishemanorpsfa@gmail.com Reg Charity number 1117178

AFC LEWISHAM

EASTER CAMP

30/03/26 – 02/04/26



COME BALL OUT!

AGES: 6 - 11

TIME : 10:00AM - 14:00PM

LOCATION : THE GARDEN OF LEWISHAM
ELTHAM ROAD
SE12 8ES

THIS CAMP IS **FREE** FOR CHILDREN RECEIVING
FREE SCHOOL MEALS. LUNCH WILL BE PROVIDED EACH DAY.

SPACES ARE LIMITED.

TO SECURE YOUR PLACE, EMAIL US NOW!

✉ INFO@AFCLEWISHAM.COM

☎ 07592 728437

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Planting and litter pick day **Saturday 21st March, 12pm to 3pm.**

Do you have plants or seedlings that you would like to swap or share? Bring them along to the planting day. You might bag yourself a nice new plant.



Signs and symptoms

Meningitis:

- fever
- very bad headache
- vomiting
- stiff neck
- dislike of bright lights
- rash
- confusion, delirium
- severe sleepiness, losing consciousness
- seizures

Septicaemia:

- fever and shivering
- vomiting
- severe pains and aches in limbs and joints
- very cold hands and feet
- pale or mottled skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruised' or blotchy rash with spots that do not fade under pressure – do the glass test shown overleaf. On dark skin, check inside the eyelids or roof of the mouth where the spots may be more visible
- difficulty walking or standing
- severe sleepiness, losing consciousness

Not everyone will develop all these symptoms – they can appear in any order and be mixed between the two illnesses. It is important to seek early medical advice if you or a friend have symptoms of concern or a condition that is getting rapidly worse.

Make sure you, your family and your friends look out for each other and that someone knows if you are unwell so they can keep an eye on you. This could be life-saving!

For more information contact:

Meningitis Research Foundation

Free helpline 0808 80 03 344

www.meningitis.org

Meningitis Now

24 hour helpline

0808 80 10 388

www.meningitisnow.org

Useful links:

- www.nhs.uk/conditions/meningitis
- www.nhs.uk/vaccinations
- www.nhs.uk/conditions/vaccinations/men-acwy-vaccine


UK Health
Security
Agency



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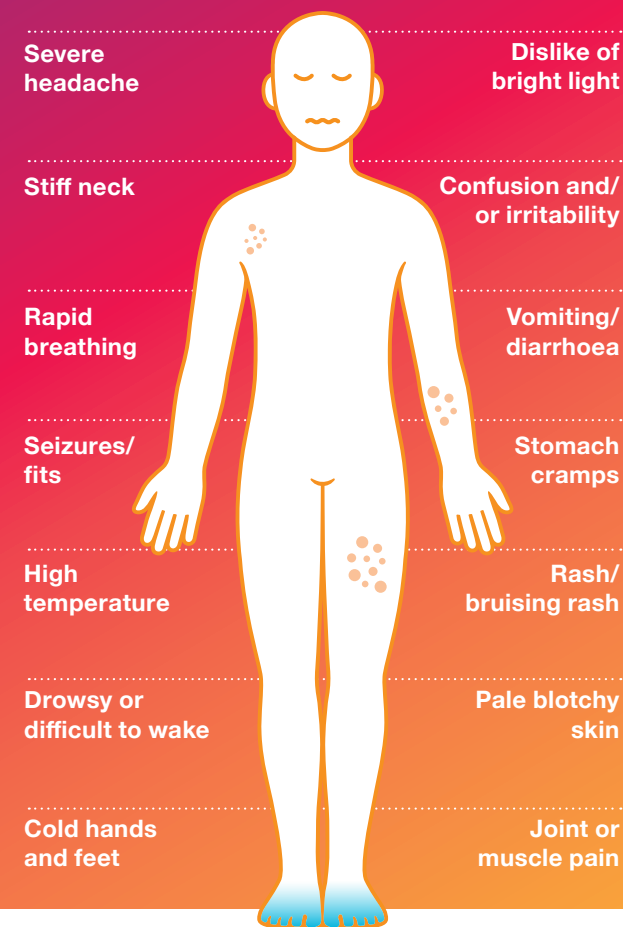


UK Health
Security
Agency

NHS

Meningitis and septicaemia

Don't ignore the signs



 **mmunisation**
the safest way to protect your health

Be aware, be prepared

Meningococcal meningitis (inflammation of the lining of the brain and spinal column) and septicaemia (blood poisoning) are rare but severe diseases that can kill or leave people with life changing disabilities and health problems. Both meningitis and septicaemia can lead to sepsis.

Teenagers, and university students in particular, are at increased risk. But you can protect yourself against four kinds of meningococcal disease by getting your free MenACWY vaccine.

Protect yourself with MenACWY vaccine

Most UK teenagers and young adults born from September 1996 will have been offered MenACWY vaccine whilst at school but they remain eligible up to their 25th birthday. Overseas students entering a UK university for the first time who have not had MenACWY vaccine are also eligible up to their 25th birthday. If you fit either of these groups and have not yet had the vaccine book an appointment with your GP practice now. If you are unsure discuss this with your GP practice.

MenACWY vaccine is very effective at preventing meningococcal meningitis and septicaemia caused by MenA, MenC, MenW and MenY.

But remember that this **vaccine can't prevent all forms of meningitis and septicaemia.** So it is very important that you are aware of the signs and symptoms.



Check regularly on anyone who isn't well, you might save a life



Know the signs and symptoms of meningitis and septicemia



The glass test

Press the side of a glass firmly against the rash so you can see if it fades under pressure. If it doesn't fade, get medical help immediately. If you are feeling very ill, get help anyway, even if the rash fades or doesn't appear at all.

What are the signs and symptoms?

Many of the early signs – vomiting, fever, aches, general tiredness and headaches – are also signs of less serious illnesses like colds and flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours.

This is why it is very important to keep checking someone who is ill so you know if they are getting rapidly worse and to keep looking for signs and symptoms. Seek medical help urgently if you become concerned about their or your own health.

It's important too to look for cold hands and feet, severe limb pain and pale and blotchy skin, as these tend to develop early in the illness. Symptoms such as a rash that doesn't fade (do the glass test shown opposite), being confused or delirious, or too sleepy to wake are very serious.

How is meningitis spread?

The bacteria that cause these diseases are usually spread by close or lengthy contact. Most cases happen individually but outbreaks sometimes occur in schools or where people share living space, such as university halls.

Have your MenACWY vaccine at your GP practice. In some areas it may be available at your pharmacy.



Dr Catherine Mbema
Director of Public Health
London Borough of Lewisham
publichealth@lewisham.gov.uk

20 March 2026

Ref: Important Information for schools, parents and carers regarding meningococcal disease

Dear colleagues,

Following recent reports of meningococcal disease in Kent, Lewisham Council's Public Health team would like to provide clear information for schools to share with parents and carers. We want to reassure families that the UK Health Security Agency (UKHSA), NHS England (NHSE) and local partners are actively managing the situation.

Although meningococcal disease is uncommon, it can be very serious, so it is important that everyone knows the symptoms to look out for and seeks help quickly if they are worried. We are asking schools to share the information below with staff and families to help ensure early recognition and prompt action.

Current situation

The recent cases of meningococcal disease are concentrated in Canterbury and the surrounding areas. UKHSA has put in place targeted public health measures for people most at-risk, including antibiotics for people who attended the nightclub where the outbreak occurred and for students on the Canterbury campus and a limited, focused vaccination programme to help prevent further spread. At this stage, there is no indication for wider antibiotic treatment or vaccination outside the affected settings. [You can read the latest updates from UKHSA online.](#)

Key message

Meningococcal disease (including meningitis and septicaemia) can become life threatening very quickly. Early recognition and urgent treatment save lives.

What to look out for

Please see the attached official UKHSA leaflet regarding meningitis and septicaemia for details about symptoms to look out for.

When to seek medical help

Get medical help immediately if you are concerned:

- Call NHS 111 for urgent advice
- Call 999 or go straight to A&E if someone is seriously unwell
- Do not wait if symptoms are getting worse quickly or if a rash does not fade when pressed

Prevention and reassurance

- Meningococcal disease is uncommon, but awareness is important.
- Most children and young people remain at very low risk
- Vaccination through the NHS childhood immunisation programme protects against several types of meningococcal bacteria
- Make sure your child is up to date with all recommended vaccines: see the following information about catch-up clinics in Lewisham.

Clinics take place every term-time Tuesday and Thursday between 3.40pm and 4.45pm at Downham Health and Leisure Centre, 7 - 9 Moorside Road, Bromley BR1 5EW.

Tel: 020 3903 3635 Email: kraft.lewishamimms@nhs.net

The following clinics will also take place during the Easter holidays:

Date	Time	Location
28/03/2026	10am – 2pm	Bellingham Family Hub, 109 Randlesdown Road, London SE6 3HB
30/03/2026	10am – 3pm	Downham Health and Leisure Centre, 7 - 9 Moorside Road, Bromley BR1 5EW
31/03/2026	10am – 3pm	Downham Health and Leisure Centre, 7 - 9 Moorside Road, Bromley BR1 5EW
01/04/2026	10am – 3pm	Downham Health and Leisure Centre, 7 - 9 Moorside Road, Bromley BR1 5EW
08/04/2026	10am – 3pm	Downham Health and Leisure Centre, 7 - 9 Moorside Road, Bromley BR1 5EW
09/04/2026	10am – 3pm	Downham Health and Leisure Centre, 7 - 9 Moorside Road, Bromley BR1 5EW

Useful resources

- [An overview of meningitis, NHS](#)
- [The Meningitis Research Foundation](#), Mon-Fri, 8am to 5pm, 080 8800 3344
- [Meningitis Now](#), Mon-Thurs, 9am to 4pm; Fri, 9am to 1pm, 0808 80 10 388
- [Managing meningococcal meningitis and septicaemia, UKHSA](#)
- To report a case, email london.region@ukhsa.gov.uk or call 0300 303 0450
- If you have any further questions, email publichealth@lewisham.gov.uk

Your support is much appreciated and please do get in touch if there is anything with which we can support further.

Your sincerely,



Dr Catherine Mbema
 Director of Public Health
 Lewisham Council