



Brimsdown  
Primary School  
Enfield

### Monday 7<sup>th</sup> October

It's hard to believe that we have been back at school for a month. Our walking bus is going well and we encourage families to use this to help with the traffic congestion.

We look forward to seeing parents on Thursday this week for our World Mental Health Day breakfast and a chance to try a mindfulness activity.

Dani Lang  
Headteacher

### School Lunches

We are pleased that from September 2019 Brimsdown and all Ivy Learning Trust schools, have a wonderful new catering company - Lunchtime Co. [www.lunchtime.co.uk](http://www.lunchtime.co.uk).

They provide delicious, nutritious and healthy meals every day. Together we offer children a wonderful choice of hot food, fresh vegetables, freshly baked bread, fresh fruit, yogurt, jacket potatoes... there really is something for everyone. All meals are cooked from fresh ingredients every day, sourced locally (where possible within a 60 mile radius of the school), and prepared on-site.

We would love for parents to come to school this Wednesday, 9th October 2019, at 2.45pm and try some of the delicious food.

### Dates for your diary

<b>Tues 8<sup>th</sup> Oct</b>	<ul style="list-style-type: none"> <li>9am Chipmunks class assembly</li> </ul>
<b>Wed 9<sup>th</sup> Oct</b>	<ul style="list-style-type: none"> <li>2.45pm Parents invited in to try school lunches</li> </ul>
<b>Thurs 10<sup>th</sup> Oct</b>	<ul style="list-style-type: none"> <li>WOW day</li> <li>World Mental Health Day</li> <li>9am Parent mental health day breakfast</li> </ul>
<b>Fri 11<sup>th</sup> Oct</b>	<ul style="list-style-type: none"> <li>EWO in school AM</li> </ul>
<b>Tues 15<sup>th</sup> Oct</b>	<ul style="list-style-type: none"> <li>9am Buffaloes class assembly</li> <li>Y6 EE trip</li> <li>Individual photo day</li> </ul>
<b>Thurs 17<sup>th</sup> Oct</b>	<ul style="list-style-type: none"> <li>PC Doris in – Stranger Danger for Y2-Y4</li> </ul>
<b>21st-25<sup>th</sup> Oct</b>	<ul style="list-style-type: none"> <li>Half term</li> </ul>
<b>Tues 29<sup>th</sup> Oct</b>	<ul style="list-style-type: none"> <li>Y6 EE trip</li> </ul>
<b>Thurs 31<sup>st</sup> Oct</b>	<ul style="list-style-type: none"> <li>E Safety assemblies</li> </ul>
<b>Fri 1<sup>st</sup> Nov</b>	<ul style="list-style-type: none"> <li>WOW day</li> <li>Y4 Greek workshop</li> </ul>
<b>Mon 4<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>Y1-Y5 online safety workshops</li> </ul>
<b>Tues 5<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>9am Buffaloes class assembly</li> <li>Y6 online safety workshops</li> </ul>
<b>Wed 6<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>Y6 WW2 workshop</li> </ul>
<b>Thurs 7<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>Y1 theatre performance</li> </ul>
<b>Tues 12<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>9am Emu class assembly</li> </ul>
<b>Wed 13<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>No Pens Day</li> </ul>
<b>Fri 15<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>Children in Need</li> </ul>
<b>Mon 18<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>Y3/4 Prevent assembly and Y5 workshops</li> </ul>
<b>Tues 19<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>9am Possums class assembly</li> </ul>
<b>Wed 20<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>Y6 Prevent workshops</li> </ul>
<b>Thurs 21<sup>st</sup> Nov</b>	<ul style="list-style-type: none"> <li>Rec-Y6 fluenz by NHS</li> </ul>
<b>Wed 27<sup>th</sup> Nov</b>	<ul style="list-style-type: none"> <li>5pm Brimsdown's Got Talent</li> </ul>

## Reminders

Intent on achieving the very best of starts, may I mention one or two things that we value your support in achieving.

We trust that the children will arrive punctually each day and do please allow for the back to school traffic! Please park with due consideration to our neighbours at all times. The children should look smart, wearing the correct school uniform.

Our walking bus continues to walk the local area from 8.30am-8.50am. This is an excellent opportunity to drop your children slightly further from the busyness of the school gate traffic.

The children's safety is of paramount importance to us and so our protocols around supervision and arrival to the school really matter. No child should arrive before 8:30am. Children arriving before this will be directed to our supervised Breakfast Club provision in the Dining Hall, which carries a charge of £1.50 per day.

Also children continually collected late at the end of the school day or after clubs will incur a charge. This will be £3 for every 15 minutes late. This is to cover the staffing cost.

Thank you.

## What is mental health?

**If you're in good mental health, you can:**

- **Make the most of your potential**
- **Cope with life**
- **Play a full part in your family, workplace, community and among friends.**

**Some people call mental health 'emotional health' or 'well-being' and it's just as important as good physical health.**

**Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.**

**Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time.**

**Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.**