



GORDONBROCK WEEKLY



FRIDAY 8TH JANUARY 2021

REMINDER: Deadline to apply for Reception starting September 2021 is

Friday 15th January 2021

Dear Parents/Carers and Children,

I hope you all managed to have a restful Christmas break. As always, it was a busy Autumn Term and the children were ready for a well-deserved holiday by the end of it. Thank you for your huge generosity - your many Christmas gifts and warm wishes were much appreciated by the Gordonbrock team.

Although it's a very different start of a new term to what we would have all wished, I am in no doubt that Gordonbrock will have an exciting term.

Once again from this week, we will be sending you a slightly changed Gordonbrock Weekly so that we can keep in touch and share some fun stuff with you too.

We will do our best to include a variety of interesting items each week as we did before.

The Gordonbrock team miss you all and can not wait to see your wonderful smiley faces again soon.

Mrs Wright.

Free School Meals



Have your circumstances changed?

If so, and if any of the following applies to you, you can apply for free school meals for your child.

- * Universal credit with an earnings threshold that does not exceed £7400
- * Income support
- * *Income based job seekers allowance*
- * Income related employment and support allowance
- * Child Tax Credit, provided you are not entitled to working tax credit and have an annual income, as assessed by HMRC that does not exceed £16,190

Please apply online. See the link below.

<https://schools.lewisham.gov.uk/SynergyWeb/Parents/default.aspx>

Even if your child(ren) is/are in Reception and Years 1 & 2 and are Universal FSM (do not pay for school lunch) you may be entitled to lunch vouchers/hampers from the government for your child at this time. So please apply.

RECEPTION APPLICATIONS

Please do not forget, if your child was born between 1st September 2016 and 31st August 2017 you must apply for a school place by 15th January 2021.

The best way to apply is online

www.eadmissions.org.uk

You may apply for up to six schools on your application. Due to the high demand for places, it is recommended that you use all your preferences and list your most local school as one of your preferences.

We hope that as many of you as possible choose Gordonbrock as your number one choice, but please note that unfortunately, our current Nursery children do not automatically get a Reception place.

A separate application must still be made. Please remember to tick the sibling tick box.

Thank you to everyone for donating to our Save the Children Christmas Jumper day.

Together we raised £1192.

Your donation will now make a difference of a hot meal rather than no meal for a child. It will also help bring essential healthcare, education, protection and food to millions of children in the UK and around the world who are missing out on these basics.

Thank you.



CHRISTMAS JUMPER DAY



What's Cooking?...

Wash your hands, roll up your sleeves and get cooking.

Develop a love of cooking and learn a vital life skill in the process by preparing and cooking food. Not only are you making something delicious to eat, you're also applying the principles of a healthy and varied diet as well as learning a range of cooking techniques.

As the weather has turned cold why not try to cook a warming vegetable soup.

Vegetable Soup Recipe

Ingredients

- 2 carrots
- 2 parsnips
- 1 onion
- 1 pint of water
- 2 vegetable stock cubes



Method

1. Cut off the top and bottom 1 of the carrots, parsnips and onion.
2. Scrub the root 2 vegetables and peel the onion.
3. Cut all the vegetables into cubes.
4. Put vegetables into a saucepan with the water and stock cubes.
5. Bring to the boil and simmer 5 until the vegetables are tender.
6. Either serve when sufficiently cooled or for a smoother soup, 6 blend the mixture then serve.

Top Tip: You can always substitute different vegetables to suit individual tastes.

Once you've prepared and eaten your yummy meal why not find out where the food you used comes from.

Are the ingredients you used seasonal?
Where and how were the ingredients you used grown, reared, caught and processed?

Did you know we should all be eating at least 5 portions of fruit and vegetables each day?

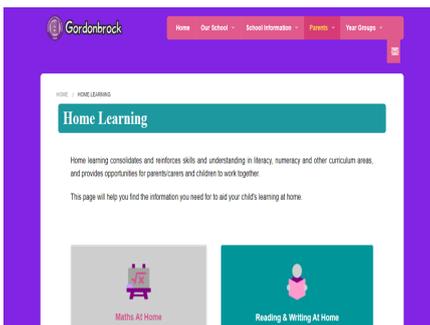
One portion is 80g - how many grams should we be eating in total?

Home Learning...

Children and Parents/Carers keep visiting the Gordonbrock website's Home Learning section and use the links provided as well as use the link to Google Classroom for quick access.

If you have mislaid the login details sent to you last term, please contact the school office via email info@gordonbrock.lewisham.sch.uk and these will be sent as soon as possible.

Learning is being set by the year group's class teachers at 9.30 every weekday during the period of school closure (in the **Classwork** tab) and is accompanied by a video message from the class teacher each day (in the **Stream** tab).



From time to time, assemblies will also be uploaded, including music assemblies from Mr Prescott. These will feature in the classroom Stream, too.

To access Google Classroom visit <http://classroom.google.com/>. **Please don't forget to use @gordonbrock.lewisham.sch.uk** after the username instead of lgflmail.org. You should make sure that any personal Google accounts have been signed out of before you login. Support videos for accessing Google Classroom and how to 'turn in' work are available on the Gordonbrock website homepage.

If you are having difficulties accessing Google Classroom, please contact the school office.

Did you know?..

You can access Google Classroom from both Xbox and Playstation too. Given below is how to access Google Classroom with these consoles.

How to use Google Classroom on Microsoft Xbox:

The Xbox consoles have access to Microsoft Edge - the developer's pre-installed web browser.

Microsoft Edge can be used to access Google Classroom, in addition to other online education services.

Begin by plugging a wired keyboard into an Xbox One, Xbox Series X or Xbox Series S via one of its many USB ports.

Next, press the **Xbox button** top-centre on the controller and navigate to the side menu's **My Games & Apps**.

Now tap **See All** before scrolling down to Apps, which should present **Microsoft Edge** in the icons on the right-hand side.

Once opened, enter **classroom.google.com** into the **URL bar** and **log in** as you would on a regular desktop or laptop computer via an educational Gmail account.

Pupils can either use an Xbox controller to move the cursor or a separate USB mouse plugged into one of the other ports.

How to use Google Classroom on PS4 and PS5:

The PlayStation 4 has its own web browser that is easy to find on the PlayStation 4.

However, be aware this process is a little trickier on the newer PS5.

PS5 users should instead open the System Settings, then the User Guide.

This will open up an online user manual inside a PS5 web browser page, meaning users need only to change the URL. In all other regards, the rest of the steps are identical to the PS4.

Start by plugging a wired keyboard and mouse into one of the many USB ports on the PS4 or PS5.

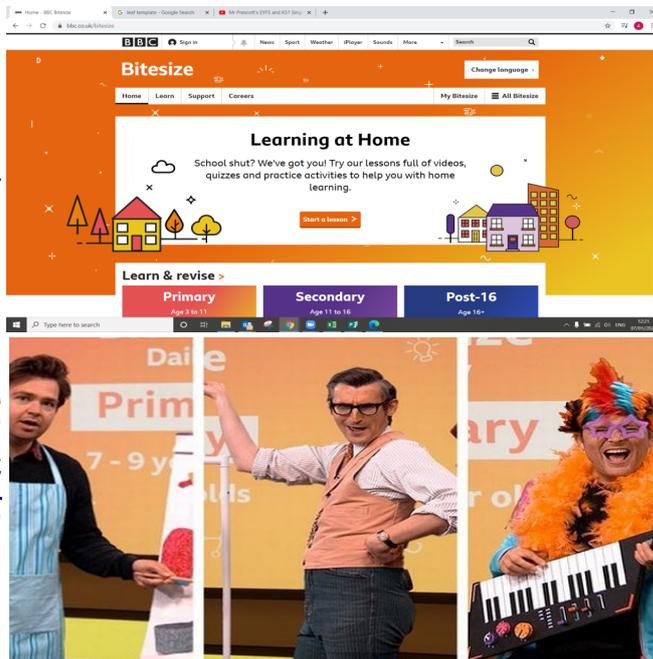
Next, enter **classroom.google.com** into the browser's **URL bar** and **log in** to Google Classroom using the details provided by student's educational establishment.



As before we are looking forward to seeing pictures of you whilst at home doing your home learning and other activities as well as pictures of your home learning. So please email in your pictures to info@gordonbrock.lewisham.sch.uk and we will feature as many as possible in the coming weeks.

Starting on Monday 11 January, each week day on CBBC there will be a three-hour block of primary school programming from 9am, including BBC Live Lessons and BBC Bitesize Daily, as well as other educational programming such as *Our School* and *Celebrity Supply Teacher* and much loved titles such as *Horrible Histories*, *Art Ninja* and *Operation Ouch*.

In addition the BBC Bitesize online has expanded their offer of structured lessons in Maths and English for all year groups - for use in both the home and classroom. 'This Term's Topics' also covers other curriculum subjects and curates learning content that works for the Spring curriculum. This can be used to explore different topics at home. To visit go to bbc.co.uk/bitesize and click on your year group and subject to find lots of content.



We are currently sharing our 5-a-day fitness logins on Google Classrooms when the task is set. Please feel free to use it. Another alternative is to exercise at home with Joe Wicks via his YouTube channel. From Mondays, Wednesdays and Fridays tune in at 9.00am and get moving.

Exercising is so important and recommended at least 30 minutes a day

Gratitude Tree Activity



During difficult times like these it is important to think about all the things we appreciate and are grateful for.

This lovely craft activity will help encourage children to think about all the good things that are happening and what they are grateful for.

On a piece of paper draw the outline of a tree trunk and branches (alternatively you could find one to print out from the internet). Then on a separate piece of paper draw different shaped leaves and cut each individual leaf out.

Sit together with your child, and on each leaf ask them to write something that they are grateful for. Talk about the good things around you including friends, school, family and kindness?

Once they have completed a leaf they can stick it to a branch on the tree.

Once completed you can display the tree in your house so that children are reminded of all the things they appreciate and are grateful for.

When you think of new things you can add these to your tree as you go along.

Alternatively, you could also collect some long twigs. Place the twigs in a weighted container. Cut out some leaf shapes. Once you have written on the leaf make a hole at one end and thread a piece of string through. Use this string to hang your leaf of your twig tree.

Happy crafting!



Lewisham
music

ZOOOOM Choirs

Come and join one
of our online choirs
from the comfort of
your own home!

Freeeee!

Lewisham Music's live and interactive
Zoooom Choirs are led by our very own
Vocal Leader, Clare Caddick, with lots of
musical fun, activities and singing, all
aimed at lifting spirits and happiness!

Years 2-4
Tuesdays, 4.30pm
from 11 January

Years 5-8
Fridays, 4.30pm
from 14 January

SIGN UP HERE:
lewishammusic.org/zoooom-choirs



Positive Approaches to Parenting

It's rewarding and enjoyable being a parent.
It's not always easy -
Triple P provides positive approaches to parenting.

Monday 11th January - Monday 15th February
1.00pm - 3.00pm



During this course you will
learn a range of tried,
trusted and proven
strategies to help you
develop a positive
relationship with your
child and manage
behaviour.

Age group:
18 month - 8 years

6 Week Zoom Course

For more information visit
[www.lewishamcfc.org.uk/
parenting/](http://www.lewishamcfc.org.uk/parenting/)



To book your place
email: ladywell.cc@lewishamcfc.org.uk
Text or leave a message: 07377 724243

[f](https://www.facebook.com/lewishamchildrencentres) @lewishamchildrencentres [i](https://www.instagram.com/lewishamcfc) @lewishamcfc

Lewisham and Greenwich 
NHS Trust

Speech and Language Therapy Phone and Video Drop-in Clinics



Are you worried about your child's talking?
Would you like advice on how to help your child's
communication?



Our Drop-ins have moved online
Monday – Friday Afternoons



Call 0207 138 1464 to arrange a phone or
video consultation

(Please note your child must be registered with a
Lewisham GP)

 High quality care for every patient
every day

Lexia Superstars

Well done to all of the children who are completing Lexia at
home and at school.

Keep up the good work!

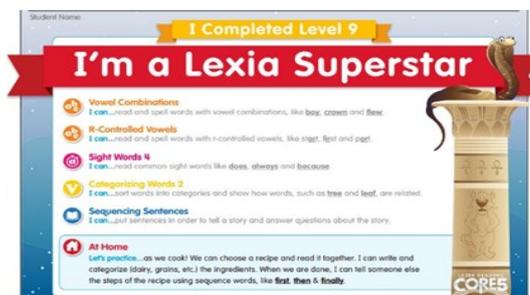
Well done to these children for logging onto Lexia this week!

Oscar (A2), Nusta (E3) Betty (A2), D'Nae (E2), Malachi (E6),
Rose (E6), Sam M (E5), Sam C (E5), Ayman (E6), Robert (A1)
and Zaria

A special congratulations to Ayman (A6) for completing a lev-
el this week.

Please try to ensure that your child completes 20 minutes of
Lexia 3x weekly.

All children that complete a level will have their certificate sent
to them via email.



JANUARY



COLD
FROZEN
GLOVES
ICICLES
IGLOO
MITTENS
NEW YEAR
PENGUIN

RESOLUTION
RUNNY NOSE
SCARF
SHOVEL
SKIING
SLEDDING
SNOWBALLS
SNOWFLAKES

S C S O L D F P G L O V E S R
K N G N E Z L E V O H S O R E
I L O E E O V N E S I E C I S
I D O W O T L G I S E K L C O
N L M Y B I T U T F R A C S L
G O W E N A S I N R E L T E U
Y C E A R P L N M O E F N L T
L O S R E R N L I Z U W G C I
U R U N N Y N O S E T O N I O
I G L O O E S N Y N U N R C N
S A C R G N I D D E L S F I S

CAN YOU SOLVE THIS MATH BRAIN TEASER ?

CHALLENGE!



90%
WILL FAIL

$$\text{Ship} + \text{Ship} + \text{Ship} = 18$$

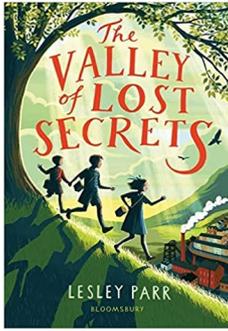
$$\text{Ship} + \text{Clock} + \text{Clock} = 30$$

$$\text{Clock} - \text{Pie} = 7$$

$$\text{Pie} + \text{Clock} + \text{Ship} = ?$$



MRS WRIGHT'S READ OF THE WEEK



The Valley of Lost Secrets by Lesley Parr

When Jimmy is evacuated to a small village in Wales, it couldn't be more different from London. Green, quiet and full of strangers, he instantly feels out of place.

But then he finds a skull hidden in a tree, and suddenly the valley is more frightening than the war. Who can Jimmy trust?.

FRENCH CORNER

Le 6 janvier, on célèbre l'Épiphanie en France. C'est une fête chrétienne qui célèbre la visite des rois mages au bébé Jésus. Depuis le Moyen Âge, une « [galette des Rois](#) », un gâteau contenant une fève, est partagée ce jour-là; celui qui trouve la fève dans sa part de galette est surnommé « roi ».

Today, French is the second most studied language after English and spoken by more than 300million people around the world as first or second language.

Meaning: On the 6th January, the Epiphany is celebrated in France. It is a Christian celebration which marks the visit of the Wise Men to the baby Jesus. Since the Middle Ages, Epiphany cake (a cake containing a lucky charm) is eaten on this day; the person who finds the lucky charm in his or her part of the cake is nicknamed "king".

This week in history...

- 1941** Great Britain introduces food rationing using ration books.
- 1945** West Germany was handed over by Soviet Union.
- 1946** The first General Assembly of the United Nations meeting was held.
- 1954** Elvis Presley recorded his first demo record.
- 1961** Algeria gained independence from France.
- 1964** USA President Lyndon Johnson declared "War On Poverty".
- 1964** "Introducing the Beatles," the first Beatles album was released in the US.
- 1972** British miners went on national strike after almost 50 years.
- 1985** Sinclair C5 electric tricycle went on sale in Britain.
- 2002** USA President George W. Bush signed into law the "No Child Left Behind Act".
- 2007** Nancy Pelosi is elected as the first female Speaker of the United States Congress.
- 2007** Apple introduced the 4.5 inch X 2.4 inch Apple iPhone.
- 2010** The worlds tallest building Burj Khalifa 2,716ft high with 160 floors opened in Dubai.

ONLINE SAFETY : TIP OF THE WEEK

Always check with your parents before downloading or installing software or doing anything that could possibly hurt your computer or mobile device or jeopardize your family's privacy.

DATES FOR YOUR DIARY

Fri 15.01	Deadline for Reception 2021 online applications.
Mon 01.02 - Fri 05.02	Children's Mental Health Awareness Week
Fri 12.02	Last day of Spring Term 1
Mon 15.02 - Fri 19.02	Half Term Break
Mon 22.02	First day of Spring Term 2

Do you have a joke that we could publish in the weekly?

If so please send it in to the office at
info@gordonbrock.lewisham.sch.uk

We have sessions running in small bookable groups in some of our centres in order to comply with national and local government guidance.

Details of sessions running online are below and face to face in centres on next page. All sessions are FREE and start on Monday 4th January 2021 unless otherwise stated.

Monday

Top Tips, Songs & Activities
Join us from 9.30am on Facebook & Instagram for videos and blogposts from the team.
[@lewishamchildrencentres](https://www.lewishamchildrencentres.org.uk)

EP Connect
2.00pm - 5.00pm
Lewisham's Educational Psychologists can offer support on the phone around managing routines at home, how to help your child with learning, how you are feeling and managing change, fears and worries.
Call 07377 913538 or 07377 976518



Baby Massage

10.00am - 11.30am via Zoom
11th Jan - 8th Feb
Spend quality time with your baby at this 5 week Baby Massage courses.
Age group: non-crawlers
To book a place text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

Triple P Parenting Course
1.00pm - 3.00pm via Zoom
11th Jan - 15th Feb
The Triple P Programme will support you to cope with the stresses of parenthood, avoid power struggles, set boundaries and develop creative and imaginative play with your child.
To book a place text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

Tuesday

Creative Little Chef
9.30am-10.30am via Zoom
19th Jan - 9th Feb
Join us for these FREE online sessions for easy ideas for your family cook and eat together.
To book a place text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

Interactive Story Telling with the Horniman Museum
10.00am via Zoom
Starts 19th Jan
Join us and Story Tellers from the Horniman Museum for an interactive story time via Zoom!
To book a place text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

Bedtime Routines
10:00am - 11:30am via Zoom
19th Jan & 16th March
Come and learn techniques that can help your child under 5 develop good bedtime routines.
To book a place text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

Starting Solids Workshop
Our hour long workshops run weekly via Zoom to help you get your baby off to a great start when starting solids.
To book a place on the next workshop text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

Mindful Mums Zoom Drop-in
1.00pm - 12.15pm via Zoom
Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives.

Zoom Meeting ID: 560 916 9477
Password: BeKind@20
Visit blgmind.org.uk/lewisham/
mindful-mums/

Wednesday

ONLINE & VIRTUAL @home TIMETABLE

Baby & Child Development
From 9.30am on Facebook we will post will be posting a rolling programme of information on Weaning, Toileting, Sleep and Five to Thrive.

Top Tips on Toileting
1.30pm - 2.30pm
13th & 20th Jan, 17th Feb & 17th March
Join us for this FREE Zoom session to learn tips and techniques for successfully toilet training your child.
To book a place text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

Childcare Choices
1.30pm - 2.30pm via Zoom
13th Jan & 10th March
Come and join us for this FREE online coffee morning to find out more about childcare choices available in Lewisham
To book a place text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

Top Tips - Oral Health with Kings College Hospital Oral Health Team
Via Zoom
20th Jan, 10:00am - 11:00am
24th Feb, 1:30pm - 2:30pm
24th March, 10:00am - 11:00am
Oral Health Top Tips workshop for parents with children under 5 years
To book a place text or leave a message on 07377 724243 or ladywell.cc@lewishamcfc.org.uk

@home
Lewisham Children and Family Centres
www.lewishamcfc.org.uk

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Top Tips, Songs & Activities
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EP Connect
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Lewisham's Educational Psychologists can offer support on the phone around managing routines at home, how to help your child with learning, how you are feeling and managing change, fears and worries.
Call 07377 913538 or 07377 976518

Health Visiting
For support, advice or concerns about your child's development, please send a message via myhv.lgt.nhs.uk/contact/ or call the admin hub on 02030491873



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15th Jan - 12th Feb
Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives. Free online 5 week course- Visit blgmind.org.uk/lewisham/mindful-mums/



We are still providing Family & Parenting Support

Our family and parenting support teams can help you with information and support on things like accessing foodbanks, benefits support, parenting tips, setting routines via 1:1 support over the phone or by video call.

Please contact us if you need any support via www.lewishamcfc.org.uk/contact-us/ or email lewisham.secure@eyalliance.org.uk