



# Newsletter

## 23<sup>rd</sup> September 2022

Dear parents

**Please do not block driveway access on Chase Side. The houses are set back but the owners still need access. Please park and walk responsibly. We have notified police who will be patrolling regularly in the area.**

**Birthdays:** I'd like to clarify that it is our school policy that no sweets/gifts should be given out for children's birthday. This is to ensure that it is fair for all children and no one feels disappointed or embarrassed. Some families want to and can afford to; others cannot. If you'd like to mark your child's birthday in school then we'd love it if you could buy a book and we will put in a 'birthday sticker' so that we know it's from you! A link with a wish- list of books will be shared in this newsletter in future. In the meantime, please feel free to choose your own book and drop it into the school office.

**Uniform:** Please label everything! Already there are many lost new jumpers 😞. A name on uniform helps us match the uniform with the right owner.

On Wednesday Y5 had the opportunity to have a space-themed workshop at the Science Museum to launch their topic *Stargazers*. Thank you to the parents who came along to support the trip.

Save the date! Fireworks at Osidge is happening on Thursday 3<sup>rd</sup> November. Ticket information later in this newsletter.

I am looking forward to seeing many of you next Friday at the parents' coffee morning. Do please bring along some baking to share. Any left overs gratefully received by the staff!

A reminder that the OSA Annual General Meeting (AGM) will be on Monday 3<sup>rd</sup> October. The AGM will be a chance to hear how the OSA has allocated any fundraising from the past year and to elect a new committee. If you'd like to get involved or find out more please contact Lyndsey 07766 262161.

Have a lovely weekend

Jen Brodtkin

### Shopping online? Support the school by signing up to Easyfundraising and Amazon Smile.

Easyfundraising is an entirely free service that allows us to shop directly at our favourite online stores via the links on the easyfundraising website and raise a donation for the school once a purchase is made.

Sign up at [easyfundraising.org.uk](https://www.easyfundraising.org.uk). Remember to select Osidge School Association as your chosen charity.

If you shop on the Amazon website or app, you can also sign up for Amazon Smile.

Amazon donates 0.5% of the price of all eligible purchases to the school at no cost to you.

Register at [smile.amazon.co.uk](https://smile.amazon.co.uk) and select Osidge School Association as your cause of choice!





*From our Learning Mentor – Sharon Gordon-Kaye*

### **How to be empathetic.**

Empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine yourself in their place. Essentially, it is putting yourself in someone else's position and feeling what they feel.

It's very natural to get frustrated and want our children to regulate their emotions quickly. But children need help to learn how to regulate their strong emotions - they need to be shown empathy to help them feel understood and also learn to be empathetic to others.

Here's a simple scenario to think about. Child A loses her favourite toy. She's crying.

Parent: "Come on, it's not that bad. Let's play with a different toy!" Now distracting has its place. However has the adult listened to the child's feelings? Will the child feel understood with these strong emotions that she is experiencing. If she does not she will not be able to move on and will be sad for a lot longer.

Let's try to rethink the above problem.

Parent: "I am so sorry you've lost your toy. It's really sad to lose something that's important to you. So sad and disappointing. I remember when I was a child I lost my favourite toy. It made me feel really sad too...." "What shall we do now?"

The adult has acknowledged the pain that this loss brings and also used own life experiences to understand the grief that the child feels. The adult is not trying to fix the problem but rather allow the child to stay in the position of pain that this problem has brought. This is also teaching problem solving. Asking an open ended question allows the child to reflect and respond to their feelings. The child may need two suggestions to help them decide what to do next.

Try this way of problem solving next time.

### **Year 5 visit to the science museum**

<https://www.osidgeschool.org/blog/year-5s-visit-to-the-science-museum/>