



## Newsletter

### 9<sup>th</sup> June 2023

Dear parents

A warm welcome back to this half term.

While it feels like this half term is about winding down, for the staff this is a really busy term ensuring that the final parts of the curriculum are covered, writing reports which you'll receive towards the end of term and beginning to think about plans for next school year. While that is in the future, and we are very much still in this school year there has been much going on this week!

On Tuesday Y2 had a fabulous art workshop to support their topic *Mess, Muck and Mixtures* – what better name for this sort of workshop?! My thanks as ever to Frances from the Hampstead Art Group for her time.

On Wednesday Y4 had a fun trip to Go Ape at Ally Pally where they had the opportunity to push themselves out of their comfort level and take on new challenges. There were some lovely moments of children supporting each other through the challenges, showing their spirit of teamwork and cooperation. My huge thanks to the staff for this great trip.

On Wednesday and Thursday we welcomed our next cohort of Reception children for a stay and play. It was lovely to see so many siblings and to meet new families. We look forward to many more opportunities to together at Osidge.

Today Y6 had a brilliant Junior Citizens session to support their transition to secondary school. They learnt about ways to keep themselves safe on streets, public transport and while out and about with others – all really useful skills to have as they become more independent.

My thanks to the parents rep for their questions and suggestions this morning in our first *What the Head Said* session. All the notes from the meeting this morning will be circulated to parents so that you are all in the loop.

With the weather getting warmer please send children in with a **labelled** hat and water bottle. Sun cream should be put on before school, ideally one that lasts all day.

Have a lovely weekend

Jen Brodtkin

## Diary

### June 2023

15 <sup>th</sup>	5M Assembly 9.10 Upper Hall
16 <sup>th</sup>	5D Assembly 9.10 Upper hall
21 <sup>st</sup>	Reception End of Year Concert
22 <sup>nd</sup>	Chocolate Workshop Year 3
22 <sup>nd</sup>	Year 4 Play 9.15 Upper Hall
29 <sup>th</sup>	3 Store Trip 5D
30 <sup>th</sup>	3 Store Trip 5M

### July 2023

5 <sup>th</sup>	Year 1 Show 9.15
6 <sup>th</sup>	London Zoo Year 3
8 <sup>th</sup>	Summer Fair 12 – 3pm
11 <sup>th</sup>	Year 6 Play cast A
12 <sup>th</sup>	Trent Park Reception
13 <sup>th</sup>	Year 6 Play cast B
14 <sup>th</sup>	parent Support Group
19 <sup>th</sup>	Leaver Ceremony Year 6
19 <sup>th</sup>	BBQ & Disco After School Year 6
21 <sup>st</sup>	<b>Last day of Term</b>

## Chess Club

A big congratulations to the Y1 and Y2 chess players who made it through to the semi-finals of their competition.

They each received their silver medal today!

Well done to  
Lorenzo, Ozan K, Ozan O, Ethan and Ali!



Thank you to Hugo  
Class 1B  
for donating books  
to the class library



## Osidge Summer Fun day

### Cake Stall

Please support the cake stall by bringing in your homemade bakes on the day.



### Plant stall

Please bring in any seedling/plant donations for the plant stall on Friday 7 July (drop off or pick up).

### Book stall

Please save your preloved /second hand kids books and bring them in on Friday 7 July (drop off or pick up).



### We need your help!

Volunteers are needed on the day (Saturday 8 July) to set up, help run the stalls, and tidy up. If you can help, please let your class rep know or email [osidgeschoolassociation@gmail.com](mailto:osidgeschoolassociation@gmail.com)

Thank you for your support!



Supported by:



# OSIDGE SCHOOL SUMMER FUN DAY

SATURDAY 8 JULY, FROM 12-3PM

AT OSIDGE SCHOOL, CHASESIDE, SOUTHGATE, N14 5HD

INFLATABLES • ENTERTAINMENT • BBQ • GAMES • FACEPAINTING

PICNIC (BRING A BLANKET)



Bookings for instrumental music tuition for the Autumn term 2023 are now open.

**New parents** : <https://beatrust.org.uk/enrol/school-based-instrumental-lessons/>

can register for an account and apply for lessons.

The deadline for new students to enrol is **midnight on the 7th July**.

**Existing parents** please wait until you receive information from BEAT notifying you how to pay for next term. You will be notified by email, you **do not** need to **re-enrol**.

Woodwind and recorder lessons are **NOT** booked through BEAT

Contact Jane McNeill for woodwind & recorder lessons on 07530 228982

## Healthy Eating Week 12th-16th June 2023

Healthy eating should be #ForEveryone but the cost-of-living crisis is making it harder for many to afford healthier diets.

From 12-16th June 2023, we are taking part in Healthy Eating Week with the British Nutrition Foundation who will be providing FREE evidence-based advice and support to make it easier #ForEveryone to find ways to eat well and live a healthier lifestyle.

You can get involved in #HEW23 too! Register now to join in:

[https://www.nutrition.org.uk/healthy-eatingweek/?utm\\_source=Social+Media+Toolkit&utm\\_medium=Social&utm\\_campaign=HEW2023&utm\\_content=LinkedIn](https://www.nutrition.org.uk/healthy-eatingweek/?utm_source=Social+Media+Toolkit&utm_medium=Social&utm_campaign=HEW2023&utm_content=LinkedIn)



This year's Healthy Eating Week aims to help everyone learn more about what they can do to have a healthier and more sustainable diet by focusing on five themes which children will have opportunities to learn about in class:

Support your child at home by discussing healthy eating habits and recipes. Children will receive a health tracker to support this at home. Please don't forget our lunch box policy, attached, to help with making a healthy lunch.



### Healthy Eating Week – For Everyone!



Have more wholegrain foods, fruit and vegetables, beans, peas and lentils.



Have at least 5 portions of a variety of fruit and vegetables every day.



Eat a wider variety of protein foods and choose plant protein sources more often.



Have about 6-8 drinks a day and choose reusable or recyclable drinks containers.



Aim for the right amount when you shop, cook and eat to avoid throwing food away.

## Competition Time

Have you got a recipe that is as tasty as it is healthy?  
Does it include all elements of a healthy diet?  
Would you like to share it with our Osidge Community and even have it served at lunch time in the school canteen?

All children are invited to take part in our healthy recipe competition. To enter, children can write a recipe for a healthy meal and/or dessert which can feature in the Osidge Healthy Recipe Book! The lucky winner may also have their menu served in the canteen!

Please hand in your healthy recipe to your teachers or via email to the school office by Friday June 16th 2023.

For healthy recipe ideas, please visit:

<https://www.nutrition.org.uk/healthy-eating-week/recipes/>

