



Newsletter

22nd September 2023

Dear Parents

I am sure by now you are fully back into the school routines. The weather is certainly making us feel like the summer break is a distant memory.

Now that the weather is turning - please remember to **label all uniform. You may have one item, we have hundreds all looking the same.** If you label it, we can return it! Coats too please!

A few other reminders:

- It is our annual Harvest Collection on Tuesday 26th. We are collecting for the Enfield Food Bank. Please bring in a non-perishable food donation (tins, pasta, unopened toiletries, tea etc) on Tuesday morning.
- Parents should only be coming into the main building via the school office. All other entrances are for children only. This is part of our safeguarding procedures. Thank you for your cooperation.
- If you'd like to do something special for your child's birthday please consider donating a book to the library. The birthday book will have a special label put in it with your child's name and can be shared by everyone for years to come! We will also show the book and say thank you in assembly. Michelle from the OSA has our wish list!
- Please don't give out food in the playground for birthdays as it creates inequality (some families may not want to/can't afford to); we have allergies etc too. Many thanks for your support and understanding.

Want some additional reading for your child but not sure what is appropriate? This website has lots of recommended books for appropriate year groups. Note the age is guidance only. Some children may be better with a younger reading age until they are more confident

<https://www.thereaderteacher.com/>.

We will be starting a regular slot on healthy habits for kids. Good quality (and enough!) sleep helps your child to concentrate, remember things and behave well. Recent research shows that many children are not getting enough sleep. Please see the *healthy habits* box in the newsletter for some useful links and top tips on ensuring your bedtime routines support a healthy night's sleep.

Have a lovely weekend.

Jen Brodkin



Radiant Gas & Electrics

Contact: Ionut Apostu T: 020 8933 2797 or M: 07875 564 437

Services Available

- Boiler service and repair
- Consumer unit replacement
- Electric fault repair
- Gas safety certificates
- Electric conditional certificates

Diary

September 2023

26th Harvest Festival
27th 5M trip to Science Museum

October 2023

2nd Reception Curriculum Meeting 6.30pm
5th 5R trip to Science Museum
5th Year 4 trip to British Museum
17th 5M Parent Sharing Event 9.10am
19th 5R Parent Sharing Event 9.10am
18th Year 1 Parent Sharing Event
24th Year 6 RAF Museum
23rd -27th Half Term

November 2023

3rd Fireworks Display (save the date)

December 2023

4th-6th Book Fair
22nd Last Day of Term- Normal Finish Time

Christmas card Competition

Years 3- 6

The overall winner will have their work published on the MP's website, will be featured on the front of the MP's Christmas card and a press release will be sent out to the local papers.

There will also be four best runner-up entries who will also have their work published.

- All entries must be submitted to your children's class teachers no later than **Friday 20th October.**
- Entries must be posted by the school and they need to have the **full name, age and school on the reverse of the artwork.**
- All entries must be done on an A4 and unfolded white paper in portrait format.
- Entries could be published in media and local literature.

Healthy Habits- Sleep

Sleep hygiene in children and young people

Your child's age	Recommended sleep time in 24 hours
Children 1 to 2 years	11 to 14 hours including naps
Children 3 to 5 years	10 to 13 hours including naps
Children 6 to 12 years	9 to 12 hours
Teenagers 13 to 18 years	8 to 10 hours

6 minute video:

<https://childmind.org/article/encouraging-good-sleep-habits/>

Insomnia/routines/bedtime worries

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>



OSA AGM

Join our OSA AGM on Tuesday 17th October at 9am in the School Canteen.

All welcome!

Come along to find out more about how parents support the school, share your views and get involved.

Make A Difference
Volunteer