



Newsletter

13th October 2023

Dear parents and carers,

It is hard to believe there is just one more week to go until half term - it has certainly been a busy and productive one.

On Wednesday afternoon it was lovely to welcome Reception parents to the tea party. The children had such fun baking the treats for their visitors and were very proud to show them around the setting.

Sharing time together is something that we talked with the children about on Tuesday as part of World Mental Health Day. We had special assemblies where we reminded the children to let an adult know in school if anything is worrying them. The sooner things are talked about, the easier they are to solve. My thanks to Mrs Suleyman for leading on this.

As part of our Black History Month activities, children are focusing on the theme 'Saluting our Sisters', looking at influential black females in science, politics and culture who have shaped our world.

Year 4 were delighted to share their learning about the Ancient Egyptians today with their parents. Parents rose up to the challenge of decoding hieroglyphic writing that the children had carved in their cartouches and their secret message for the day.

A reminder that children should not be wearing smart watches to school. Also, please remember that the PE uniform is a pale blue T-shirt with dark blue/ dark grey/ black tracksuit bottoms.

Israel/Palestine News - social media

The news this week has resulted in some extremely distressing videos that are circulating on TikTok, many with misinformation. I would advise removing that app from your children's phones and/or talking to them to make sure they do not watch them. The task of shielding our children from what happens in the wider world is difficult and delicate. We need them to be educated and aware but not traumatised and scared. Not an easy task.

I really like this organisation who seek to build bridges and peaceful solutions through dialogue.

<https://www.solutionsnotsides.co.uk/>

Have a lovely weekend - autumn is definitely here now...

Jen Brodtkin



Radiant Gas & Electric

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

October 2023

- 17th 5M Parent Sharing Event 9.10am
- 19th 5R Parent Sharing Event 9.10am
- 18th Year 1 Parent Sharing Event 9.10am
- 20th JUST ONE Tree Day (wear something green)

23rd -27th Half Term

- 31st Year 5 Roman Workshop

November 2023

- 3rd Fireworks Display (save the date)
- 15th Year 2 Fire of London Workshop
- 17th Year 2 Music Festival
- 21st Parents Evening (more information to follow)
- 22nd Parents Evening (more information to follow)
- 24th Year 6 RAF Museum
- 29th Year 3 Volcanoes & Earthquakes Workshop

December 2023

- 4th-6th Book Fair
- 11th Chickenshed Reception
- 18th Chichenshed Reception
- 22nd **Last Day of Term- Normal Finish Time**

January 2024

- 8th **Beginning of Term**
- 16th RAF Museum Year 1

Don't forget to check out the Osidge Blog to find out about what has been happening in school this week.

<https://www.osidgeschool.org/news/blog/>



the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?
Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



the national sleep helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

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the sleep charity | Furniture Village

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*Survey of 2,000 adults by OnePoll, Aug 2021

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.

Tickets are now available to buy

Osidge Fireworks Display

FRIDAY 3 NOVEMBER 2023

6pm - 7.30pm

BBQ, Hot & Cold Drinks, Flashing Toys
Please bring cash

TICKETS:



ADULTS - £8.50
KIDS - £5.50
FAMILY TICKET - £25
UNDER 3s FREE



OSIDGE PRIMARY SCHOOL
CHASE SIDE - SOUTHGATE
LONDON - N14 5HD

<https://www.osidge.sch.uk/parents/parents-information/parents-information>

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.



Thank you to Milla for donating a book to the school library

LET'S HELP ANTHONY WARM UP!

PLEASE SPONSOR

IF YOU CAN!

HELP HIM WARM UP BY RUNNING A SHORT COURSE WITH HIM!

Thursday 19th October
Straight after school
On the school field!

COME SHOW YOUR SUPPORT FOR ANTHONY'S (3B) 1K RUN!
TAKING PLACE ON 22ND OCTOBER TO RAISE MONEY FOR OSIDGE!



Don't forget to wear something **green** on Friday 20th October 2023 and bring in £1 for **JUST ONE Tree Day.**



Sports Review from Mrs Littleford

On one of the last days of summer, the girls football team took on St Johns in a cup match. There were some great skills and sportsmanship on show, but unfortunately the result did not go their way. Well done girls and good luck in your future matches



UK Health
Security
Agency

NHS

Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.