



# Newsletter

## 12<sup>th</sup> January 2024

Dear parents

A warm welcome back to the new term. I always feel it is a misleading to call it the *spring* term given that January and February are most definitely winter though I suppose it fills us with hope of brighter days to come!

This week has been about settling back into school routines. The children have been excited to share what they were doing over the holidays. In assembly the children thought about new year resolutions and small steps we can each take to improve ourselves, our outlook or approaches to life. In the healthy habits box this half term, the focus is on sugar, or rather how to reduce it - a resolution that one of the children said they were working towards.

Going out with this newsletter is some useful safeguarding information for parents when thinking about clubs or tutors. Do have a read and follow up with any of the links offered.

Please make sure all uniform, coats hats, gloves etc are labelled. That way we can reunite any lost items with their owner.

Have a lovely weekend!  
Jen Brodtkin

### Healthy Habits 3 - Reducing Sugar

#### Why we should reduce sugar

<https://drdina.ca/how-sugar-affects-childrens-brains/#:~:text=High%20levels%20of%20sugar%20can%20also%20impact%20neurotransmitters%20responsible%20for,as%20much%20as%20you%20can>

#### Top tips to reduce sugar

<https://savekidsfromsugar.co.uk/tips/simple-ways-reduce-sugar/>

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/sugar-salt-and-fat/how-to-cut-back-on-sugar-without-noticing>

#### A great podcast about nutrition health

<https://zoe.com/learn/category/podcasts>

or search zoe podcasts on google podcasts/spotify etc

## Diary

### January 2024

- 16<sup>th</sup> RAF Museum Year 1  
20<sup>th</sup> Furry & Scaly Workshop Year 2

### February 2024

- 9<sup>th</sup> Parent Support Group  
12<sup>th</sup> -16<sup>th</sup> Half Term  
19<sup>th</sup> **Inset Day School Closed to Pupils**  
20<sup>th</sup> Year 2 Scaly & Furry Workshop


### March 2024

- 11<sup>th</sup> Reception Freightliners  
11<sup>th</sup>-13<sup>th</sup> 5M Lightship Residential  
13<sup>th</sup>-15<sup>th</sup> 5R Lightship Residential  
20<sup>th</sup> Year 3 Chocolate Workshop  
20<sup>th</sup> Year 4 Sea Life Centre  
21<sup>st</sup> Year 2 Tower of London  
25<sup>th</sup>-28<sup>th</sup> Year 6 Kingswood Residential

### April 2024

29<sup>th</sup> – 12<sup>th</sup> April Easter Break

If you DO NOT normally have school lunch but would like the special menu on 18<sup>th</sup> January please let the school office know.



**NOURISH**

**NUMBERS FESTIVAL**

### MENU

**THURSDAY 18TH JANUARY 2024**

**Beefburger** 1,5,6  
60% burger + 40% bun = 100% delicious  
+++

**Cheese & Tomato Wrap Stack Triangles** 1,7  
How many sides are there?  
+++

**Jacket Potato with a Choice of Toppings** 7,8,9  
+++

Spaghetti Zeros 1  
Sweetcorn & Peas  
Jacket Wedges  
+++

**Millionaire Biscuit** 1,7  
Ice Cream 7  
Fruit Pots  
Yoghurt 7

Complete the Sudoku Puzzle correctly and take to the counter at lunchtime to be entered into a draw for a prize.  
Every row, column and mini-grid must contain the numbers 1 to 4. Don't guess - use logic!

	4	2	
2			3
1			4
	3	1	

How many Mr Nourishes are on this flyer?

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Allergens code: 1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphate Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Nuts 12 Celery/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

### **A message from Maga Judd (Dragonfly parent):**

Maga (Dragonfly parent) and her dance company are organising a Community Dance Festival for families at the ArtsDepot in February 2024.

### **HELP US MAKE IT HAPPEN!! GENERATIONS DANCE DAY IN NORTH LONDON!**

Music and dance are in our DNA and it's proven that the combination is amazingly good for our well-being, whatever our age.

I'm excited to share with you our fantastic news that Dare2Dance are organising a dance festival in February!

GENERATIONS DANCE DAY on 17th February 2024 will be a fun day for everyone, with dance workshops as well as performances - for the youngest in our community to the oldest and everyone in-between. In conjunction with the festival we will also offer free workshops / classes in the community to those in need or on low-income, less-privileged, single parents and more.

This is a unique dance festival in Barnet that brings together local communities in a creative and friendly environment, to promote healthy wellbeing, reduces stress and self-isolation, and is a lot of FUN.

But in order to make this festival happen we need your help. Please contribute in any way you can to make this event become a wonderful happening. It is ALL or NOTHING, which means if we don't reach our goal by 20th December, the crowdfunding campaign will be cancelled. Let's bring the community together in our family-friendly day of dance!

Please share and follow to help spread the word. Here is the link to our crowdfunding campaign:

<https://www.spacehive.com/generations-dance-day-in-north-london>

Thank you so much!

The organisers are Maga Judd (choreographer and dance lecturer) and D2D.

Maga is the Project Manager and Artistic Director of the annual Dance Festival in Poland and this year was the 9th edition.

She is also a Lecturer in Dance and Professional Practice at Middlesex University London, and an international dance teacher with 20 years of experience creating performances, leading projects, and teaching different age groups.

Maga is currently a Dance Artist for Dancing Strong Movement Lab in London, and a Choreographer and Director for Dare2Dance (D2D) Company – a group of seniordancers who meet regularly in High Barnet to practice dance and create pieces.

**GENERATIONS  
DANCE DAY**  
Family Dance Festival

Free Dance Workshops  
Hip-hop  
Creative dance  
Circle dance  
Barn dance

Dance Showcase  
Open Dance Stage

For more info and tickets  
visit: [artsdepot.co.uk](https://artsdepot.co.uk)  
020 8369 5454

**FEBRUARY  
17  
2024**

10 am - 5.30 pm  
artsdepot  
5 Nether St, London N12 0GA

D2D Middlesex University arts depot

### After School Clubs Running in January

**Please contact the club organisers directly to book  
a place for your child**

**Monday 3.20 - 4.30 Yr1 – Yr6  
(9 sessions 15<sup>th</sup> January – 25<sup>th</sup> March)**

Woody's Football – 07961 437202

[www.woodyssportsacademy.com](http://www.woodyssportsacademy.com)

**Monday 3.20 - 4.30 Reception – Yr6  
(9 sessions 15<sup>th</sup> January – 25<sup>th</sup> March)**

Spanish Club – 07848 837924

Email: [daniel@olespanish.net](mailto:daniel@olespanish.net)

**Tuesday 3.30 - 4.30 Yr2 – Yr6  
(10 sessions 9<sup>th</sup> January – 18<sup>th</sup> March)**

Streetz Ahead – 07956 987387

<https://streetz-ahead.class4kids.co.uk/term/9>

**Wednesday 3.25 - 4.25 Yr2 – Yr6  
(11 sessions 10<sup>th</sup> January – 27<sup>th</sup> March)**

French Club- 07587159327

Email : [Imen3354@hotmail.co.uk](mailto:Imen3354@hotmail.co.uk)

**Thursday 3.15 – 4.30  
(11 sessions 10<sup>th</sup> January – 28<sup>th</sup> March)**

Art Club (Rec – Year 2) 07921845330

Email: [namitajain123yahoo.co.uk](mailto:namitajain123yahoo.co.uk)

**Friday 3.20 – 4.30  
(10 sessions 11<sup>th</sup> January – 22<sup>nd</sup> March)**

Art Club Year (3- Year 6) 07921845330

Email: [namitajain123yahoo.co.uk](mailto:namitajain123yahoo.co.uk)



### 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