



Newsletter

19th January 2024

Dear parents

It's been a very chilly week and thankfully the heating didn't let us down! The perfect crisp blue skies and golden sunrays were a wonderful backdrop to the field while the children ran around at breaktimes to keep warm.

Y1 had a great trip to the RAF museum on Tuesday as part of their topic *Splendid Skies*. My thanks to all the staff and parents who supported with this visit.

Thank you to Maga Judd who ran some great dance workshops for years Reception to Year 2 – the children had such fun! Maga is a Reception parent and is organising the Community Dance Festival (information below).

Have a lovely weekend!
Jen Brodkin

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

If you DO NOT normally have school lunch but would like the special menu on 8th February please let the school office know.



Chinese

NEW YEAR MENU

THURSDAY 8TH FEBRUARY 2024

SWEET & SOUR CHICKEN
VEGETABLE SPRING ROLLS ¹ VG
CHOOSE BETWEEN
SPECIAL RICE OR CHOW MEIN ¹

+ + +
JACKET POTATO WITH TOPPINGS ^{7,8,9}

+ + +
SWEETCORN
STIR FRIED VEGETABLES

+ + +
ICE CREAM ⁷
JELLY SQUARES
FORTUNE COOKIES ¹
FRUIT POTS



Year of the Dragon

Dishes marked with any of the following numbers contain the matching allergen:
Allergen code: (1) Wheat Gluten (2) Crustaceans (3) Soybean (4) Mustard (5) Sesame
(6) Sulphites/Sulphur Dioxide (7) Milk (8) Fish (9) Egg (10) Peanuts (11) Molluscs
(12) Celery/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten

Kids

February Half Term



All Saints CofE
116 Oakleigh Road North
Whetstone N20 9EZ

Camp

WHEN:
MONDAY 12TH - FRIDAY 16TH
FEBRUARY



FUN & CREATIVE ACTIVITIES

TECH: Microbit, Makey Makey board, scratch, Minecraft coding, Makecode arcade

SPORTS: Basketball, Dodgeball, Football, Benchball, Volleyball, Archery, Table tennis

ART/CRAFT: Cardboard tube animals/racing cars, String art decor, Loom band, Polymer Clay Modelling

deborah@mindcatcher.co.uk
<https://mindcatcher.co.uk/sportstechactivitycamp-london/>

Diary

February 2024

6th Year 3 Show 9.15am
12th -16th **Half Term**
19th **Inset Day School Closed to Pupils**
20th Year 2 Scaly & Furry Workshop

March 2024

11th Reception Freightliners
11th-13th 5M Lightship Residential
13th-15th 5R Lightship Residential
20th Year 3 Chocolate Workshop
20th Year 4 Sea Life Centre

March 2024

20th Year 3 Chocolate Workshop
20th Year 4 Sea Life Centre
25th-28th Year 6 Kingswood Residential

April 2024

26th Year 5 Epping Forest
29th - 12th April **Easter Break**

May 2024

2nd **Polling Day School closed**

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.



Year One's Trip to the RAF Museum

<https://www.osidgeschool.org/blog/year-1s-trip-to-the-raf-museum-2/>

Sports Review

Yesterday Osidge girls football team played St John's.

It was an amazing game with Osidge scoring first.

With 30 seconds to go it was 3 all, but unfortunately St John's scored making the final result 4-3 to St John's



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Services Available

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