



# Newsletter

## 2<sup>nd</sup> February 2024

Dear parents and carers

It was good to get back to our usual flow of things this week.

There has been a rise in measles cases in London. This is a serious disease. Please make sure your children's immunisation (vaccines/jabs) are up-to-date. Information was sent out to parents about this earlier this week.

Reception had an exciting visit to Kervan this week and enjoyed a tasty lunch as part of their topic *Jobs People Do*. My huge thanks to the staff at Kervan for their hospitality and generosity.

We love having parents involved with helping us improve the school site. If you are a gardener, or know someone who would be willing to regularly volunteer some time doing gardening work; if there are any parents who are architects and would be willing to work with us on some exploratory projects, could you please contact Jen Brodtkin via the school office.

Please remember check the diary for dates for the next half term.

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

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



# Chinese

## NEW YEAR MENU

THURSDAY 8TH FEBRUARY 2024

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

+ + +  
JACKET POTATO WITH TOPPINGS <sup>7,8,9</sup>

+ + +  
SWEETCORN  
STIR FRIED VEGETABLES

+ + +  
ICE CREAM <sup>7</sup>  
JELLY SQUARES  
FORTUNE COOKIES <sup>1</sup>  
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

## Diary

### February 2024

6 <sup>th</sup>	Year 3 Show 9.15am
9 <sup>th</sup>	Parent Support Group 9am
<b>12<sup>th</sup> -16<sup>th</sup></b>	<b>Half Term</b>
19 <sup>th</sup>	<b>Inset Day School Closed to Pupils</b>
20 <sup>th</sup>	Year 2 Scaly & Furry Workshop
29 <sup>th</sup>	Whole Class Photos

### 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
18 <sup>th</sup>	Reception Art Exhibition
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

26 <sup>th</sup>	Year 5 Epping Forest
<b>29<sup>th</sup> – 12<sup>th</sup> April</b>	<b>Easter Break</b>

### May 2024

1 <sup>st</sup>	Year 1 Life Long Ago Workshop
2 <sup>nd</sup>	<b>Polling Day School closed</b>
<b>27<sup>th</sup> -31<sup>st</sup></b>	<b>Half term</b>

## Parent Support Group

Our next parent support group will take place on Friday 9th February at 9am in the School Canteen. Parenting can be extremely rewarding but can also have its challenges. This group is an opportunity to discuss constructive ideas around raising children.

This time we will be looking at speech and language strategies to support S+L development such as colourful semantics. There will be opportunities to discuss other topics that parents want to raise.

The group is also a great way to meet other parents and carers for practical and emotional support. It can be helpful to share ideas with other parents and reassuring to meet other parents experiencing similar concerns or worries

Sarah Ostroff

Inclusion Lead

Sharon Gordon Kaye

Learning Mentor



Receptions trip to Kervan  
<https://www.osidgeschool.org/blog/reception-s-trip-to-kervan-2/>

Dance Workshop  
<https://www.osidgeschool.org/blog/dance-workshops/>

Thank you to Toni 4T for donating  
A book to the school library



## 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

## **Sports Review**

Last week saw the boys football team and the netball team in action. The football team were victorious against Queenswell winning 2-0, as were the netball team against Ashmole, where they won 2-1.

Both of these matches were fantastic to watch.

Well done to all those that played showing great team spirit.

Yesterday, both boys and girls from year 6 took part in a netball tournament.

They played four matches in their group, drawing 3 and losing one.

The skills they have learnt really showed through and they played with a great attitude.

Well done to you all.