



## Newsletter

### 9<sup>th</sup> February 2024

Dear Parents

A busy week in school which reflects the variety of topics, issues and events that make up school life.

As part of Children's Mental Health Week, the focus was *Our Voice Matters* and teachers ran a range of activities focusing on the importance of sharing worries and feelings. Closely linked with children's mental health is their digital use and we had special assemblies run by our digital leaders focusing on internet safety. There has been a lot in the news this week about the negative impact of smartphones on young children linked with these themes. My thanks to Mrs Suleyman and Miss Burgess for their really important work in this area.

With the new Chinese year of the dragon starting this weekend the children all had the opportunity to learn about some traditions on Tuesday afternoon. It is really important that the many different cultures and traditions of our school population are shared with the children so we can learn together. The fact that our parent community is involved in delivering these messages is wonderful! My thanks to all the parents involved supporting this.

Y3 treated us to a wonderful presentation showcasing their learning about Greek gods and goddesses. It was hugely entertaining and I am immensely proud of how well the children delivered their lines and engaged with the audience. Well done to everyone involved!

Remember you can see lots of activities we do in school on our blog:

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

Over the past few weeks, the girls' football team have been going from strength to strength, improving their skills and team work! This week, they played two matches. On Tuesday, they played Monkfrith and the score was 0-0. They built on this for Wednesday's game against Churchill, winning 4-1. Well done to all those who played.

I can't quite believe we are half way through the school year!

**School is CLOSED Monday 19<sup>th</sup> February. Children are back on Tuesday 20<sup>th</sup>.**

Have a lovely half term!

Jen Brodtkin



### 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

**Bookings for instrumental music tuition for the Summer term 2024 are now open.**

This is for piano, drums and string instruments only.

Here you can register for an account and apply for lessons.  
<https://beatrust.org.uk/learn-to-play/school-based-tuition/>

**Existing parents** please wait until you receive information from BEAT notifying you how to pay for next term.

The deadline for new students to enrol is **midnight on Monday 18th March.**



**If you are interested in your child having guitar or singing lessons please contact Toby by email [tobyhampton8@gmail.com](mailto:tobyhampton8@gmail.com)**

**If you interested in your child having woodwind or recorder lessons please contact Jan by email [janeteresamcneill@live.co.uk](mailto:janeteresamcneill@live.co.uk)**

**Diary**

**February 2024**

- 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
- 28<sup>th</sup> Year 5 Parent Sharing Event 9.15am
- 29<sup>th</sup> Whole Class Photos

**March 2024**

- 8<sup>th</sup> Worls Book Day
- 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
- 14<sup>th</sup> Year 1 Local Walk
- 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
- 27<sup>th</sup> Year 1 Parent Sharing Event 9.15am

**April 2024**

- 22<sup>nd</sup> -25<sup>th</sup> Book Fair After School**
- 26<sup>th</sup> Year 5 Epping Forest
- 29<sup>th</sup> – 12<sup>th</sup> April Easter Break**

**May 2024**

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

# Cosy Up With a Book

## for

# World Book Day at Osidge Primary



## on



# Friday 8<sup>th</sup> March 2024



We are inviting all pupils to come to school in their **pyjamas** or **onesies** with their **favourite book** on **Friday 8<sup>th</sup> March 2024!** It's an opportunity to share the books they love and cosy-up to read. There will be additional reading activities that day as part of our aim to continue to develop a love of reading for all.



*We will also be hosting a Book Fair in the Lower Hall, after school between Monday 22<sup>nd</sup> April to Thursday 25<sup>th</sup> April 2024, with hundreds of new children's books to browse and buy. Reminders will be sent closer to the date.*

WORLD  
**BOOK  
DAY**

## 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

Online Safety Newsletter Spring 1

<https://www.osidgeschool.org/wp-content/uploads/2024/02/Online-Safety-Newsletter-Spring-1-.docx.pdf>

Internet Safer Day

<https://www.osidgeschool.org/blog/internet-safer-day-2024/>

Children's Mental Health Week

<https://www.osidgeschool.org/blog/childrens-mental-health-week-2/>

Chinese New Year

<https://www.osidgeschool.org/blog/chinese-new-year-3/>