



# Newsletter

## 1<sup>st</sup> March 2024

Dear parents

It was lovely to welcome the Y5 parents to the sharing event on Wednesday where they had the opportunity to see the online games that their children had coded as part of their computing lessons. Wouldn't it be great if we have inspired one of the children to create the next big thing to rival Super Mario?!

You can book an appointment with the class teacher for parents' evening from tonight at 7pm. An email has been sent out with instructions of how to book.

Some girls from Years 3 & 4 took part in a football tournament today and did amazingly well done! They came 3<sup>rd</sup> in the whole competition.

Earlier this week, Osidge won 5-4 against All Saints in a Netball match at home. Great team work!

Remember to check the diary for dates!

Have a good weekend

Jen Brodtkin

### Diary

#### March 2024

6 <sup>th</sup>	Year 6 SATS Talk 9.05am
8 <sup>th</sup>	World 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
15 <sup>th</sup>	Red Nose Day
18 <sup>th</sup>	Reception Art Exhibition
19 <sup>th</sup>	Parents Evening
20 <sup>th</sup>	Parents Evening
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
22 <sup>nd</sup>	Parent Support Group
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>	<b>Book Fair After School</b>
26 <sup>th</sup>	Year 5 Epping Forest
29 <sup>th</sup> - 12 <sup>th</sup>	<b>April Easter Break</b>

#### May 2024

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

#### June 2024

3 <sup>rd</sup>	<b>Inset Day School Closed</b>
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#### July 2024

19 <sup>th</sup>	<b>Last day for Pupils</b>
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Year 1's Strange Morning!? - <https://www.osidgeschool.org/blog/year-1s-strange-morning-2/>  
Year 5's Parent Sharing Event - <https://www.osidgeschool.org/blog/year-5s-parent-sharing/>

## Red Nose Day

Wear a **red accessory** and bring in **£1** to support Comic Relief Red Nose Day 2024!



**DON'T FORGET  
THE DATE!**

Remind your friends  
and families that  
**Friday 15 March**



## 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

A Reminder from Mrs Owen to label children's coats, all uniform, lunch boxes and water bottles.

She has a lot of unnamed items that can't be returned!

A reminder that all medication should be taken to the school office and a 'Request to Administer Medication' form completed.

Thank you

Thank you to Tobias 3B for donating  
A book to the school library



# 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

## 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.**



The poster for BEAT Instrumental & Vocal Lessons features a grid of photos showing students playing various instruments. The text on the poster includes: 'BEAT Live Music Make Music', 'Voice Piano French Horn Cello Clarinet Double Bass Oboe', 'INSTRUMENTAL & VOCAL LESSONS', 'AGES 7 TO 21 THE OLDER!', 'SCHOLARSHIPS AVAILABLE!', 'Lessons available in schools', 'All teachers DBS checked', 'All levels welcome from beginner to advanced', 'Almost every instrument available', 'Individual or small group tuition', 'Lessons after-school & on weekends at BEAT Music Academies', and a list of instruments: 'Trombone Tube Bassoon Violin Guitar Flute Drums Saxophone'. At the bottom, it mentions 'Supported using public funding by CHARITY NO. 88214 COMPANY NO. 833755 ARTS COUNCIL ENGLAND' and 'WWW.BEATRUST.ORG.UK'.

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 Jane by email [janeteresamcneill@live.co.uk](mailto:janeteresamcneill@live.co.uk)