



Newsletter

15th March 2024

Dear parents

School felt a bit quieter this week as the Y5 children went off on their adventures to the Lightship in Essex. The children had the opportunity to try out a range of activities set around the local sea landscape and learnt some basic sailing skills on the open water. My huge thanks to all the staff who took time away from their families to care for the children.

It was lovely to see many parents at the coffee morning on Friday. Our learning mentor Sharon Gordon-Kaye gave some really practical tips on ways to support the children's emotions and 'the science bit' behind it so parents understand what is going on in their child's brain when they are upset or angry. I always feel it is supportive for parents to hear that all parents have these sorts of moments with their children. It is always our response as the adult that can have the most powerful impact on our children. Do look out for dates for our parent support group for more input from Sharon. The session was also an opportunity to talk about the recent Ofsted inspection process, the outcomes and our ongoing plans for school improvement.

On Friday some KS1 children took part in the Change4Life Spring Sports Festival at the Ark Pioneer Academy. Great fun was had by all and well done to everyone involved.

A reminder to sign up for parents evening meetings next week if you haven't yet.

Thanks for all you generous Red Nose Day donations. All going to very good causes. It's been going for 36 years now! That's a lot of noses...

Have a good weekend

Jen Brodtkin

World Book Day 2024 <https://www.osidgeschool.org/blog/world-book-day-2024/>

Reception's Trip to the Farm <https://www.osidgeschool.org/blog/receptions-trip-to-the-farm-3/>

Year 1's Local Walk <https://www.osidgeschool.org/blog/year-1s-walk-in-southgate-2/>

Red Nose Day 2024 <https://www.osidgeschool.org/blog/red-nose-day-2024/>

Diary

March 2024

18 th	Reception Art Exhibition
19 th	Parents Evening
20 th	Parents Evening
20 th	Year 3 Chocolate Workshop
20 th	Year 4 Sea Life Centre
21 st	Year 2 Tower of London
22 nd	Parent Support Group
25 th -28 th	Year 6 Kingswood Residential
27 th	Year 1 Parent Sharing Event 9.15am
29 th – 12 th	April Easter Break

April 2024

19 th	OSA Eid Party (after School)
22 nd -25 th	Book Fair After School
26 th	Year 5 Epping Forest

May 2024

1 st	Year 1 Life Long Ago Workshop
2 nd	Polling Day School closed
3 rd	Bend the Rules Day
6 th	Bank Holiday School Closed
27 th -31 st	Half term

June 2024

29 th	Osidge Summer fair
3 rd	Inset Day School Closed

July 2024

1 st	Year 3 London Zoo
19 th	Last day for Pupils

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/informationsupport/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



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

Book Fair 22nd – 25th April



Payment at our Book Fair

- Please check with your school for the best way to pay for your books
- You can pay online at the Fair via card reader machines if your school has one or by using the online payment link at www.travellingbooks.co.uk/pay and simply selecting your school from the drop down menu.
 - Pre-paid gift vouchers are available in £5, £10, £15, £20 and £25. Go to www.travellingbooks.co.uk/gift-vouchers to buy vouchers for your child before the Fair.
 - If you can't attend the Fair in person, your child can order books via a Wish List – please ask your school for details.

HELP EARN FREE BOOKS

Scholastic is one of the largest providers of free books to schools via our Reward scheme which helps to ensure that as many children as possible have access to books that support reading for pleasure. Every time you buy from the Book Fair, you help to make a difference by supporting literacy in your child's setting. Last year, with your help, we gave over £5.3M worth of free books to schools nationwide, which stocked school libraries and classrooms.



*Free books are subject to terms and conditions. Please contact your Book Fair Organiser or Scholastic Book Fairs for details. All books subject to availability. Book range may vary. Warning: Not suitable for children under 3. Small parts.

Parent Support Group

Our next **parent support group** will take place on **Friday 22nd March at 9am** in the 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 session we will be discussing the lying and stealing. We will discuss why children do this and how to respond.

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



Food Bank Aid now supports 31 food banks across North London by supplying food, toiletries and household goods, helping over 20,000 people (up from 11,000 this time last year!) including over 5,000 children every week. As you will have heard, food banks are struggling to keep up with the demand and *desperately need your help!*

Collection point will be outside the canteen from Monday 18th March

OSIDGE SCHOOL IS COLLECTING FOR FOOD BANK AID



**THIS WINTER PARENTS IN OUR COMMUNITY WILL
STRUGGLE TO PROVIDE FOR THEIR CHILDREN**

Food Bank Aid delivers donations to food banks across North London, helping feed over 20,000 people (inc 5,500 children)

WHAT THE FOOD BANKS NEED



Tinned food -
meat, fish, fruit, veg



Breakfast cereals &
porridge



Rice, grains &
noodles



Instant coffee, tea,
sugar, UHT Milk



Honey, Marmite, jam



Cooking oil (1L)



Biscuits, crackers, cereal
bars & dried fruit



Shampoo, toothbrushes,
toothpaste & deodorant



Baby formula & nappies
(large sizes)

HOW TO DONATE

Please bring your donations to school from **18th March**
Thank you!



Food Bank Aid: North London



@foodbankaid_nl

Current After School Clubs

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



Monday 3.20 - 4.30 Yr1 – Yr6

Woody's Football – 07961 437202

www.woodyssportsacademy.com

Monday 3.20 - 4.30 Reception – Yr6

Spanish Club – 07848 837924

Email: daniel@olespanish.net



Tuesday 3.20 - 4.30 Yr1 – Yr6

Minichief – 07946 507119

Email: saritakapur14@gamil.com



Tuesday 3.30 - 4.30 Yr2 – Yr6

Streetz Ahead – 07956 987387

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

Wednesday 3.25 - 4.25 Yr2 – Yr6

French Club- 07587159327

Email : imen3354@hotmail.co.uk



Thursday 3.15 – 4.30

Art Club (Rec – Year 2) 07921845330

Email: namitajain123yahoo.co.uk



Friday 3.20 – 4.30

Art Club Year (3- Year 6) 07921845330

Email: namitajain123yahoo.co.uk

Attendance Reminders

In line with recommendations from Barnet Educational Welfare, if your child is absent from school for more than 3 days you will need to provide school with proof of illness.

On the first day of absence please explain the reason why your child is absent by phone 0208 886 7108 or email office@osidge.barnetmail.net. If your child is absent for more than one day, please keep the school informed on each day that your child is absent.

If we do not hear from you your child's absence will be marked as unauthorised.

**A reminder that children's learning starts at 8.55
The school gates are open from 8.45 your child will be marked
as late once the register has been taken.**



AGED 5 - 12

Tuesday 2nd April - Friday 5th April

9 - 3:30

Late pick up and early drop off available



childcare
vouchers & Tax
free childcare
taken



EASTER CAMP

All Saints Primary School

116 Oakleigh Road North

N20 9EZ



ACTIVITIES

- App making
- Minecraft Coding
- Lego Robotics
- Scratch Coding
- Microbit Coding
- Dodgeball
- Benchball
- Basketball
- Football
- Table tennis
- Rounders
- Volley ball
- Polymer clay modelling
- string art
- drawing skills
- craft activities
- jewelry making
- make a torch

deborah@mindcatcher.co.uk

07596188316



www.mindcatcher.co.uk/sportstechactivitycamp-london