



# Newsletter

## 22<sup>nd</sup> March 2024

Dear parents

It has been a very busy week in school! On Monday Reception held a wonderful art exhibition for their parents. It was a lovely event and a great opportunity for the parents to meet altogether. Also on Monday, Y1 and Y2 had a road safety workshop – Eyes Open, Stay Safe was the message.

Tuesday saw Y5 having a workshop on art history; on Wednesday Y3 had a delicious chocolate making workshop (the staffroom were glad to get the leftover samples!) and Y4 had a trip to the Sea Life Centre in Central London. Then, on Thursday it was Y2's turn with their trip to the Tower of London. And let's not forget the parents evenings we also had. My huge thanks to all the staff for giving the children these wonderful opportunities and for those parents who came along to support on the trips.

### **Sports Report:**

Osidge took part in a local cross country event on Wednesday. Many of the children were placed in the top 15 with some in the top 5! A huge thank you to Mrs Rochester for training the children for the event.

It was great to see Osidge in the East league final against Danegrove on Thursday. Although we lost, it was great to see the commitment from the Osidge team Well done to everyone who played!

I hope those parents who went along to the parent support group on Friday found it helpful.

Thanks for all your Comic Relief donations – we raised £222 for good causes!

I can't believe there are just a few more days until the Easter break. Time is flying by!

Have a good weekend!

Jen Brodtkin

### **School Blogs**

KS1 Road Safety Workshop - <https://www.osidgeschool.org/blog/ks1-road-safety-workshop-2/>

After School Club - <https://www.osidgeschool.org/blog/after-school-club/>

Reception Art Exhibition <https://www.osidgeschool.org/blog/receptions-art-exhibition-2/>

Year 5's Trip to the Lightship - <https://www.osidgeschool.org/blog/year-5s-trip-to-the-lightship-2/>

Year 5's Art Workshop - <https://www.osidgeschool.org/blog/year-5s-japanese-art-workshop/>

Year 4's Trip to Sea Life - <https://www.osidgeschool.org/blog/year-4s-trip-to-sea-life/>

Year 2's Trip to the Tower of London - <https://www.osidgeschool.org/blog/year-2s-trip-to-the-tower-of-london-2/>

Spring 2 Online Safety Newsletter - <https://www.osidgeschool.org/wp-content/uploads/2023/06/Online-Safety-Newsletter-Summer-2.pdf>

## Diary

### March 2024

25<sup>th</sup>-28<sup>th</sup> Year 6 Kingswood Residential  
27<sup>th</sup> Year 1 Parent Sharing Event 9.15am

**29<sup>th</sup> – 12<sup>th</sup> April Easter Break**

### April 2024

**19<sup>th</sup>** OSA Eid Party (after School)

**22<sup>nd</sup> -25<sup>th</sup> Book Fair After School**

23<sup>rd</sup> Year 2 Parent Sharing Event 9.15am

26<sup>th</sup> Year 5 Epping Forest

### May 2024

1<sup>st</sup> Year 1 Life Long Ago Workshop

2<sup>nd</sup> **Polling Day School closed**

3<sup>rd</sup> Bend the Rules Day

**6<sup>th</sup> Bank Holiday School Closed**

13<sup>th</sup>-16<sup>th</sup> Year 6 SATs

### May 2024

**27<sup>th</sup> -31<sup>st</sup> Half term**

### June 2024

29<sup>th</sup> Osidge Summer fair

**3<sup>rd</sup> Inset Day School Closed**

### July 2024

1<sup>st</sup> Year 3 London Zoo

**19<sup>th</sup> 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

## OSA Eid Party - Get involved!

Our first ever Osidge Eid Party will happen at pick up time on Friday, 19 April. We need help to plan and run the celebration (no experience needed!).

You can volunteer by emailing [Osidgeschoolassociation@gmail.com](mailto:Osidgeschoolassociation@gmail.com) or join the WhatsApp group via <https://chat.whatsapp.com/DxplAcdgvOD3SCvwWw3enf>

## Book Fair 22<sup>nd</sup> – 25<sup>th</sup> 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](http://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](http://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.

## 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](mailto: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.**



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 18<sup>th</sup> 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 **18<sup>th</sup> 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](http://www.woodyssportsacademy.com)

### Monday 3.20 - 4.30 Reception – Yr6

Spanish Club – 07848 837924  
Email: [daniel@olespanish.net](mailto:daniel@olespanish.net)



### Tuesday 3.20 - 4.30 Yr1 – Yr6

Minichef – 07946 507119  
Email: [saritakapur14@gamil.com](mailto: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](mailto:Imen3354@hotmail.co.uk)



### Thursday 3.15 – 4.30

Art Club (Rec – Year 2) 07921845330  
Email: [namitajain123yahoo.co.uk](mailto:namitajain123yahoo.co.uk)

### Friday 3.20 – 4.30

Art Club Year (3- Year 6) 07921845330  
Email: [namitajain123yahoo.co.uk](mailto:namitajain123yahoo.co.uk)



## 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