



# Newsletter

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

Dear parents

**The school day starts at 8.55am. All children should be in their class by then. Lateness means children are missing out on vital morning learning eg phonics, English and maths. Please be in school on time.**

What a fun World Book Day we had today in school. We all had some time in our cosy pyjamas sharing books together. In our KS2 Assembly, some wonderful female authors were discussed to mark International Women's Day. In the build up to our World Book Day, in classes there was a focus on the author Emily Gravett who has written some great books, with sophisticated stories within the pictures and hugely enjoyable by adults as well as children. Below I have shared a poem that sums up the power of reading. There is an expectation within school that children should be reading for at least 10 mins each day, longer in Y5/6. It helps with concentration, developing vocabulary and supports children's writing too. Libraries are free and charity shops sell books very cheaply. Remember that children can always borrow or swap amongst themselves. If you did want to buy a new book, your child should have brought home this week the national £1 book token which you can spend during March. Thanks to all the staff involved with planning the week's activities.

On Wednesday Reception children went on an imaginary trip to Adventure Island. There were maps and treasure and parrots and pirate teachers all making a fabulous experience for the children.

Well done to the Y3/4 football team who played on Monday morning in a tournament and a BIG well done to the Osidge team who played in the quarter final against Danegrove. We won, 4-3 hooray! and are through to the semi finals.

We will be having a spring Foodbank Aid collection wc 18<sup>th</sup> March. Please drop your donations in the boxes outside the canteen.

Wishing all families marking Ramadan all good things for the coming month. May we all help to bring peace and wellbeing to those in need.

Have a good weekend

Jen Brodtkin

### I Opened a Book by Julia Donaldson

I opened a book and in I strode  
Now nobody can find me.  
I've left my chair, my house, my road,  
My town and my world behind me.

I'm wearing the cloak, I've slipped on the ring,  
I've swallowed the magic potion.  
I've fought with a dragon, dined with a king  
And dived in a bottomless ocean.

I opened a book and made some friends.  
I shared their tears and laughter  
And followed their road with its bumps and bends  
To the happily ever after.

I finished my book and out I came.  
The cloak can no longer hide me.  
My chair and my house are just the same,  
But I have a book inside me.

## Diary

### 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
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
<b>29<sup>th</sup> – 12<sup>th</sup></b>	<b>April Easter Break</b>

### April 2024

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

### May 2024

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

### June 2024

29 <sup>th</sup>	Osidge Summer fair
3 <sup>rd</sup>	<b>Inset Day School Closed</b>

### July 2024

1 <sup>st</sup>	Year 3 London Zoo
19 <sup>th</sup>	<b>Last day for Pupils</b>

## 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.

**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.**



## 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

## Red Nose Day

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



## 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

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 Reception**

Minichief – 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)

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

Reception's Pirate Day

<https://www.osidgeschool.org/blog/receptions-pirate-day-3/>

# COFFEE MORNING

Come along &  
meet other parents.  
All Osidge parents  
& carers welcome!

**Friday 15th March**  
**From 9am**  
**In the canteen**



Free hot drinks & biscuits. Feel free to bring something (no nuts)

## 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

