



# Newsletter

## 3<sup>rd</sup> May 2024

Dear parents

I was shocked and disappointed to see so many rules broken in school today. We had a large number of children wearing the wrong uniform, coloured hair, tattoos and nail polish. Parents - please take control of your children and ensure they are all in the correct uniform when we come back to school next week! OSA, I think we need a serious conversation. 😞

Earlier this week, Y1 had a fantastic opportunity to learn about dinosaurs in their hands-on workshop as part of their topic Dinosaur Planet. Today Y6 had a lovely, creative art workshop based on 1950s pop art. My thanks as ever to Frances from Hampstead Art Group for supporting this.

Y3 started their fortnight of intense swimming this week and our new astro was also completed this week! We are planning to have a grand opening with the children next week so we can begin to integrate it into our routines as quickly as possible.

Enjoy the bank holiday weekend. Let's hope we get at least a peak of sunshine...

Jen Brodkin

Headteacher

### Diary

#### May 2024

6 <sup>th</sup>	<b>Bank Holiday School Closed</b>
13 <sup>th</sup> -16 <sup>th</sup>	Year 6 SATs
17 <sup>th</sup>	Parent Support Group 9am
20 <sup>th</sup>	Secondary Transfer Meeting
	Year 5 Parents 6.15pm
22 <sup>nd</sup>	Year 4 Show 9.10am
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
8 <sup>th</sup>	Year 6 Show 9.15am TBC
9 <sup>th</sup>	Year 6 Show 9.15am TBC
17 <sup>th</sup>	Year 6 Leavers 2pm
17 <sup>th</sup>	Year 6 BBQ after school

#### 19<sup>th</sup>

#### Last day for Pupils

## From Primary to Secondary - Transition Conference

Are you a parent/carer of a child with additional needs? If so come and join us on Thursday 16 May 2024.

The Specialist Inclusion Services (SIS- BELS) would like to invite you to this Year's Transition Conference- from Primary to Secondary School .

The Specialist Inclusion Team is holding a virtual transition conference for parents/carers of Y6 children with additional needs transferring to secondary school in September 2024/2025. Parent/carers of Y5 children with additional needs are very welcome too.

If you would like to learn about ways to support your child/children transitioning from Primary to Secondary School and what to expect from schools as well as hearing from some of the professionals involved with your child, [please sign up to the conference using the email address included in the attached flyer](#).

A zoom link will then be sent to those who sign up.

Looking forward to welcome you!



### 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

### Check Out Our School Blog

Eid Party - <https://www.osidgeschool.org/blog/eid-party/>

Y5's Trip to Epping Forest - <https://www.osidgeschool.org/blog/year-5s-trip-to-epping-forest-3/>

Y1's Dinosaur Workshop - <https://www.osidgeschool.org/blog/dinosaurs-visit-year-one-2/>

CHICKENSHED  
THEATRE CHANGING LIVES

# WONDER WALK



To celebrate our 50th anniversary we are excited to invite you to join us at our first ever **Wonder Walk**, taking place on

**Sunday 9 June  
2024**

# WONDER WALK

Join us on **Sunday 9 June** and take part in walking our accessible 5K or 10K routes around the surrounding areas of Chickenshed and help us reach our goal of raising a minimum of £40,000 through individual and team fundraising.

Help us raise vital funds to keep our doors open for another fifty years, and beyond!

**Start at:**

Chickenshed, 290 Chase Side, London N14 4PE

**Times:**

Meet from 9.30am, join in a lively warm-up at 10.45am, then head off on your walk at 11am

**Cost:**

£17.50 adults, £12.50 under 16s | Free to under 5s  
Registration fee includes T-shirt and goody bag\*

\*Excludes under 5s free registration

Sign up today!



Chickenshed, 290 Chase Side,  
Southgate, London N14 4PE  
[www.chickenshed.org.uk](http://www.chickenshed.org.uk)  
Registered charity no. 3222398



## UNIFORM REMINDER

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!

Children should **not** be wearing logo hoodies or zip up hoodies.

Thank you

## 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

Thank you to Isaac 6B for donating  
A keyboard to our school music room



Thank you to Sophie 5M for donating  
A book to the school library



## Parent Support Group

Our next **parent support group** will take place on **Friday 17th May 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 transitions, separation and how to manage change.**

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)



I am writing on behalf of The United Kingdom Thalassaemia Society (UKTS), a non-funded charity that aims to improve the lives of people living with thalassaemia. They provide support to patients and their families, as well as medical and educational professionals involved in their care.

We are excited to invite your school to join us for the UKTS Fun Run/Walk on Sunday, May 12th, 2024, starting at 9:00 am at Grovelands Park, N14 6RD. This free event is a fantastic opportunity to raise awareness of thalassaemia while enjoying a fun-filled day with your school community.

To join the Fun Run and help raise awareness of thalassaemia, you can follow these steps:

- Register for the Fun Run via the link for free.  
<https://www.tickettailor.com/events/unitedkingdomthalassaemiasociety/1209230>
- Encourage your friends, families and neighbours to participate in the Fun Run on Sunday May 12<sup>th</sup> 2024 from 9.30 am at the Grovelands Park, N14 6RD. The event includes a 5K run or walk, and it is a great opportunity to connect with other participants and supporters of the UKTS.
- Consider fundraising for the UKTS by creating a fundraising page and sharing it with your friends, family, and colleagues. This will help raise funds for the charity and support their work.

### **Other Ways to Support UKTS**

If you are unable to participate in the Fun Run, there are other ways you can support the UKTS and help raise awareness of thalassaemia:

**Fundraise:** You can organize your own fundraising event or activity to support the UKTS. This could be a bake sale, a sponsored challenge, or any other creative idea you have in mind. The funds raised will go towards supporting the work of the UKTS.

**Spread Awareness:** Use your social media platforms and personal networks to raise awareness about thalassaemia and the work of the UKTS. Share information, stories, and resources provided by the UKTS to help educate others about this condition.

We have 2 important dates for thalassaemia.

**Thalassaemia International Day** is on 8<sup>th</sup> May

**National Thalassaemia Day** is on 19<sup>th</sup> October

By participating in the Fun Run or engaging in other activities to support the UKTS, you will be helping to raise awareness of thalassaemia in the community and globally. Your involvement will contribute to the UKTS's efforts to improve the lives of people affected by thalassaemia and support ongoing research and education initiatives.

Every contribution, big or small, can make a difference in raising awareness and supporting those affected by thalassaemia.

### **Ira Jankowski**

UK Thalassaemia Society  
19 The Broadway  
Southgate  
London  
N14 6PH