



Newsletter

14th June 2024

Dear parents

This was one of those weeks at Osidge where everyone is busy buzzing around.

It was Healthy Eating Week for everyone! There has been lots of discussion in class about healthy foods, a balanced plate and good swaps to make instead of sugary snacks and drinks. Each year group has planned and designed a healthy afternoon tea which they will be making and eating over the next few weeks. There is some great information coming out with the newsletter today about healthy eating. Thanks to Ms Suleyman for all her work on this.

Sustainability was the focus of the *Great Fashion Science Share*. Children were challenged to come up with ideas to upcycle, recycle and reuse textiles and other material in order to create designs. Science has a key role to play in finding solutions to the environment crisis. This initiative was also a reminder about the choices we can make about choosing fabrics, materials and retailers that are more supportive of green fashion. Thanks to Mrs Mahir for leading on this very important cause.

Reception classes shared their science learning outside in the nature garden with some visitors from Happy Days Nursery. They enjoyed exploring and being curious outdoors. It was lovely for our youngest children to feel a little bit big while working with (even) younger children!

Year 5 classes each had a day out at the 3 Store in Angel to have experience using the green screen and film editing making adverts about Southgate linked with their topic about the local area. They also shared previous computing learning with Y3 where the focus was online safety.

On Thursday, just ahead of the Euros, our Y6 Boys football team took part in the Cup Final against Churchill. The final score was 8-0 to Osidge. Well done to everyone who took part! Also on Thursday, some KS1 children took part in the *Change 4 Life* festival at Burnt Oak Leisure Centre. They had the chance to take part in a range of activities and feel successful trying!

Meanwhile Y1 and Y4 took their statutory phonics and multiplication tests respectively. They should be really proud of themselves!

We are excited for the summer fair which is just 2 weeks away! If you haven't yet signed up to help, you can do so [here](#).

Have a lovely weekend! Come on Scotland 😊

Jen Brodtkin

Headteacher



Green Electro Heating



Our Services:

- BUS Grant application
- Heat Pumps
- Solar Panels
- Battery storage
- Fire Risk Assessment
- Fire Safety Management
- Gas Safety Certificate
- EPC
- EICR

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Diary

June 2024

29th Osidge Summer fair

July 2024

1st Year 3 London Zoo

2nd Year 1 Show 9.15

3rd Summer Concert

4th School Closed General Election

July 2024

9th Year 6 Show 9.30am

10th Year 6 Show 9.30am

17th Year 6 Leavers 2pm

17th Year 6 BBQ after school

19th Last day for Pupils

The OSA are excited to invite everyone to the Osidge Summer Fair.

Please save the date in your diaries. **Saturday, 29 June, 12-3.30pm!**

The theme is **Olympic Osidge!**

Planning is in now full swing but **we need your help to make it all happen!**



ICE POP SWAP!

MONDAY, 17TH JUNE

PLEASE BRING IN YOUR SUMMER FAIR
TOMBOLA/RAFFLE HAMPER
DONATION NEXT MONDAY AND GET AN
ICE POP FOR YOUR KIDS IN
EXCHANGE!



DROP OFF - BRING YOUR
DONATIONS TO THE CANTEEN OR
SCHOOL OFFICE. GET A ICE POP
VOUCHER.

PICK UP - SWAP VOUCHER FOR
ICE POPS FOR YOUR KIDS (IN
THE FRONT PLAYGROUND).

Summer Fair Competitions

As part of this year's Summer Fair, we're asking the children to get creative and showcase their skills by entering one or more of our competitions.

The competition categories all have a sporty theme:

1. Create a Lego sculpture of a sporty scene e.g football match, track & field event (Please limit size to one baseboard).
2. Design a poster advertising a sports event of your choice (Max A3 size). Use paint, pens, pencils or collage.
3. Make a junk model of an Olympic Torch with empty household packaging (eg. cereal box, toilet roll). Decorate it to make it unique!

Children should make their entries at home and bring them to school on Friday, 28 June.

All entries will be judged by Mrs Brodkin on the day of the fair and the winners of each category announced

Volunteer!

The Summer Fair is now just 3 weeks away! We need volunteers to run stalls and help with fair activities. Volunteering is good fun and is a great way of getting to know other parents. To sign up, fill in the form via this link:



The screenshot shows a Google Form titled "Summer Fair volunteers". The form text reads: "The Summer Fair is taking place on Saturday 23rd June but we need help from school parents to make it happen. Volunteering at school Fair is a great way to meet & get to know other (young) parents. If you can help, please fill in the form below to provide your: Name, Email, Telephone no. The school you'd like to volunteer on. The time that you can volunteer." Below this text are fields for "Your name", "Your email", and "Your phone". At the bottom of the form, it says "forms.gle".

Donate a raffle prize!

Our Summer raffle will run alongside the fair. Please email osidgeschoolassociation@gmail.com to donate a prize. You can donate an item, a service or a voucher of your choosing.

Bring in a donation for the tombola and raffle hampers!

We need your help with donations of **new, unopened and in-date** items for Summer Fair tombola and four themed raffle hampers we are making. The themed raffle hampers are - 'family movie night', 'art & crafts', 'parent pamper' and 'book worm'.

This means we're asking each year group to bring something different! Please check against your year group.

Reception: Packets or tins of sweets

Year 1: Packets of popcorn or crisps

Year 2: Boxes or tins of biscuits

Year 3: Arts & craft activity packs, colouring pens or pencils

Year 4: Bottles of soft drink and/or wine

Year 5: Children's books and magazines

Year 6: 'Smellies' incl. Bath bubbles/bath bombs/shower gel 🛁

Please drop off your donations at the canteen or office on Monday, 17th June.

Enter the summer fair competition!

As part of this year's Summer Fun Day, we're asking the children to get creative and showcase their skills by entering one or more of the competitions being judged on the day by Mrs Brodtkin. Children should make their competition entries at home in advance and bring them in on the day of the fair. We'll share details of the competition categories in next week's newsletter!



OSIDGE PRIMARY
SCHOOL'S

SUMMER SHOWCASE

-03.07.24-

PRESENTING OSIDGE SOLOISTS

UPPER CHOIR | LOWER CHOIR
& THE OSIDGE ORCHESTRA

9:15AM ON WEDNESDAY 3RD JULY 2024 OSIDGE SCHOOL UPPER HALL




Sports Review

On Thursday, a group of year 1 and year 2 children took part in a multi skills festival at Burnt Oak Leisure Centre. Among the activities they took part in were golf, tennis, rugby and parachute games. All the children had a great time and had smiles on their faces throughout the morning.





Later that day, the boys football team played in the East Schools Cup Final against Churchill. They played an outstanding game of football working as team throughout the whole match which meant they won 8-0 and retained the trophy that was won last year by Osidge. Congratulations to all of the boys who played in the squad over the year, you should be very proud of yourselves. Also, thank you to all the coaches that have worked with the team.

Recipe's from or Healthy Eating Week

Osidge Healthy and Balanced Afternoon Tea Menu

<p>Reception DF</p> <p>Vegetable Smoothie</p> <p>Kale, cucumber, spinach, fresh mint, pears, apple juice</p>	<p>Reception LB</p> <p>Vegetable Smoothie</p> <p>Beetroot, fresh mint, strawberries apples, pears, cranberry juice</p>	<p>YEAR 1</p> <p>Fruit Smoothie</p> <p>Bananas, packets of strawberries, blueberries, cans of apple juice</p>	<p>YEAR 1</p> <p>Banana & Honey Bread</p> <p>150g caster sugar, 2 eggs, 650g wholemeal flour, 4tbs baking powder, 6 bananas, 60ml honey</p>
<p>YEAR 2</p> <p>Tortilla Pizzas</p> <p>Wrap, gluten free wrap, tomato paste, cheese, peppers, mushroom, sweetcorn</p>			

Osidge Healthy and Balanced Afternoon Tea Menu

<p>YEAR 3</p> <p>Vegetable Pastry</p> <p>Puff pastry, Tomato puree, Sweet corn, Peppers, Grated cheese</p>		<p>Year 5</p> <p>Feta Tomato and Rosemary Bread</p> <p>Self-raising flour, salt, rounded baking powder, cayenne pepper chopped thyme leaves, plus a few springs medium Desiree potato, soft rinded goats' cheese, spring onions, large egg, milk, grain mustard</p>	
<p>Year 4</p> <p>Cheesy breadsticks with roasted tomato and pepper dip & Peach Ico Tea</p> <p>Self raising flour, salt, mustard, butter, cheddar cheese, tomato, peppers</p>		<p>Year 6</p> <p>Fruit Burst Muffin</p> <p>Plain Flour, baking powder, large eggs, butter, skimmed milk, clear honey, fresh blueberries, dried cranberry, seedless raisin, chopped apricots, grated orange zest, ground cinnamon</p>	

Healthy Eating

More information can be found on our blog:
<https://www.osidgeschool.org/blog/healthy-eating-week/>

British Nutrition Foundation

Your balanced diet - get portion wise!

A balanced diet can keep you healthy and help you maintain a healthier weight.
 Eating a balanced diet is about having the **right types** of foods and drinks in the **right amounts** for you!

Each day, aim for:

At least 5 portions of fruit and vegetables	5+
3-4 portions of starchy foods	3-4
2-3 portions of protein foods	2-3
2-3 portions of dairy alternatives	2-3
Small amounts of unsaturated oils and spreads	SMALL AMOUNTS

Across the day
 Here is an example of how this can look in meals and snacks across the day.

Meal/Time	Green	Yellow	Red	Blue
Breakfast	✓	✓	✓	✓
Wholegrain cereal and milk				✓
A banana	✓			
Small glass of orange juice	✓			
Morning snack	✓			
An apple	✓			
Lunch	✓	✓	✓	✓
Tuna and sweetcorn sandwich				✓
Carrot sticks	✓			
2 bananas	✓			
Afternoon snack	✓			✓
Cheese and potatoes				✓
Evening meal	✓	✓	✓	✓
Spaghetti bolognese				✓
Broccoli	✓			
Small pot of full yogurt				✓
Total daily portions	7	4	3	3

Measuring your portion sizes

Food	Portion size
Fruit	About a handful or more
Vegetables	About 3 serving spoons or more
Breakfast cereal	About 3 handfuls
Dried rice or pasta	About 2 handfuls
Baked potato	About the size of your fist
Bread	2 slices (or 1 as a snack)
Chicken breast	About the size of your whole hand
Steak	About the size of your palm
Diced beef	About 2 handfuls
Milk and yogurt	The amount you can fit in your palm
Cheddar cheese	About the size of two thumbs together
Yogurt	One individual pot or about 4 tablespoons

To find out more about how to find the right balance for you, have a look at our **four balanced diet booklets** at www.bnftrust.org.uk

eit Food Co-funded by the European Union

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 150kcal	Fat 3.0g	Saturated 1.5g	Sugar 34g	Salt 0.9g
250kcal	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
 Typical values (as sold) per 100g: 697kcal/ 167kcal

Choose foods lower in fat, salt and sugars

Fruit and vegetables
 Eat at least 5 portions of a variety of fruit and vegetables every day

Potatoes, bread, rice, pasta and other starchy carbohydrates
 Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Beans, pulses, fish, eggs, meat and other proteins
 Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
 Choose lower fat and lower sugar options

Oil & spreads
 Choose unsaturated oils and use in small amounts

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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