

Newsletter

31st January 2025

Dear parents

We were delighted to welcome some parents in to school to run some special activities for the Lunar New Year which was on Wednesday. The children had the opportunity to explore some traditional crafts through paper cutting. My huge thanks to the parents who came in to run these. It is always great to get parents involved to support us with marking special days that are significant for our school community so do get in touch if you have ideas.

Reception had a lovely trip to Kervan on Tuesday to find out the *Jobs People Do*. They got to meet the chef, notice what the chefs were doing and of course try some really delicious food. Our thanks as ever to Kervan for their generosity in hosting us.

There are new dates in the diary - so please check!

Have a good weekend

Jen Brodtkin

Diary

February 2025

11 th	Year 3 Show 9.15
12 th	Class Group Photographs
13 th	Year 2 Furry & Scaly Workshop
14 th	Bend the Rules Day
14 th	Parent Support Group 9am
17th -21st	Half Term

March 2025

10 th – 12 th	5M Lightship Residential
12 th – 14 th	5J Lightship Residential
17 th	Reception Freightliners
18 th	Year 2 Tower of London
24 th – 28 th	Year 6 Kingswood Residential

April 2025

1 st	Parents Evening
2 nd	Parents Evening
4th	Last Day of Term 1.30 finish
7th – 21st	Easter Break

May 2025

2 nd	Year 5 Epping Forest Trip
5th	Bank Holiday School
26th – 30th	Half Term

June 2025

7 th	Circus Returns to Osidge
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Parent Support Group

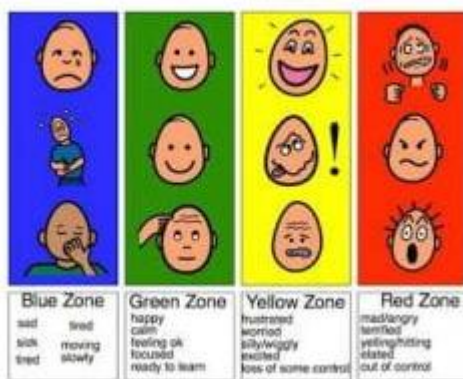
Our next parent support group will take place on Friday 14th February at 9am in the Canteen. Parenting can be extremely rewarding but can also have its challenges. This group is an opportunity to discuss constructive ideas around raising children.

This session we will be discussing the Zones of Regulation. The Zones is a whole school strategy used to teach children about self-regulation by categorising all the different ways we feel into four concrete coloured zones. The Zones framework provides strategies to teach pupils to become more aware of and independent in controlling their emotions and impulses.

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) and Helen Constantinou (School Mental Health First Aider)

The Zones of Regulation



Healthy Habits - Teeth

Did you know that poor dental hygiene is the #1 reason children are admitted to hospital?

One in 5 children have untreated cavities in their teeth. That's 20%. Or 6 children in each class!

Dental treatment is free for children in the UK. Register with a local dentist to get your child's teeth checked.

Children should brush for 2 minutes every day. Best if you supervise them to teach them how to do it properly.

Dr Ranj explains all!

<https://www.youtube.com/watch?v=GHS27DHyl0>

NHS guidance

<https://www.youtube.com/watch?v=9Qa2K1CC3Hw>

<https://www.dentalhealth.org/oral-health-top-tips>



Here'

Talbies estate agents are excited to propose a collaboration that could benefit Osidge Primary School and its community.

For every property sold / rented through an affiliation with the School, we will donate 10% of our commission directly to the school's PTA. This partnership not only helps families and staff find their ideal homes but also contributes to the school's development and programs.

- Anyone who mentions Osidge Primary School when listing, purchasing or renting a property with Talbies will be part of this program
- Those listing their property benefit from reduced special rates
- After the sale / letting is complete, 10% of our earned commission will be donated to Osidge Primary School

So whether you are thinking about selling / letting your property or looking for a property to buy / rent; working with Talbies will mean working towards providing additional funds for your children and pupils

Thank you for considering this opportunity to strengthen our community while supporting Osidge Primary School

Family Dance Festival

BeWell Family Dance Festival on the 22nd of February 2025 (half-term):

A family-friendly festival for all ages and abilities, bringing together generations to celebrate all things dance. Some children from the Wednesday Dance Club will be performing at the festival.

For one day only, artsdepot is being taken over with a jam-packed day of entertainment for the whole family that brings together local communities in a creative and friendly environment.

This will be a special day of events and activities for children and grown-ups and a unique opportunity for children, parents, and grandparents to spend time together participating in and watching dance. Be dazzled by fantastic performances, learn new moves with brilliant dance artists and dance together.

Here is the ticket link:

<https://www.artsdepot.co.uk/book-online/732804/>

This is the link to the whole Festival:

<https://www.artsdepot.co.uk/festival/bewell-family-dance-festival/>

Tickets are from £5 for adults and £3 for children plus £1.50 fee for the booking.

Festival trailer: <https://youtu.be/0W3JCdzmasY>

Family
BE WELL
DANCE
FESTIVAL
ARTSDEPOT

Saturday
22 February
2025
10am - 5.30pm

A celebration of dance and family, where generations come together, have fun and create memories!

- Dance workshops:
Hip-hop
Bollywood Dance
Creative Dance
Circle Dance
- Showcases:
Dare2Dance Company & artsdepot
Susi Earnshaw Theatre School
leandance
Kadam Dance and Music
New Connections
Family Companies

www.artsdepot.co.uk
Box office: 020 8369 5454

Dare2Dance THE HADLEY TRUST Middlesex University London BARNET Barnet Age UK

After School Clubs

Please call the organisers of the clubs to book a place

Monday 3.15 - 4.30 Yr1 – Yr6

Woody's Football – 07961 437202

www.woodyssportsacademy.com

Monday 3.15 - 4.20 Reception – Yr6

Spanish Club – 07848 837924

Email: daniel@olespanish.net

Monday 3.20 - 4.20 Yr1 – Yr6

Gymnastics Club – 07453281552

Email: nsgclubs@gmail.com

Tuesday 3.15 - 4.20 Yr1 – Yr6

Cheerleading – 07453281552

Email: nsgclubs@gmail.com

Tuesday 3.15 - 4.20 Yr1 – Yr6

Minichief – 07946 507119

Email: saritakapur14@gmail.com

Tuesday 3.15 - 4.20 Yr4 – Yr6

Crotchet Club – 07432 423571

Email: dontmakemeplush@gmail.com

Tuesday 3.15 - 4.20 Yr3 – Yr6

RoboThink (coding) – 07480 776101

Email: hornsey@robothink.co.uk

Wednesday 3.15 - 4.20 Yr1 – Yr6

French Club- 07587159327

Email: Imen3354@hotmail.co.uk

Wednesday 3.15 - 4.20 Yr1 – Yr6

Martial Arts – 07453281552

Email: nsgclubs@gmail.com

Wednesday 3.15 - 4.30

Dare to Dance - 07469 731 801

Email: d2dcompanycic@gmail.com

Thursday 3.15 – 4.30

Art Club (Rec – Year 2) 07921845330

Email: namitajain123yahoo.co.uk

Thursday 3.15 - 4.20 Yr1 – Yr6

Drama Club – 07453281552

Email: nsgclubs@gmail.com

Thursday 3.20 - 4.20 Yr1 – Yr6

Minichief – 07946 507119

Email: saritakapur14@gmail.com

Friday 3.20 – 4.30

Art Club Year (3- Year 6) 07921845330

Email: namitajain123yahoo.co.uk

Saturday 10.00 – 1.00

Stage Coach – 07435782533

Email: southgate@stagecoach.co.uk



Thank you to Niamh
For donating a book to
his class library.

Hope you enjoy
celebrating your
birthday!