



Newsletter

7th February 2025

Dear parents

It is Children's Mental Health Week this week and at school it was an opportunity to think about things that make us feel good and strategies to make us feel calm. The children did a range of activities to help to notice and name feelings they may have. We love using the *Inside Out* films for this. If you haven't watched them, it is worth getting to know the characters so that you can help to name them and the emotions they represent when talking to younger children about feelings. The children also thought about the things they do and like that make up their unique them. In this way they can do more of the things they like to feel good. My thanks to Mrs Suleyman for leading on the activities for the week.

Good attendance is a really important part of supporting children's education and building resilience. We are sending home today a reminder about our expectations around attendance and the action that school can take if your child is not in school. Please make sure your child is at school every day and on time. They should be in their class by 8.55am. If for any reason your child is off or late, please email or call the office to let us know why.

This week some staff joined with our other Trust schools to think about ways to build our 'Green Strategy'. This includes infrastructure and education. Watch this space for more in the future!

A reminder to check the diary for any dates.

Have a lovely weekend!

Jen Brodtkin

Diary

February 2025

11 th	Year 3 Show 9.15
12 th	Class Group Photographs
12 th	Year 5 Drama workshop (Ashmole)
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
25 th	Year 2 Parent Sharing Event 9.15

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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Bookings for instrumental music tuition for the Summer term 2025 are now open. There is no deadline as places will only be offered where spaces are available.

New parents use the link below to sign your child up for lessons. Here they can register for an account and apply for lessons.

<https://beatrust.org.uk/learn-to-play/school-based-tuition/>

Existing parents wait until you receive information from BEAT notifying you how to pay for next term. You will be notified by email. You **do not** need to **re-enrol**.

The poster features a collage of six photographs showing students playing various instruments: a boy on drums, two girls singing, a boy on trumpet, a boy on timpani, a group of girls on clarinets, and a girl on flute. The text is arranged in a structured layout with a pink and black color scheme.

BEAT BRITISH EDUCATION AND ARTS TRUST

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Department for Education ARTS COUNCIL ENGLAND **WWW.BEATRUST.ORG.UK**

Parent Support Group

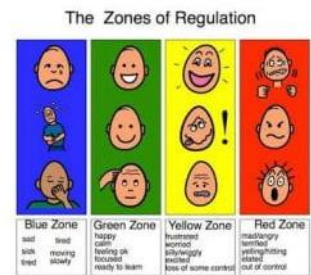
Our next parent support group will take place on Friday 14th February at 9am in the Canteen. Parenting can be extremely rewarding but can also have its challenges. This group is an opportunity to discuss constructive ideas around raising children.

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)

Helen Constantinou (School Mental Health First Aider)



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>



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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.

Here's how it works:

- 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. The Wednesday Dance Club will be representing Osidge at the BeWell Family Dance Festival on the 22nd of February, and performing on stage at 3.30pm. Please come and support the children.

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.

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
Icandance
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

Email: 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@robotthink.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