



Newsletter

14th February 2025

Dear parents

What a treat we all had this week watching Y3's *Greece Has Got Talent*. It was full of fun and frolics and I was very impressed with the confidence and collaboration that the children showed in their performances. Well done to them and a big thank you to the staff for preparing them so well.

There was drama for Y5 too because they took part in a workshop at Ashmole Academy based around Shakespeare's *Midsummer Night's Dream*. It was a great opportunity for the children to learn from secondary teachers and to see some performances from older children at the academy. It was Weird and wonderful for the year 2 Fury and Scaley workshop, this was a great opportunity for the children to touch and feel animals up close.

Well done to our circus poster competition winners. The winning posters can be seen at the end of the newsletter and will be turned into posters to advertise the event on 7th June. My thanks to Tfl for sponsoring the prizes.

It was internet safety day this week and the children had a special assembly reminding them about ways to stay safe online. You will have hopefully seen the separate letter that has gone out today about a borough-wide approach to smartphone use. Please make sure that your home networks have the right parental controls in place so that harmful content is blocked by your router. Our latest edition of our online safety newsletter is on our website [here](#).

There were far too many rules being bent today at school. A reminder to the OSA that children should follow the rules for any future fundraising events 😊.

Have a good break!

Jen Brodkin

Diary

February 2025

17th -21st **Half Term**

March 2025

6th World Book Day
7th Year 6 SATs Presentation 9.05
10th – 12th 5M Lightship Residential
12th – 14th 5J Lightship Residential
17th Reception Freightliners
18th Year 2 Tower of London
24th – 28th Year 6 Kingswood Residential
25th Year 2 Parent Sharing Event 9.15

April 2025

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

May 2025

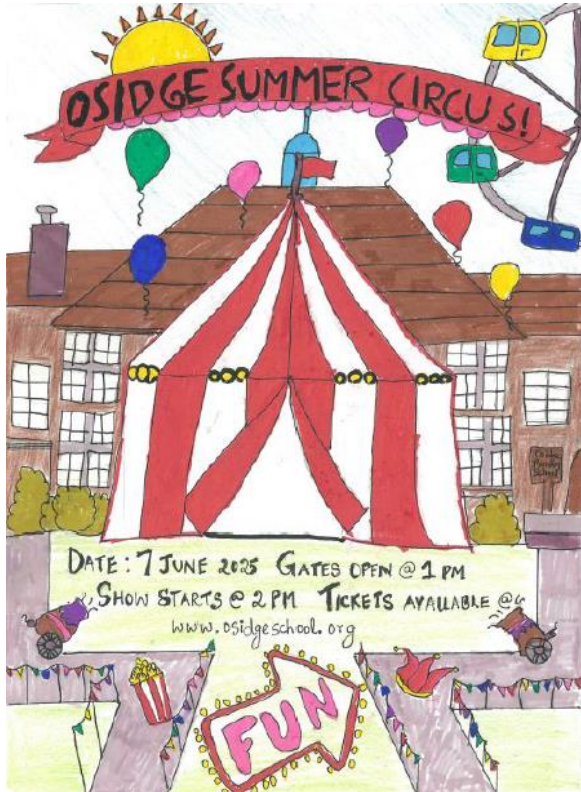
2nd Year 5 Epping Forest Trip
5th **Bank Holiday School**
26th – 30th **Half Term**

June 2025

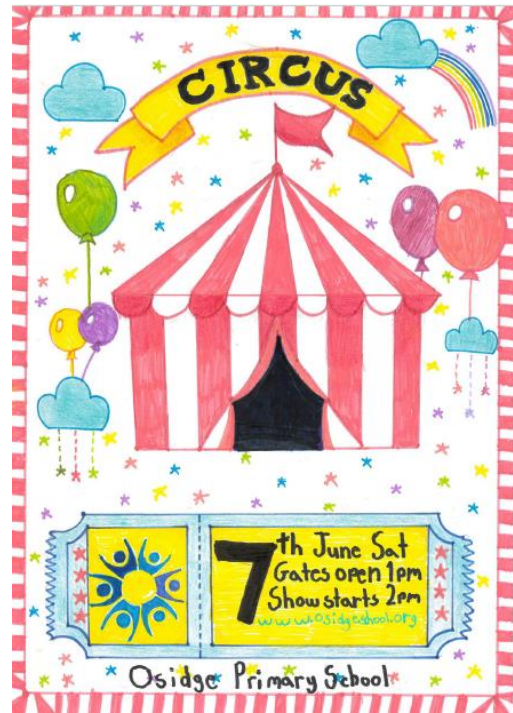
7th Circus Returns to Osidge

Circus Poster Competition Winners

Winner Pranav 6S



Runner Up Nicole 5J



Runner up Nicole & Julia 5J



Runner up Philip 5M



Children's Mental Health week

Last week was Children's Mental Health Week. The theme for 2025 is focus is **Know Yourself, Grow Yourself**, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. Place2Be want children and young people to discover how getting to know who they are can help them build resilience, grow and develop. See their website for more

information: <https://www.childrensmentalhealthweek.org.uk/families/>

Please find attached top tips for parents and families that you may wish to try during half term.

See our blog page for more on what we have done in

school: <https://www.osidgeschool.org/blog/childrens-mental-health-week-2025/>.

TIPS FOR FAMILIES

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



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Purchase your uniform name labels from Stikins and raise money for the school! Just use our unique Osidge School fundraising number when checking out: 14999. The school will receive a donation of 30% of the cost of your order.



HALL FOR HIRE

Royal British Legion - Southgate
Hollies Hall, Nursery Rd,
N14 5QD

Childrens & adult parties or special events

For bookings or more info, contact us:

☎ 07534 803 181 / 07985 282 957

✉ SouthgateRBL@outlook.com

SOUTHGATE



ROYAL BRITISH LEGION

All welcome
no membership required



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

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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Green Electro Heating



Thank you to Maisie

For donating a book to her
class library.

Hope you enjoy celebrating
your birthday!



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 Rec – Y2

Art Club 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 Y3-Y6

Art Club Year 07921845330

Email: namitajain123yahoo.co.uk

Friday 3.20 – 4.20 Y3-Y6

Abacus Maths Club

07824067068

Saturday 10.00 – 1.00

Stage Coach – 07435782533

Email: southgate@stagecoach.co.uk