KEEPING IN TOUCH WITH FAMILIES-9

OSMANI INSTAGRAM ACCOUNT

@osmaniprimary

We regularly share the outstanding learning going on in all year groups in the school. Please follow the school's Instagram account for regular updates.

UPCOMING EVENTS



EVENT	DAY	DATE	TIME	WHERE
UKS2 Diwali Festival Assembly 🎭	Monday	9th November	10:30am	Gym
Managing Anxiety in Children Coffee Morning ☕	Friday	13th November	8:50am	Ground Floor Hall
Children In Need 🧸 *(**Non-Uniform**, Children come to school in non-uniform and **DONATE** a **GOLD** coin towards the charity)*	Friday	13th November	All Day	In School
Attendance Coffee Morning led by Tower Hamlets Attendance & Welfare Advisor ☕	Wednesday	18th November	8:50am	Ground Floor Hall
Growth Mindset Coffee Morning ☕	Friday	27th November	8:50am	Ground Floor Hall
Christmas Jumper Day 🎄 *(**Non-Uniform**, Children come to school in a festive*	Thursday	10th December	All Day	In School

*jumper and **DONATE** a **GOLD** coin towards the charity)*				
Winter Fair ❄️	Friday	11th December	After-School	Gym
KS1 Hanukkah Festival Assembly 🎭	Monday	14th December	10:30am	Gym
Winter Festival Assembly 🎭	Friday	18th December	10:30am	Gym



FREE FAMILY CYCLING SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

Bikeworks is offering free All Ability Family Cycling sessions this half-term for children and young people with special educational needs and disabilities (SEND) and their families living in Tower Hamlets, Hackney and Newham.

These inclusive sessions give the whole family an opportunity to get active and enjoy cycling together in a supportive environment. A wide range of adapted cycles will be available, including two-wheel bikes, trikes and wheelchair-accessible cycles. Experienced instructors will help participants find a suitable cycle and provide support for all abilities.

Sessions will take place on:

- **Victoria Park (E3 2LA)**: Tuesday 27 October 2026, 11am to 2:30pm
- **Queen Elizabeth Olympic Park (E20 3AB**): Wednesday 28 October 2026, 11am to 2:30pm.
- **Sessions are free for eligible families. For more information and to register, visit the Bikeworks SEND Family Ride Together webpage**



FREE HOLIDAY CLUB NEXT WEEK - BOW ARTS

This is an invitation for a free to attend Arts Award holiday club for October Half-Term, open to Year 3 - 6. The students will get a certificate at the end of the programme.
The club will be taking place at Harry Gosling Primary which is about 20 mins walk from Osmani Primary School.
There are up to 12 available slots which will be allocated on a first come first serve basis.

Please complete the online from: Poplar Arts Award Explore 2026 - Permission Letter – Fill in form



JANUARY 2027 NURSERY INTAKE

🎒 **Is your child turning 3 between 1 September and 31 December 2026?**

✨ You may be eligible to apply for a **January 2027 Nursery start!**

📞 **For more information, please speak to the school office.**

E-BIKES AND E-SCOOTERS

In light of the recent spate and increasing number of fires caused by E-bikes & E-scooters, our property insurer has recommended that E-bikes and E-scooters are not permitted on school premises

due to the associated fire risk. Therefore, E-bikes and E-scooter must not be brought into the school grounds. Thank you for your cooperation in this matter









DS ONLINE SAFETY

The government has launched a new website to support families and encourage regular conversations about what they're seeing online, asking simple questions, like "who shared this" and "why?". Based on parents' main concerns and needs, it provides:

- tips for parents' conversations with their children
- actions to support each stage of their child's life
- parental controls information

We are also signposting to trusted resources from charities and third parties, where parents can access other forms of support (like speaking to an expert).
The website will continue to grow and be developed this year, supporting the Online Safety Act and wider government aims.

https://kidsonlinesafety.campaign.gov.uk/online-content/?utm_source=DfE+newsletter&utm_medium=email&utm_campaign=Media+Literacy&utm_id=Media+Literacy&es_c=DCCCFF2D3EC7EB05EA72B4F93FE0968E&es_cl=90CA05B9B60788F0AF1F06F1A0AE9456&es_id=ph7%c2%a3o1

IMPORTANT SAFETY REMINDER

To support safeguarding and health and safety procedures, all children must be dropped off at the school gate in the mornings. Please do not drop children further down the road, as this creates safety concerns. We appreciate your continued support and cooperation in ensuring the safety and wellbeing of all our children.



ONLINE SAFETY

It has come to our attention that a number of children in Year 1 have been playing a game called *"Steal a Brainrot"* on Roblox, often alongside their older siblings. According to the Roblox Safety Hub, this game is rated 10+ due to its depiction of mild violence, including scenes such as slapping.

We kindly ask that you ensure your child is not accessing this game at home. We appreciate your support in helping us to maintain a safe and age-appropriate online environment for all children.



ONLINE SAFETY TOOL

You can use the link below to check if a game, App or an online platform is suitable for your child:
Common Sense Media: App and media reviews and guidance -
https://www.commonsensemedia.org/



PUNCTUALITY

We are noticing that some children are arriving in school late. It is very important that children arrive at school latest by 8.40am (Whistle time). Children who are not in their class by 8.45am miss out on the teaching and learning of basic skills such as phonics and reading. If your child is to make good progress in school, they need to know their basic skills very well.



ABSENCE FROM SCHOOL DUE TO ILLNESS

Kindly watch the video in the link for advice on when to send and when not to send you child to school when your child is unwell.

Illness absence and staying healthy



ALLERGY REMINDER

We would like to remind all families that snacks brought into school or consumed on the school premises after school must not contain NUTS.

We ask that you please check the ingredients of any snacks your child brings with them and avoid sending foods containing nuts.

This is particularly important because some children in our school have severe nut allergies, and even accidental exposure can cause a serious, potentially life-threatening allergic reaction (anaphylaxis).

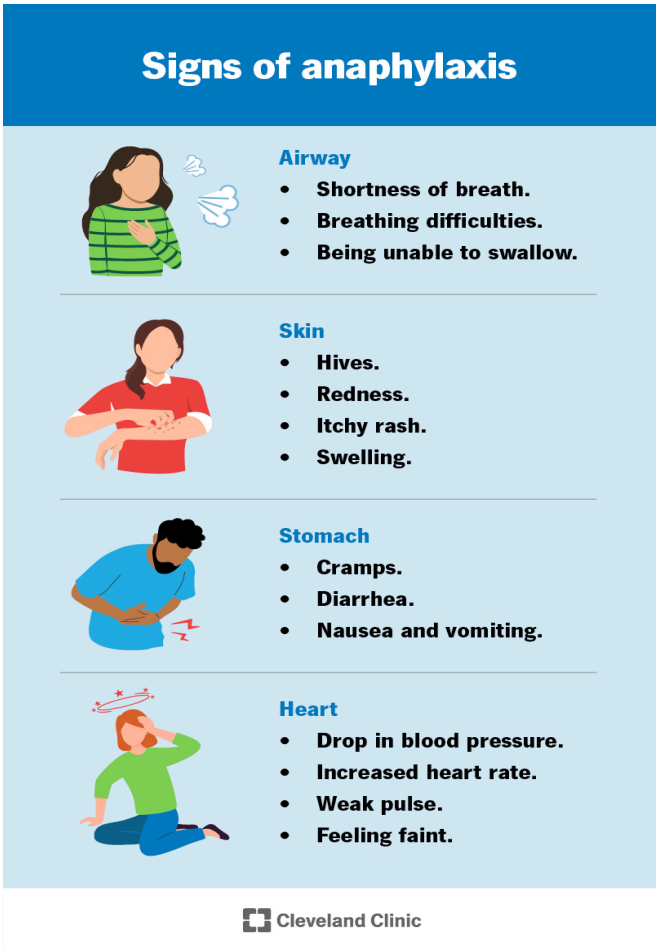
We also ask that you speak with your child about the <u>importance of not sharing food or snacks with friends after school.</u>

Children may not always be aware of the ingredients in their own food or understand the risks that sharing food can pose to a child with a nut allergy.

Your cooperation is greatly appreciated and helps us maintain a safe environment for all children.

Thank you for your understanding and support.

ANAPHYLAXIS is a serious and potentially life-threatening allergic reaction that requires immediate treatment.



If school staff suspect that a child is experiencing anaphylaxis, we will:

- Administer adrenaline immediately using the child's prescribed auto-injector, where available, or the school's emergency auto-injector where appropriate.
- Call 999 and state that the child is experiencing anaphylaxis.
- Stay with and monitor the child while waiting for emergency medical assistance.
- Administer a second dose of adrenaline if required and available, in line with current guidance and the child's emergency plan.
- Contact parents/carers or the emergency contact as soon as possible.
- Record and review the incident to identify any necessary follow-up actions.

Importantly, a child does not need to have previously experienced anaphylaxis for staff to administer adrenaline. If anaphylaxis is suspected, staff will act immediately rather than wait for symptoms to worsen.

How parents/carers can help

Please ensure that:

- The school is informed of any diagnosed allergy.
- We have up-to-date medical and emergency information.
- Any Individual Healthcare Plan is kept current.

- **Prescribed adrenaline auto-injectors are provided, in date and replaced promptly after use or expiry.**
- **The school is informed of any changes to your child's allergy, medication or treatment plan.**
- **You inform us of any significant allergic reaction your child experiences.**

Thank you for your continued support in helping us keep all our children safe.



RESPECT FOR SCHOOL STAFF

All staff at Osmani work incredibly hard to ensure that all children are safe, thrive and excel in the school.

It has been brought to our attention that a few parents are using inappropriate language, being disrespectful, aggressive and threatening to our staff.

We would like to remind all parents that any disrespectful, aggressive and threatening behaviour towards any member of staff will not be tolerated and can lead to a ban from the school premises.

Thank you for your continued support and cooperation.



DAMAGE TO SCHOOL PROPERTY

We would like to remind families that if a child deliberately damages school property, parents or carers may be asked to cover the cost of repair or replacement.

Please could you take a moment to speak with your child about the importance of respecting and taking care of the school environment and equipment so that everyone can continue to use and enjoy it.



KIDS ONLINE SAFETY

The government has launched a new website to support families and encourage regular conversations about what they're seeing online, asking simple questions, like "who shared this" and "why?". Based on parents' main concerns and needs, it provides:

- **tips for parents' conversations with their children**
- **actions to support each stage of their child's life**
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REMINDERS FOR THE SCHOOL YEAR



POLITE REMINDER

Whilst we welcome children bringing in snacks from home for celebrations and for After School Club consumption, our long-standing policy has been that this must be a healthy snack.

Healthy snacks that can be brought in can include; fruits, sugar-free juice, water, vegetable sticks, bread sticks, etc.

Please note unhealthy snacks such as chocolate croissants, chocolate bread, sweets, and crisps are not allowed and children will not be able to consume these during their snack time.

Thank you in advance for your cooperation and for supporting the school in being, 'Sugar Smart.'

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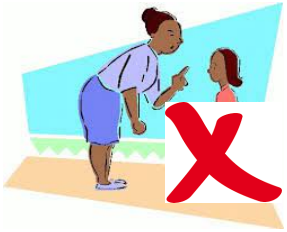


INFORMATION ON MEASLES / MMR VACCINATION

Measles is highly infectious and if left unvaccinated nine out of ten children in an early years setting can catch the disease if just one child is infectious.

The Back to school MMR Guidance from the NHS includes information to share, as well as example social media posts which can be found here: NHS Vaccine Poster and NHS MMR Poster.We would like to remind all parents that any disrespectful, aggressive and threatening behaviour towards any member of staff will not be tolerated and can lead to a ban from the school premises.

Thank you for your continued support and cooperation.



APPROACHING OTHER PARENTS OR CHILDREN

There have been a number of incidents where a parent has approached a child to 'tell them off' or approach the parent of a child because the child was involved in an altercation with their child. We are asking parents not to do this. Instead, we kindly ask you to inform a member of staff and we will look into the matter.

ATTENDANCE GUIDANCE: IS MY CHILD TOO ILL FOR SCHOOL?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. There are government guidelines for schools and nurseries about managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school on the first day. Let us know that your child won't be in and give us the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let the school know. https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/



TRIPS PERMISSION

We kindly ask that parents give permission in 'good time' via the Google form sent to parents. *This means before the day of the trip.*

Failure to give permission before the day of the trip will lead to your child not being taken on the trip. If you need support to complete the form via the Google form link, kindly speak to a member of the Admin team before the day of the trip and they will be happy to show you how to complete the form.

HOW TO COMPLETE THE TRIP PERMISSION GOOGLE FORM

All trip permission forms will now be completed via Google Forms. Please see the link below to a 'How to….YouTube video.
https://www.youtube.com/watch?v=No9BIeljKVI



NEW EMAIL ADDRESS FOR ALL PARENT MESSAGES AND ENQUIRIES

We have a new email address dedicated to parent messages and enquiries: parents@osmani.towerhamlets.sch.uk



INTERNET SAFETY ADVICE WEBSITE

Get advice by age
Whatever your child's age, you will find guidance to help you find out more about their digital lives. Receive practical advice on the steps you can take as a parent to keep them safe on social media, in online games and around the web. Click link: https://www.internetmatters.org/advice/



INJURIES DURING PLAYTIME

At Osmani, we encourage children to play and take risks in a safe environment. Unfortunately, as part of this process, children may sustain minor injuries which are a natural part of children's play. In the event that a child is injured at playtime all adults follow our school's Health and Safety Policy and

administer First aid. However, we are noticing that some children are not presenting themselves to a First Aider for treatment when they have injuries that they deem minor e.g being hit by a ball.

We kindly ask that you remind your child/ren to always go to First aid if they have been injured even if they think it is a minor injury.



PERSONAL HYGIENE

Good personal hygiene is fundamental for learning and self-esteem.

As the children in LKS2 and UKS2 continue to grow and develop, we must consider the personal hygiene of our pupils.

Hygiene needs to be taught before a child goes through puberty, so that good habits have already been formed before they are needed. Parents/Guardians help teach these habits and reinforce them as the students mature physically.

Good hygiene consists of different areas that need to be addressed every day. Dental care, hand washing, bathing and body care are all hygiene concerns.

Bathing and body care involves bathing regularly and children should begin using deodorants and antiperspirants to help reduce sweating.

How can you support your child to develop good personal hygiene?

Encourage your child to get into the habit of showering every day. They also might want to shower after activities where they worked up a sweat. Encourage them to wear clean clothes, socks, and underwear each day as uniforms can get stained and dirty.



WE ARE A SUGAR SMART SCHOOL

Too much sugary and salty food can affect your child's health. At Osmani, we are encouraging you as parents to limit the amount of sugary and salty snacks that your child consumes.

Therefore, we would like to encourage you if you must, to only bring health snacks into our playground. Healthy snacks include: bananas, satsuma, tangerine, apple, breadstick, rice cake.

RE: SUGAR SMART SCHOOL:PARTIES AND BIRTHDAYS

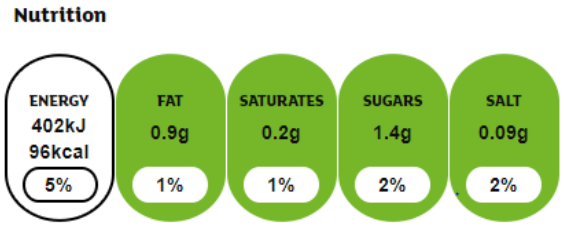
At Osmani we take seriously our responsibility in ensuring that all children, their families and our staff live a healthy life. As a **'SUGAR SMART'** school, we continue to work tirelessly to help individuals and families reduce the amount of sugar they consume.

For more information about the damage that sugar can do to our bodies, please visit: https://www.youtube.com/watch?v=8u9G8sBOISw

Consuming too much **SUGAR AND SALT** can lead to serious health problems like weight gain, blood sugar problems such as diabetes and an increased risk of heart disease, among other dangerous conditions in children and adults.

As we continue to promote healthy living and lifestyles for children and their families, we would like to remind you that the school does **NOT** allow **crisps** and **fizzy drinks** to be consumed during school parties. Therefore, we ask that you only send in a squash drink **containing no added sugar, if you wish to send in a drink.**

Healthy alternatives to chocolates and crisps that you may send in include: **satsuma/tangerine/carrot sticks/batons, popcorn, rice cakes or mini breadsticks**.



ANY FOODS DRINKS SENT INTO SCHOOL SHOULD HAVE A GREEN NUTRITION LOGO AS ABOVE

We're asking pupils to bring in **one item of food ONLY (No home cooked foods).** We would like to avoid wasting food.

As we have **many children with severe allergies**, we ask that your child does not bring in any food with **nuts** either in the ingredients or individually e.g bag of nuts.

It is also not compulsory to send your child to school with snacks on their birthday. If you would like more information about alternative snacks you can send to school, please speak to any member of the senior leadership team.



BIRTHDAYS: GOODY BAGS AND HEALTHY SNACKS

This is a reminder that we do not encourage parents sending in goody bags of toys into school for children's birthday. Doing so puts unnecessary additional pressure on families and other children to want to do the same. School staff will not be distributing such bags in school.

It is also not compulsory to send your child to school with snacks on their birthday. If you would like more information about alternative snacks you can send to school, please speak to any member of the senior leadership team.

Healthy alternatives to chocolates and crisps that you may send in include: satsuma/tangerine/carrot sticks/batons, popcorn, rice cakes or mini breadsticks.

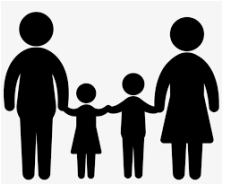
As we have many children with severe allergies, we ask that your child does not bring in any food with nuts either in the ingredients or individually e.g bag of nuts.



SCOOTERS/BIKES

We have had a number of injuries due to children cycling/scooting into and on their way out of the playground. Please ensure your child disembark from their bicycle or scooter outside the red gate. At the end of the school day, they should get on their bicycle or scooter outside the red gate.

PARENTS COLLECTING CHILDREN AT THE END OF THE SCHOOL DAY



The playground gets very busy at the end of the school day. <u>We ask that parents hold the hand/s of their child/ren, especially the younger ones.</u> Children are walking/running away from their parents and they are getting lost in the crowd. These incidents have caused enormous trauma for the children and their parents.



AFTER SCHOOL USE OF PLAYGROUND EQUIPMENT

At the end of the school day, we are currently allowing a <u>maximum of 4 children</u> from Early Years, Year 1 and Year 2 to play on the playground equipment by the collection point under parental supervision. Children in Years 3, 4, 5 and 6 are not allowed to play on the equipment. This arrangement will be kept under review.

This message is also to remind parents that once you have collected your child/ren from the teacher, your child's safety becomes your responsibility.

Thank you for your continued cooperation and support.

OSMANI PRIMARY SCHOOL TEAM