

# Dear Parent/Carer

Please see below for some key information:

### Key Dates: What's coming up?

<u>Click here</u> to be directed to the parent calendar on our website.

# **Energy Drinks**

Close to a third of children in the UK consume energy drinks at least once every week 😲 🥤 While these high-caffeine beverages might be touted as a shortcut to a boost in focus and productivity, even a moderate intake can lead to significant impacts on the heart, sleeping patterns and mental wellbeing. Please read the attachment on energy drinks for further info!

#### Summer Uniform & Hot Weather

At ODA we are really excited about the upcoming Summer Term and for the sunny days ahead at school, but would like to remind you about a few important pieces of information.

# **Sun Protection**

Please apply sun cream to your child before school on hot sunny days. We advise that a high factor is applied eg, SPF50. We are able to provide Nivea Kids sun cream SPF50 for children who need to reapply or have outdoor PE in the afternoon. ODA staff can spray the sun cream onto the skin, children will need to rub the cream in themselves. If you do not wish for sun cream to be reapplied to your child at school due to allergies, please can you let us know by sending an email to parents@onedegreeacademy.org . By opting out, ODA staff will be unable to spray sun cream onto your child in hot weather. On hot days we also suggest children wear a sun hat to protect against the sun.

# Hay fever

For children who suffer from hay fever and require medication, please follow the medicine protocol for this and complete a form via our school office.

#### Uniform:

- Trainers are only to be worn on your child's PE day
- Please remember school shoes must be worn on non PE days. Trainers cannot be worn with summer dresses or shorts on non PE days
- Summer dresses and black or grey shorts can be worn in the summer term.
- Black PE shorts may be worn for PE
- Ties are to be worn by Year 1 upwards on non PE days

#### Summer Uniform Expectations

We are now into the Summer months which means that there are some slight uniform changes. Purple Summer dresses are allowed for girls and dark grey shorts are also allowed for all. Caps are allowed and these need to be purple or plain grey, black or white.

#### Enfield Council - Housing Conferences

Please see a flyer sent on behalf of Enfield Council regarding housing conferences.

The dates are Saturday 15th June and Saturday 6th July.

To book a place at either conference please email: myhome@enfield.gov.uk or call 0208 132 0799





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To book a place at either conference please email: myhome@enfield.gov.uk or call 020 8132 0799

For more details visit: www.enfield.gov.uk/councilhousing



# Satellite Site

We know the decision by planners not to allow pick up or drop off at the school and parents taking the bus can be frustrating for our families. We have continued numbers of applications from the Edmonton area. One Degree Academy is considering opening a satellite site, starting with a nursery and reception class in September 2025 in Edmonton. One Degree Academy is consulting on the creation of a satellite site to serve the needs of our youngest children that travel a significant distance to access the educational offer at One Degree Academy. You can view our plans in more detail and comment here

#### Home Learning Videos

Nursery, Rec: These are available on Tapestry Y1-6: Click <u>here</u> for the latest home learning video from the teaching team.

Don't forget to follow us on Instagram <u>@1DegreeAcademy</u> to see photos of our week!

Many thanks, ODA





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# Helpful numbers and websites

Helpful numbers and websites Childline: 0800 1111 NSPCC helpline: 0808 800 5000 Multi Agency Safeguarding Hub (MASH): 0300 500 80 90 Barnardos: 0800 008 7005 LGBT+ switchboard: 0300 330 0630 Kooth: www.kooth.com - support service for student wellbeing

