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MESSAGE FROM THE PRINCIPAL

As we head towards the end of the year we are looking towards organising some trips that will give students the chance to go on educational visits that they would not normally have the chance to experience. Students need to realise that this is a privilege and not a right. Trips of this nature are earned by showing all of the qualities defined by PAUSE – being punctual, showing a good attitude, wearing the correct uniform, bring their student planner and bringing the correct equipment.

Those not able to keep up with those high standards will find themselves following normal lessons back at the Academy.

We are keen to extend this opportunity to all students, but we are equally determined to keep high standards of learning, behaviour and appearance right up to the last day.

FORTHCOMING DATES

Celebration Evening	6 July—selected students only
Trips in/out	Friday 9th July
Trips in/out	13-16 July
Staff Training	19-23 July
End of Term	23 July

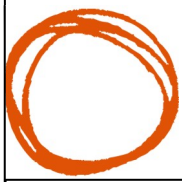
MINDBENDER - £5 prize—World Cup question



Last week's correct answer was Manchester United—the winner is Natan Phillips please collect your prize from Reception on **Tuesday**.

Oasischurch

OasisChurch - Enfield, meets each Sunday at The Oasis Academy from 11am starting with an informal time over a cuppa! Then a time to discuss and debate a topic from the Bible. The Church is part of the Oasis Hub and it chooses to serve and work with the school, the children's centre and the youth team. To know more about Oasis church we can be contacted via our website www.church.co.uk/enfield. or call 01992 655463 to speak with Craig or Rachel Bird.



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FILMCLUB

We're starting Filmclub in school and going to start with two sessions on Tuesday 22nd and Tuesday 29th of June from 4.15 – 5.45pm. Students need to hand in consent form to be able to attend the taster events. There will be more information posted around school in the next week or so!

Miss Mollart

SCHOOL PHOTO

On Thursday 1st July a whole school photo followed by a staff photo will be taken. Please can all students ensure that they are in full uniform on the day. The final photo will be available for both staff and students to buy later in the year.

CARNIVAL

We are planning a carnival after school on Wednesday 14th July as an opportunity for students/parents to say farewell to Mr Walton. Further details to follow but please keep the date free.

WORLD CUP MERCHANDISE

England World Cup Merchandise will be on sale at break and lunchtimes until further notice.

CELEBRATION EVENING—6th JULY

Letters have been sent to the lucky students who have won an award at the Celebration Evening on Tuesday 6th July. Make sure that you return your reply slip to the office. Parents and students will be expected to arrive by 5.15, so that they can be seated in time for the event to start.

Students will meet in the assembly hall and parents will be escorted to the sports hall where the event will take place. Students need to make sure that they are in full school uniform.

Only students who have won an award have been invited to celebration evening, this is due to the numbers in the school it would be impossible to fit everyone in.

End of year reports will be posted home this year.



Facts

- Men have more premature deaths than women;
- Are at higher risk of death on the road, suicide and injuries;
- Are less likely to visit the GP for advice;
- Tend to ignore their symptoms;
- Reluctant to ask for help with emotional problems



What problems are particularly import to men?

Cardiovascular diseases are the highest cause of male death in the UK; you can help reduce the risk by:

- Stopping smoking
- Taking 30 minutes of physical activity a day
- Eating a healthy, balanced diet including five portions of fruit and vegetables a day
- Maintaining a healthy weight
- Not drinking more than the recommended amount of alcohol
- Getting your blood pressure and cholesterol level checked and treated if necessary
- Keeping your stress levels under control



Alcohol

Know your limits; a pint of lager is almost 3 units. More than 3-4 units per day increase the likelihood of illness including:

- Stroke
- Heart attack
- Accidents
- High blood pressure
- Mouth and throat cancer



Enlarged prostate

Around half of men over 50 suffer from an enlarged prostate. It can be treated, so see your GP if you have:

- The feeling that you haven't completely emptied your bladder
- You are needing to get up several times a night to pass urine
- You are going to the toilet frequently during the day
- You have difficulty in starting to pass urine, a weak stream or dribbling at the end of passing urine



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Hay fever

Hay fever (seasonal allergic rhinitis) is an allergy to pollen, pollen is the fine powder produced by plants, trees or flowers to fertilize other trees, plants or flowers. Grass pollen allergy is the most common; the grass pollen season is usually from May to July. Tree pollens usually affect people from March to May and weed pollen tends to be early spring to early autumn. Hay fever is very common and affects approximately 2 out of every 10 people in the UK.

Symptoms

Common symptoms include:

- Runny, itchy and/or blocked nose
- Sneezing
- Itchy eyes
- Watery, red eyes
- Sinus problems
- Itchy throat



Less common symptoms include:

- Loss of smell
- Headaches
- Face pain
- Sweats

When bad, symptoms can affect sleep, school and work. Asthma sufferers tend to get wheezy and breathless and hay fever sufferers are more likely to get Asthma. Hay fever can run in families.

What to do if you think you have hay fever

See your GP for a diagnosis, who will then suggest treatment such as:

- Antihistamine nose spray
- Antihistamine tablets
- Steroid nose spray
- Eye drops
- Steroid tablets for severe cases
- Occasional allergy testing



Avoiding pollen

Avoiding pollen is impossible, but keep an eye on the pollen count and if you're over 50, you could:

- Stay indoors as much as possible, and keep windows and doors shut.
- Avoid cutting grass, large grassy places, and camping.
- Shower and wash your hair after being outdoors, especially after going to the countryside.
- Wear wrap-around sunglasses when you are out.
- Keep car windows closed, and consider buying a pollen filter for the air vents in your car. These should be changed at every service.

More Information

Allergy UK - A charity for people with allergy, food intolerance and chemical sensitivity.
Allergy Helpline: 01322 619898
Web: www.allergyuk.org
NHS: www.nhs.uk/conditions/Hay-fever/Pages/Introduction.aspx



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June 2010 – Get Active

Why do you need to be active?

Research shows that 7 out of 10 adults do not get enough physical exercise.

Everybody, young and old, needs to be active to keep healthy – our bodies are designed to be active and without physical activity they don't perform to their best capacity.

If you and your family aren't very active at the moment, increasing your physical activity levels could have an immediate and positive impact on your lives. You'll find that you:

- feel good about yourself;
- have more energy;
- sleep better;
- cope with stress and anxiety better;
- loose weight and fight obesity.



What is enough exercise?

For good health and well being, adults need at least 30 minutes of physical activity most days of the week and 60 minutes every day for children. Physical activity is especially important for children if they are to grow into healthy adults.

Why is being active important?



Approximately three out of five men and women are overweight or obese, which poses a serious risk to their health. Even more worryingly, many children are overweight or obese, putting their health at risk.

Regular physical activity is essential if you want to lose weight and keep it off in the long term – healthy eating alone is often not enough.

By taking more physical activity you will also reduce your risk of a wide range of health conditions, both now and in the future. These include:

Coronary heart disease or stroke

Inactive people are nearly twice as likely to develop heart disease as active people. It is estimated that a quarter of all strokes could be avoided if people were more active.

Diabetes

Physical activity helps to prevent or delay the development of Type 2 diabetes, and can help you to manage the condition if you have already developed it.

High blood pressure (hypertension)

Regular physical activity may help to prevent blood pressure rising as we get older. It can also lower blood pressure in around three quarters of people who already have hypertension.

Osteoporosis

Regular activity in childhood and early adulthood will help ensure higher bone mineral density throughout life, while regular activity in middle and older age slows the rate of age-related bone loss.

Some types of cancer

Physical activity has been proven to reduce your risk of developing colon cancer. Some studies have suggested that it can also reduce your risk of other types of cancer including breast, prostate and lung cancer, but this is still being investigated.



Depression and anxiety

Inactive people are more likely to experience depressive symptoms. Physical activity helps reduce symptoms of depression and anxiety, and raise self-esteem.

The most important thing to remember about physical activity is that whatever you can manage to fit in, it all adds up!

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A Midsummer Night's DREAM REMIK

Inspired by Shakespeare's
"A MIDSUMMER NIGHT'S DREAM"

Script by
Robin Kingsland

Choreography by **AMY BUTTERFIELD**

Special Guest Appearance!
Prior to his joining
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winner of TV's
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Dear Parents and Competitors,
Year 8 and 9 Students
Oasis Academy: Enfield Sports Day

Our annual Sports Day will be taking place on **Tuesday 13th July** at the Lee Valley Athletics Centre, Pickett's Lock. Throughout the day students will take part in a variety of traditional athletics events along with a Learning Family Tug of War Competition. The event will run from 10am until 3:30pm.

This year we are asking Year 8 and 9 students to make their own way down to the track on Sports Day. They will need to arrive at the track in Pickett's Lock between 09:30am-10:15am so that they can be registered and prepare for their morning events. The first events will start at 10:30am prompt, so it is essential that they arrive to the venue on time. The W8 bus service is one form of public transport that they may wish to take if you are unable to drop them off/collect them at the specified time (Chase Farm, Gordon Hill Station, Silver Street, Great Cambridge Road – Church Street, Edmonton Green Station, Pickett's Lock Centre).

All students are asked to arrive at the track in their correct PE kit (polo shirt, shorts, socks and trainers). I would also advise them to bring their Academy Tracksuit if they have one in case the weather is cold. *It is vital that students do come in their kit as their will not be time or space for them to change at the track.* Please ensure that your son/daughter leaves all valuables at home on the day of the event.

Students will be required to bring a packed lunch from home as there are no food outlets at the track. All students must bring a refillable bottle of water to ensure that they remain fully hydrated throughout the day.

Spectators are very welcome at Lee Valley Athletics Track, but we must request that you stay in the specified parent area on the grass verge away from the stand. Please note there are no seats in this area so be prepared to sit on the grass. Entry will be by ticket only. Should you wish to come and watch your son/daughter compete in their events then tickets can be obtained from the Academy Reception from Thursday 8th July. Please note that you **will not** be allowed to take any photographs on the day due to child protection guidelines.

WEATHER WARNING: Being Britain the weather could do absolutely anything, so please have your child prepared for any eventuality. They may need sun cream, a hat and most definitely plenty of water. If the weather is not in our favour then they may need to bring their school tracksuit and a waterproof jacket.

Please return the reply slip below by **Monday 5th July**.

Here's hoping for a successful day.

The PE Department.

To Miss Curtis

I give permission for to attend Sports Day.

They have permission to make their own way to and from the track on Tuesday 13th July.

I will be arranging for them to be taken to and from the track on Tuesday 13th July.

Parent/Carer signature

Dear Parents and Competitors,

Year 7 Students

Oasis Academy: Enfield Sports Day

Our annual Sports Day will be taking place on **Tuesday 13th July** at the Lee Valley Athletics Centre. Throughout the day students will take part in a variety of traditional athletics events along with a Learning Family Tug of War Competition.

The Academy day will start at 8:45am as usual for all year 7 students. Once they have been registered, students will be taken down to the track by coach, where they will then spend the rest of the day participating and being a spectator. All students will return to the Academy by coach at 3:30pm prompt, but if you would like to give permission for your son/daughter to travel home by an alternative method from the Athletics Track then please indicate this on the reply slip. Students returning to the Academy will be back by 4pm.

All students are asked to arrive at the Academy in their correct PE kit (polo shirt, shorts, socks and trainers). I would also advise them to bring their Academy Tracksuit if they have one in case the weather is cold. *It is vital that students do come in their kit as their will not be time or space for them to change at school.* Please ensure that your son/daughter leaves all valuables at home. If they need to carry their mobile phones then we would ask that these are left in their lockers or at the Academy Reception.

Students will eat their lunch at the track so will either need to bring a packed lunch from home or buy a baguette from the Restaurant on the morning of the event. All students must bring a refillable bottle of water to ensure that they remain fully hydrated throughout the day.

Spectators are very welcome at Lee Valley Athletics Track, but we must request that you stay in the specified parent area on the grass verge away from the stand. Please note there are no seats in this area so be prepared to sit on the grass. Entry will be by ticket only. Should you wish to come and watch your son/daughter compete in their events then tickets can be obtained from the Academy Reception from Thursday 8th July. Please note that you **will not** be allowed to take any photographs on the day due to child protection guidelines.

WEATHER WARNING: Being Britain the weather could do absolutely anything, so please have your child prepared for any eventuality. They may need sun cream, a hat and most definitely plenty of water. If the weather is not in our favour then they may need to bring their school tracksuit and a waterproof jacket.

Please return the reply slip below by **Monday 5th July**. Here's hoping for a successful day.

The PE Department.

To Miss Curtis

I give permission for to attend Sports Day on Tuesday 13th July.

(Please tick appropriate statement)

I would like my son/daughter to return to the Academy by coach.

I give permission for my son/daughter to make their own way home from the athletics track.

Parent/Carer signature

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ETAPP PLAY PROJECT 09.30 – 12.00</p> <p>For families living in temporary accommodation</p>	<p>CAP Money Management Course</p> <p>Three-session course to get you back in control of your money Crèche provided</p>	<p>Pop In For A Chat Morning!</p> <p>Free service to any family wishing to join our centre or just pop in for a chat. Free refreshments and biscuits! Pop in and meet Charmaine and Louise (two of our parent reps)</p>	<p>ENFIELD CHILDMINDING GROUP 09.30 – 11.30</p> <p>Featuring Under 5's story and rhyme time with Michelle!</p>	<p>CAMHS Understanding And Managing Children's Behaviour with Crèche 10.00 – 12 23 April - 28 May 2010</p>
<p>OASIS STAY AND PLAY 10.00 – 12.00</p> <p>Featuring Under 5's story and rhyme time with David!</p> <p>Interactive toys and musical instruments</p> <p>OASIS ACADEMY LIBRARY SERVICE 10.00 – 10.30</p> <p>Visit our very own Oasis Academy library and borrow books and resources</p>	<p>HEALTH VISITOR SERVICE First Time Parents Group 11th, 18th, 25th May and 1st, 8th June at 10.30 till 12noon and Baby Massage 22nd, 29th June and 6th, 13th July</p>	<p>OASIS STAY AND PLAY 09.30 – 11.30am</p> <p>Wide range of toys and activities to keep your children busy</p> <p>HOMESTART PLAYGROUP 1.30 – 3.00</p> <p>Providing practical and emotional support to families in Enfield.</p> <p>Featuring Enjoy and Achieve Parenting Workshop.</p>	<p>OASIS STAY AND PLAY 2.00 – 4.00pm</p> <p>Wide range of toys and activities to keep your children busy</p> <p>HEALTH VISITOR DROP IN for parents and carers 2.00 – 4.00pm</p>	<p>Links with Citizens Advice Bureau Please see staff for details</p> <hr/> <p>BUMS LEGS AND TUMS 12.30 – 1.30</p> <p>Rhythm and Rhyme exercise workshops for you and your child! See staff for details</p>
<p>Children and Family Alcohol and Drug Service 2 – 5pm</p> <p>Family support and drop in groups</p> <p>See staff for details</p>	<p>OASIS STAY AND PLAY 2.00 – 4.00pm</p> <p>Featuring Under 5's story and rhyme time with Pat!</p> <p>Please turn over the page for details of other services and special events!</p>	<p>ENFIELD COUNSELLING SERVICE Free, confidential service. See staff for details</p> <p>FATHER, GRANDFATHER AND CHILDREN CLUB 3.15 – 4.30pm</p> <p>Light Refreshments, Arts and crafts, Nursery rhymes, Story time, Physical activities etc.</p>	<p>SPEECH AND LANGUAGE DROP IN SERVICE 2 – 4pm</p> <p>Links with Job Centre Plus See staff for details</p>	<p>Future Plans..... Domestic Violence drop in service Teddy Bears Picnic at the Park 2 year Developmental Checks Jobsnet Training – CV writing, filling up application forms and interview skills 4YP – health advice for young parents</p>