

St Martin's Newsletter



SUMMER TERM - Friday 19th April

Attendance

Whole school attendance this week is **93%**. Well done to the **44 children** who received **100% badges** for the spring term – 17 of the children have had two whole terms without missing a day. **Attendance and behaviour reports** have been sent out today. There is now information on there to show you how many sessions your child may have missed and also the number of weeks where they have had days missing. 1 day over a number of weeks can have a huge impact on children as they find it difficult to catch up on that missed learning.



4Estates Support

Thank you to all the families who have already sent in donations to support **4Estates** food parcels. A reminder of what is needed.

- Tinysteps - Tinned peas
- Reception - Tinned carrots
- Year 1 - Tinned beans
- Year 2 - Tinned New potatoes
- Year 3 - Tinned spaghetti or other tinned pasta e.g. ravioli / macaroni
- Year 4 - Tinned soup
- Year 5 - Porridge
- Year 6 - Small box of cereal e.g. cornflakes

If you have more than one child in the school one item will be enough. Anything would be gratefully received. Can all donations be brought in before **Friday 26th April**.

Attendance

Year R - 98% 4 Lates

Year 1 - 92% 2 Lates

Year 2 - 92%

Year 3 - 89% 7 Lates

Year 4 - 95%

Year 5 - 92% 4 Lates

Year 6 - 92%

4 Classes with less than 10 lates

Well done to year 2 & 4, this weeks Dojo Champs

Anyone who comes into school after 8:50am is marked as late.

Please try to be an attendance



Family Learning Workshops

We have a **family learning workshop** coming up this week.

The Online wellbeing for Year 1, 2 & 3 will be on **Wednesday 24th April 2024** at **1.30 – 3.00 pm**.

It is available to book on using the school spider app but there are limited places.

Clubs

Extra-Curricular clubs begin on **Monday 22nd April** – please check spider to see when each clubs last session will be. There will be **NO CLUBS** on **Monday 29th April** due to staff training. Sorry for the inconvenience.

St Martin's Stars

Well done to everyone who got a certificate this week.

Purple Tie certificates are given for children who embody our rules of being Kind Respectful and Responsible.

Pre-School - Oliver

Year R – Fraser H

Thomas F

Year 1 – Kyra M & Jasmine D

Ava M

Year 2 – Benji C & Elsie C

Maisie F

Year 3 -Chimmy I & Evie S

Olina C

Year 4 – Zachary G & Oscar H

Eva N

Year 5 – Isaac H & Amelia O

Jessica B

Year 6 – WHOLE CLASS

Olivia B

Making Us Proud

Our students have made us **very proud** this week. On Tuesday, **Y2** and **Y4** were **model pupils** when on their trip to Martin Mere. Mrs Ming was teaching in **Y1** on Wednesday and they **wowed** her with their hard work. **Y2** made **fantastic pizzas** during their DT lesson in Pizza express and **Y5** were amazing when they performed a **very moving** Romeo and Juliet for their parents and families and our governors on Wednesday. Photos will be uploaded to Facebook.

Well done everyone! 😊

Wednesday Word

The **Wednesday Word** is a resource for parents to use when discussing the weekly Gospel's with their children.

<https://www.paperturn-view.com/uk/wednesday-word/trust?pid=MTA101634&v=125.7>

This week's guide contains what parents need to know about Energy Drinks <<https://nationalcollege.com/guides/energy-drinks>> Drinks. Click the link or see the attached guide for more information.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks