



# Churchfield News

Summer 1 Week 2 – Friday 19<sup>th</sup> April 2024

## Upcoming Diary Dates

- W/C Mon 29<sup>th</sup> Apr – After School Clubs Start
- Mon 6<sup>th</sup> May – Bank Holiday
- Tues 7<sup>th</sup> May – FREE Y6 SATs Breakfast Club Starts (2 weeks)
- **W/C Mon 13<sup>th</sup> May – Y6 SATs**

## School Crossing Patrol Service (SCP)

Fantastic news! The SCP service came out and carried out a risk assessment on the area around school, and have decided that they will now supply a crossing patrol warden. The job advert will **go live on 26<sup>th</sup> April** on the Barnsley Council website. These positions are really hard to recruit to, so if you know someone who may be interested, please ask them to take a look! I'd like to thank all parents for your support in helping us progress this!

## Staffing Update

Mrs Dixon will now spend her time working for both school and Waterton Academy Trust, supporting other schools to develop their provision for pupils with SEND, as well as helping develop specialist settings. This means she'll be at Churchfield 2-3 days each week moving forward.

## Y6 SATs

Y6 SATs are fast approach and start W/C Monday 13<sup>th</sup> May. There'll be a FREE breakfast club for all year 6 the week before, and the week of SATs. There's no need to book, and this will be held in the Y6 unit.

## After-School Clubs

After-school clubs start W/C 29<sup>th</sup> April – there are still some places remaining, if you'd like your child to attend – book with the MCAS app!

## Learning Newsletters

The Microsoft Sway newsletters that we send out every week are also on our website, under the 'Curriculum' tab.

## 2024-25 FS2 Places

If you have a son or daughter that has been offered a place at Churchfield for 2024-25, please let Mrs Phillips know which 'Stay & Play' session you'd like to attend in June!

## Bronze, Silver & Gold Awards

We have a lot of children now achieving their Bronze, Silver & Gold awards for House Points! Every winner gets a certificate, special sticker and a prize from the prize box. It's 50 HP for Bronze, 100 for Silver, 150 for Gold and 250 for Platinum!



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](http://nationalcollege.com).

# What Parents & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

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.

### 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.

### 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.

### 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.

### 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.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at [nationalcollege.com/guides/energy-drinks](http://nationalcollege.com/guides/energy-drinks)





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## Our Values

Our School Values & Golden Rule underpin everything we do!

## Our Golden Rule

We keep ourselves, and each other, safe.



We are proud, and work hard to be the best that we can be



We are determined and resilient, embracing all challenges



We collaborate well, treating everyone as equals



We are honest, kind and show integrity



We respect all people, property and the environment



We believe in ourselves and strive for our goals