

NEWSLETTER Thursday 25th April 2024

Dear Parents,

It has been lovely to welcome all the children back after the Easter break. Please read on to find out about the beginning of our term.

LANDSCOPE LEARNERS



Class One love to be outside and at one with nature. They spent a very sunny afternoon in the Spiritual Garden and the school field learning about 'busy' spring birds, spring plants and looking for insects. What a lovely way to spend an afternoon!



Class 2

This half term, we are starting off our maths learning with fractions. This week we learnt to recognise a half and a quarter. We first used shapes to find halves and then moved on to recognise this in numbers too. In other news, we started practicing for our country dance for Friday 3rd May!



Class 3

In DT, Class 3 have been learning about why food comes from different places around the world and the benefits of seasonal food. During lessons, they were learning to use the correct techniques to prepare different types of food. They thoroughly enjoyed making and tasting their seasonal tarts.



Class Four have been looking at House and Home in Spanish week, we looked at all the different rooms you might find in a house before designing our ideal homes!



ETHOS & VALUES

Now, here's an example of living out our values, and being just wonderful! We are incredibly lucky to have such supportive, hard-working parents! Huge thanks to the car park team that transformed the whole area over the Easter Holidays. Rich Pearse, Pete Mortimore, Richard Marchant, and Max Eastwood... You are FAB!



SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 97%)	
Whole school	94.6%
Class 1	92.9%
Class 2	90%
Class 3	97.7%
Class 4	97.9%
Well done to Class 4!	

If you are concerned about a child's wellbeing, please contact the school or in non-school hours contact MASH on 0345 155 1071.

Our designated safeguarding officer is Mrs. Ryder and the deputy safeguarding officer is Mr. Ansermoz.

This free information guide looks at high-caffeine energy drinks; their possible health risks; and how to address these potential issues.

<https://nationalcollege.com/guides/energy-drinks>

KS2 SATs

Just a reminder to the parents of children in Year 6 that the annual SATs tests are being held during the Week beginning 13th May. I'm sure that all the children will be fine and do their best and I can assure them that it won't be anywhere nearly as bad as they might think it is going to be!

KS1 also do 'SATs' but we keep this low key and have quiz days! All children across the school have some form of formal assessment in the summer term, but rather than have a high profile we prefer to keep it as low key as possible.

FOLS ~ a message from Michelle

We have a few fun events coming up so please make a note of the dates in your diaries!

- Friday 10th May – After school we will be doing a decorate your own cupcake on the field 50p each
- Friday 17th May – Bags2school collection. Bags and leaflets should be coming out soon. Bags onto the field by 9am please. We can arrange storage beforehand if needed.
- Also Friday 17th May – After school we will be selling fruit kebabs £1 each - place your order via fols@outlook.com so we can make enough.

I will shortly be putting together a rota for ice lolly sales on a Friday afternoon (in the hope that we start to get some warmer weather soon!) Please let me know if you are willing to go on the rota. It means buying some ice lollies from a supermarket and bringing them to school in a cool box at the end of the day to sell for 50p each. It isn't a big job but the children love it. Hopefully, if we get enough volunteers, you will only be asked to do it once.

We have a good selection of used uniform, so if you are thinking about buying anything please check with us before buying new. Susy (Darcy's Mum) has kindly offered to put bespoke bags together for anybody that asks so please email fols@outlook.com donations welcome but not necessary.

We still have numbers available for the 100 club so please sign up if you can, it's such an easy way to make money for FOLS plus being in with the chance to win yourself. It is only £4 per month, with £2 going

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 increase the 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/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 use energy drinks with alcohol, mistakenly believing that the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of overdose, 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 tea 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'Shea, Headteacher of Washington Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Caring 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 TASTE!, a sensory food education charity.

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

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to FOLS and £2 going into the monthly prize fund. Contact Danielle Merchant - dscamp@hotmail.co.uk to get your number.

Lastly the date for the Summer Fair will be – Friday 12th July. Again, any ideas or offers of help are extremely welcome. We would like to extend another invite to any external stall holders, please let friends or family know £15 per table, places are limited.

THANK YOU! Please keep supporting FOLS~ we really do make a huge difference!
Many thanks, Michelle.

DATES FOR YOUR DIARY

29.4.24	Class 4 London trip to Westminster and the Tower of London – should be a fun day!
1.5.24	Class 1 to Stover Country Park for Pond dipping
3.5.24	Please join us for our May Day celebrations 2pm, Woolston Green. Bring your dancing shoes! Children will return to school ready to be picked up from their classes at the end of the day.
	
6.5.24	BANK HOLIDAY
13.5.24	KS2 SATS week. Year 6 will be super busy this week as they take their SATS papers. Please ensure they are in school every day. We will ensure some treats along the way to keep their spirits up! <ul style="list-style-type: none"> Monday 13 May: English grammar, punctuation and spelling (GPS) papers 1 (questions) and 2 (spelling) Tuesday 14 May: English reading paper Wednesday 15 May: mathematics papers 1 (arithmetic) and 2 (reasoning) Thursday 16 May: mathematics paper 3 (reasoning)
22.5.24	Years 3&4 Invasion Games event
24.5.24	Class 3 Forest School Day
24.5.24	BREAK UP FOR HALF TERM 3:30pm
3.6.24	Back to school
5-7.6.24	Class 4 residential at Pixies Holt
10-14.7.24	Year 6 Bikeability
14.6.24	Class 1 visiting Marine Aquarium
14.6.24	Class 2 Forest School Day
17.6.24	Landscape's Traditional Sports day with Mr Tanner –please get our traditional sports day in your diary. Times TBC in the next fortnight.
18.6.24	School photographer – class and leaver's photos
28.6.24	Class 4 Forest School Day
1-2.7.24	Y3/4 Forest & Beach camping trip
5.7.24	Classes 1&2 Clip and Climb adventure
12.7.24	Class 3 Forest school day
17.7.24	Whole school First Aid workshops for the children
23.7.24	Leavers service @ St Matthew's 10am

No doubt there will be a few other things to add to this list as the weeks go by, but this gives you a good idea of what's ahead for this term.

That's all the news for now. Have a good weekend.

Jill Ryder.