

# Broadhempston Primary School

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## NEWSLETTER Thursday 25<sup>th</sup> April 2024

Dear Parents,

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

### BIRCH CLASS

On Friday, Birch class enjoyed a sunny day in the woods. They had a go at lighting the fire, exploring types of trees, creating clay faces, building dens, finding different stamps hidden in amongst the trees, cooking popcorn and drinking hot chocolate! What a fabulous set of experiences. Do take a look on Facebook for some cracking video footage ~ the beaming smiles say it all!





## SYCAMORE CLASS

In Science we have been learning about how shadows are formed. We experimented with different objects, changing the placement of the light source and observing and recording any differences in the shape of shadows. We learned that the further away the source of light, the longer and thinner the shadow is!

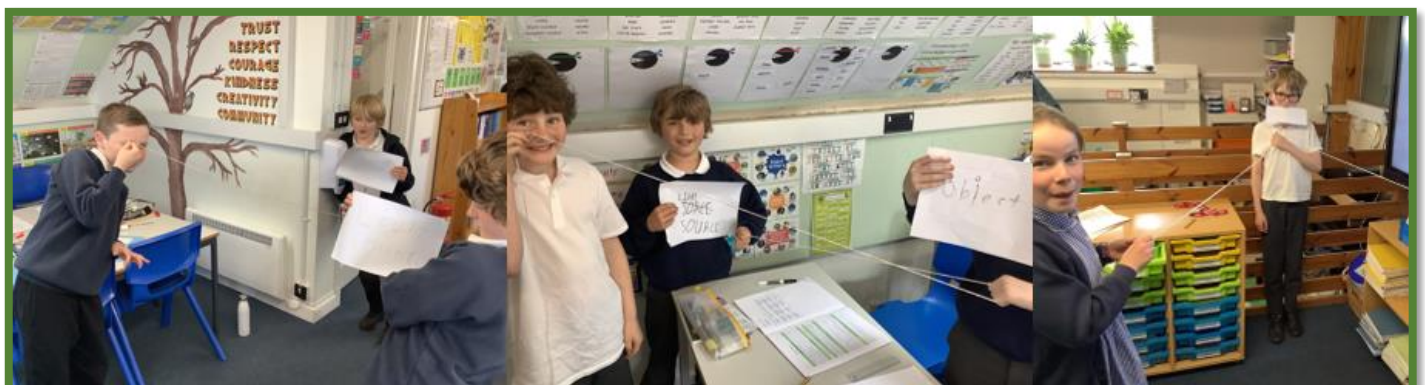


## OAK CLASS



In time honoured tradition our Year 6s are proud owners of their Leavers 2024 Hoodies – another step along the way to their transition to secondary school.

In the first science lesson for their new topic, Oak Class modelled how light travels and how it helps us see. They were very well informed! Well done Oak class.



## SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 97%)	
Whole school	96.7%%
Birch Class	96.2%
Sycamore Class	96.8%
Oak Class	96.6%

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 officers are Miss Barlow & Mrs Carwithen.

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 this year 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.

### CURRICULUM FOR THIS TERM

The most up to date topic webs for this term have been uploaded onto the website and you can see what exciting things the teachers have planned for your children here.

### DATES FOR YOUR DIARY

25.4.24	KS2 Football tournament
3.5.24	Sycamore Forest school day
6.5.24	<b>BANK HOLIDAY</b>
10.5.24	Y1&2 visit to Golden Hind Brixham
12.5.24	PTFA Garage Safari
13.5.24	<b>KS2 SATS week.</b> 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"> <li>Monday 13 May: English grammar, punctuation and spelling (GPS) papers 1 (questions) and 2 (spelling)</li> <li>Tuesday 14 May: English reading paper</li> <li>Wednesday 15 May: mathematics papers 1 (arithmetic) and 2 (reasoning)</li> <li>Thursday 16 May: mathematics paper 3 (reasoning)</li> </ul>
17.5.24	Oak Class Forest school day
22.5.24	Years 3&4 Invasion Games event

**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. 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.
- 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 treatment-resistant 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, mistakingly believing that the energy drinks' stimulant effects will counteract its 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.
- 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.

**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 consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviour 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 drinks, such as 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. Regularly open communication with children and young adults about the reasons for limiting energy drink consumption – and the importance of adequate nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

**Meet Our Expert**  
Dr. Jason O'Sourke, Headteacher of Walsingham 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 Buildings 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 on page 6 of [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)

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24.5.24	BREAK UP FOR HALF TERM 3:30pm
4.6.24	Reception children to Stover for pond dipping
5-7.6.24	Oak Class residential at Pixies Holt
18.6.24	Sports day with Mr Tanner at Headlands – timing TBC
22.6.24	Village Summer Fete
25.6.24	Sycamore Class Decoy adventure day
27.6.24	Oak class adventure day – slide, ride and drop!
1-2.7.24	Y3/4 Forest & Beach camping trip
8.7.24	Birch class Wembury beach trip
17.7.24	KS2 End of term production 2pm, Village Hall
23.7.24	Leavers service @ St. Peter and St. Paul's 2.30pm

**ADVANCED WARNING: SPORTS DAY DATE: TUESDAY 18<sup>TH</sup> JUNE**

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.*