



SOUTH WITHAM ACADEMY NEWS

Welcome to the first newsletter of the summer term! Someone just needs to remind the weather that we are now in Summer.



We have had a really busy start to the new term with children hitting the ground running and working really hard. We have had a visit from our Rutland sports officer Rob this week to run a tennis session with Otters and Badgers. The children loved it and learned some great skills!

Today, we had a few furry visitors with Jeremy the Genet accompanied by a Dumbo and Hooded Rat! The children enjoyed meeting them and asked lots of interesting questions.

Next week I am looking forward to taking a group of Year 5 children on their residential to Kingswood Activity Centre in Norfolk. Have a great weekend,

Mr Atter



UPCOMING DIARY DATES

24th - 26th April - Y5
Residential to Kingswood Activity Centre

1st May - Reception & YR6
Height & weight check

1st May - Author visiting
Otter Class

We would like to remind you that all students are required to wear the full school PE kit on designated PE days.

Recently, we have noticed an increasing number of students coming to school in sports clothing, which does not comply with the school's PE uniform policy. To avoid any confusion or inconvenience, we kindly ask for your cooperation in ensuring that your child is dressed appropriately for PE lessons.

We appreciate your attention to this matter and thank you in advance for your support in upholding our school's guidelines.

HOUSE POINT TOTALS



BURGHLEY

1351

BELTON

1225

WOOLSTHORPE

1047



Little Hedgehogs



This week in Little Hedgehogs we have been reading Dear Zoo! The children have been very busy wrapping up animals to send in the post and walking the animals in the paint to then walk across a big piece of paper. We have enjoyed being outside as much as possible this week, looking for bugs, crawling through the tunnel and running around the school field. We took the clipboards outside while it was sunny and drew our dinosaurs shadows and have been making animal footprints in the playdough. Can I remind all parents to please send a coat in with their child as it is still a bit chilly while playing outside for most of the day.



Woodlands



What a lovely first week back, we have done lots of learning this week we are so proud of the children! We have had lots of chats about what the children got up to over the easter holidays it sounds like you all have a lovely time! In geography we have been learning about the 4 countries in the UK we have been singing a song to help us remember!

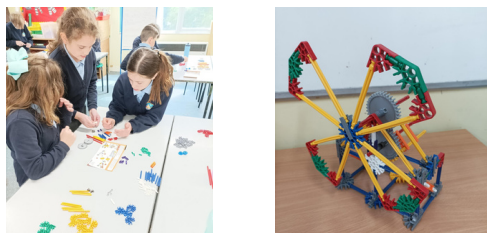
We have had a great first week back and we cant wait to see all the children next week!

If anyone has any spare kitchen bits and bobs that you don't use anymore please could we ask you donate them to the school for our outdoor area!



Badgers

In Badgers class this week, Year 5 have been working with fractions to find fractions of amounts or the whole amount if a fraction is know. Year 6 have been multiplying and dividing decimals including those in word problems. In English we have been planning a time travelling story back to the Tudor streets of London. We have written some of the paragraphs together, compiling shared ideas that show-case our grammatical knowledge. Next week, the children will write their own paragraphs independently to continue the story. Our topic on World War Two has begun with the children finding out about modern-day Germany and how it is run now compared to the dictatorship of 1939. In Science, we have started our learning about plants, understanding how those better adapted have an increased chance of survival and reproducing. Mr Milner joined us to work with groups on Knex construction kits to learn about gears and mechanisms.



Otters



Welcome back after the Easter holidays, we hope you had a lovely, restful time. This week has been full of visitors in Otter Class. Some of the children did their Bikeability Level 1 course, and were complimented on how respectful they were. On Thursday, Mr Lewin came and did a tennis session for everyone, which was lots of fun, especially the "cricket" game at the end - well done Beth for being the last player standing! We also had Mr O'Dell bring in his genet to show us, which was so gorgeous! This is all as well as doing our English, maths, art and PSHE work!



PRIDE OF SOUTH WITHAM



Readers of the week!

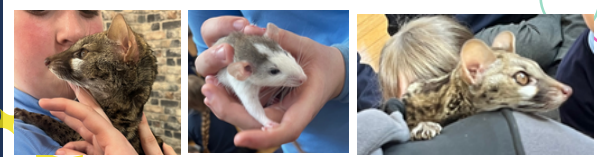


Well done to the Otter children that took part in Bikeability this week and passed their level 1 with flying colours!



Jeremy the Genet

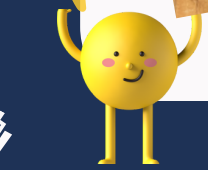
Thank you to Isla and her dad Matt for bringing in their pet Genet and Rat in to show our children. The children were very intrigued by the Genet, which is quite a rare animal in the UK.



Always Club



YAY!



Attendance Superstars

this week goes to **WOODLANDS** with 97%!!

Attendance is something we celebrate each week in our Celebration Assembly on a Friday. We are required to collate and update the attendance figures for the local authority each week. Going forward we will be monitoring attendance closely to ensure that we are hitting the targets given to the school by the DFE.

Would you like to join our PTA?

We are approaching a very busy Summer Term for the PTA and would love to see some new faces to help us raise extra funds for our school children.

If you feel you can join our team, or even volunteer every now and then, please contact Mrs Caucutt.

At the moment, our PTA is very small, and we struggle to fund raise due to lack of people. So if you can help, please come and see us.

All money raised goes into new play equipment, help with bus costs, leaver hoodies etc and without you, there may not be a PTA.

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.

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.



#WakeUpWednesday

The National College

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

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