

Newsletter – WC 20th May 2024

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me
– Philippians 4:13

The words of Jesus: Our Christian Value this week is Forgiveness



A massive St John's well done to all our Silverdale Stars this week.

CURLEWS – Patrick

For being sooooo enthusiastic about school.

You smile, you laugh, you learn, you love!

Amazing boy!

BITTERNS – Charlie Sc

For being such a good sport at the football match. You 'assisted' so many goals.

Thankyou

HARRIERS – Thomas S

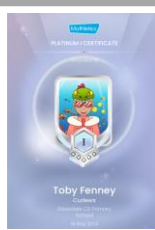
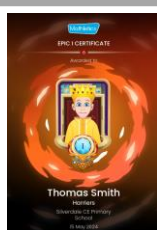
For working so hard on additional maths and English materials and being respectful with our visitors

Outside of School

What a super night, Tuesday was, at Storth CE Primary school. Our squad of 10 Bitterns' boys played a great football match against class 3 at the school. They were 2-0 down just 10 minutes in, but managed to pull it back – finishing off with a win of 2-7. Thank you to Jackie Shaw for driving the team bus. To Tom Glenister for refereeing...

And to Helen Mason for helping with extra transport. Thanks also to Mr Steve for coaching.

New 'first' certificates in Mathletics



Wow, wow, wow!! We have our first 'Epic' certificate!! Well done to Thomas and well done to Toby and Fabian on their 'firsts'.

Seedling Swap

Thanks to Karen Bennet for inviting us to Seedling Swap. The children took home courgettes, tomatoes, plants, sunflowers, mint, squash and all sorts of other delights!

Attendance

From 16.05.24 – 22.05.24

A BRILLIANT week for Harriers!

Curlews - 95.3%

Bitterns – 94.7%

Harriers – 100.0%

Lunches

Week 2 WC 03.06.24



Field and Fun Day

Field and Fun day is happening on **Sat 15th June 2024**. The committee are asking for field day raffle and tombola prizes. If you would like to donate a prize, please leave at the school office.

School will be having a little stall. We need ideas for this! Children will be selling loom bands and selling crafts made by our after school club. We also need volunteers.. If you can give half an hour on 15th June, it would be very much appreciated.

Gardening Club

Thank you for all plant and seed donations to gardening club. Lorna, John and the children enjoyed creating a productive little garden in pots by the Starlings' entrance. Special thanks for kind donations of vegetable seedlings from Beetham Nurseries, various pots and plants from gardens around the village, and seeds all the way from Ukraine.

Holidays

We break up today and return on Tuesday 4th June: Monday 3rd June is an INSET day!

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Katherine Rundell is a bestselling author whose novels for children include: The Wolf Wilder, The Explorer and The Good Thieves.

She has recently been named author of the year at the British Book Awards - the first time in six years that a children's writer has picked up the accolade. Rundell's latest release, fantasy adventure Impossible Creatures, also won the prize for children's fiction book of the year. Rundell is the first children's writer to be crowned author of the year since Philip Pullman in 2018. Impossible Creatures is the first novel in a new trilogy by Rundell, and was also named Waterstones book of the year for 2023

FOSS

Don't forget there is FOSS meeting in Thursday 6th June at the Silverdale Hotel at 7pm. Come with fundraising ideas and be prepared to share what your 'thing' is... The gift of hospitality? Event organiser? Baker? Dancer? Car booter?

In the office

As from Tuesday 4th June, Mrs Taylor will be in the office...

All day Monday, all day Wednesday and all day Thursday.

Mrs Alderson will be in the office...

All day Tuesday, Thursday morning and all day Friday.

For day to day communication, please ensure you email the correct person – particularly if the message is urgent e.g. pupil absence, breakfast/after school club

Mrs Taylor is bursar@silverdale.lancs.sch.uk

Mrs Alderson is

s.alderson@silverdale.lancs.sch.uk

Friday Thought

May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. —1 Thessalonians 5:23

Next Week...

04.06.24 – Quality of Education Gov meeting
05.06.24 – Behaviour CPD for staff
06.06.24 – FOSS meeting Silverdale Hotel at 7pm
07.06.24 - Miss Sanderson Training day
CHECK THE SCHOOL [WEBSITE CALENDER](#) FOR FUTURE DIARY DATES

Transition Year 6 to Year 7

QES

Welcome evening for Parents and pupils - Thursday 20th June

Induction morning Monday 1st July.

Carnforth High School

Induction Day Thursday 4th July

Dallam

Induction evening - Monday 1st July at 6pm

Intake day Tuesday 2nd July.

LUNCHES and buddies

We have been trialling some new systems in the hall at lunch for the last week or so. This is due to increasing concerns about..

- Children not eating food
- Noise levels at lunch
- Wasted food and drink
- Staffing

Mostly, we want to make lunches a more pleasurable experience - this includes socialising with friends, eating a nutritious meal, getting sufficient physical activity and some fresh air.

We have invested in some new resources to help support these systems after half term.

We are working very closely with mid-day supervisors and with the children to ensure all of the above needs are met.

We are also starting the buddy system again after the holidays. The younger children will have an older role model to guide them at lunch, with reading and at play!

Class Blogs

It's Bitterns' class this week! Please [click](#) on the link to gain an insight into what the children have been learning in class. Please also check out our school [Facebook](#) page.

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.



#WakeUpWednesday

The National College®

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