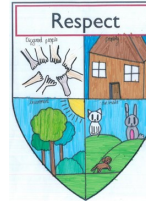


Oldswinford Cof E Primary School

'Believe, achieve and shine brighter together'



Summer Newsletter: 19th April 2024

Dear Parents

I have been lucky enough to go on the Year 3 trip this week to Dudley Canal and Rivers Trust. What a brilliant day we had. It started with a brilliant boat trip on the canal and in the tunnels, then we had a workshop followed by lunch and a walk around the immediate area to spot signs of industry. The children were so well behaved and loved learning about our local area. Thank you to all the adults who volunteered to help.

I am also able to share with you that school holidays and inset days for academic year 2024/2025 are now on the calendar on the school website, they can also be accessed here: <https://oldswinford-cofe-primary-school.secure-primariesite.net/20242025/>

Have a lovely weekend and I look forward to seeing you all on Monday!

Best wishes,
Ellie Game

Value of the half term...

Honesty

This week, in worship we launched a new initiative that we are starting in school to develop vocabulary. It is called 'Word Aware'. Classes will be having fun with words and having special words they will be trying to use in their work and when they speak. See if they can share any of them with you!

Attendance

This week our attendance has been...

Reception - 91.1%

Year 1 - 98%

Year 2 - 95.3%

Year 3 - 97.8%

Year 4 - 97.3%

Year 5 - 97.9%

Year 6 - 94.9%

Well done **Year 1** for your amazing attendance this week.

Parking

We have been approached by local residents again about inconsiderate parking. A driveway had been blocked so someone was unable to get to work on time. I'm sure you will agree this is unacceptable.

We have not been able to find out who was responsible but we have shared the Dudley reporting page with the resident and they will be reporting further incidents.

We know the roads around school are busy but please think about others.

Many thanks for your support.

DUDLEY GROUP NHS CHARITY



The Dudley Group
NHS Foundation Trust

5K SUPERHERO FUN RUN!

AND
FAMILY
FUN DAY

SUPPORTING
THE
CHILDREN'S
APPEAL



Himley
Hall
Dudley

Sunday
9 June
2024



SCAN ME

TO REGISTER

- 5K RUN OR WALK
- FAMILY FUN ARENA
- TOMBOLAS
- FACE PAINTING
- REFRESHMENTS



Charity No: 1056979



DudleyGroupNHSCharity

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



TFA



THE FOOTBALLERS ACADEMY

NEW Coaching Camp

May Half Term

Tue 28th Wed 29th Thu 30th

9am - 3pm

Ages 6-14

Boys & Girls

Late Pickup Available

Special Introductory Offer!

£20/day £50/3 days

Register on our website



www.thefootballersacademy.co.uk

Stourbridge Rugby Club, Stourton Park, Bridgenorth Road, Stourbridge,
DY7 6QZ

TFA

THE FOOTBALLERS ACADEMY

Who we are...

Jimmy O'Connor

An ex-professional Footballer who enjoyed spells at Derby County, Walsall, and Doncaster Rovers. An FA Youth Cup Winner with Aston Villa and over 400 appearances at Championship and League One level in a career spanning nearly 15 years.



Russ Penn

The current Halesowen Town manager with a career spanning 22 years having made over 600 appearances at clubs such as, Wrexham, Kidderminster Harriers, Cheltenham Town, Burton Albion and York City. Managed Kidderminster Harriers to promotion & reaching the 4th Round of the FA Cup vs Premier League West Ham United.



Plus Additional Fully Qualified Coaches

What to expect

- ⚽ Skills and Drills
- ⚽ Top class all weather facility with 4G playing surface
- ⚽ Individual & Team competitions
- ⚽ Certificates & Prizes

