

# Meadowhead Community Junior School Newsletter



## Summer Term: Newsletter 5

### Year 4 Multiplication Tests

All children in Year 4 are expected to know all the x tables, up to the 12x table. When we return after the half term holidays, all Year 4 children in schools across the country will sit an online test of this knowledge. The children have to recall these facts accurately and also quickly. Please give your child lots of support in preparation for the test by practising every day with them, even during the holiday time. Thank you.

### Reading

We want all our pupils to become confident, fluent readers. As well as this we want children to develop a love for reading, which will follow them into their futures.

Please support your children by encouraging them to read each night at home. Listen to your child read aloud and talk about what they have read. Children will bring a book home and once it is finished the children will come to school and take an online quiz. This shows how much they have understood whilst reading.

If any parents wish to volunteer to come to school and listen to children read, please contact Ms Blackledge.

### Governors

All schools need committed parent governors – people who are willing to take an active interest in the life of the school.

Parents are a major source of support for the school. Schools are more effective if there is regular and positive dialogue with parents and if parents are involved in the work of the school. Parent governors are one of the ways parents can take part in the life of the school.

We currently have 2 vacancies for parent governors. If you would like to know more about the position, please speak to Mrs Chadwick.

We need you!

### Half term Holiday

School closes today at 3.20pm for the half term holiday. We re-open on Monday 3<sup>rd</sup> June at 8.50am. I wish everyone a happy and hopefully sunny break!

Kind Regards,

Allison Chadwick  
Headteacher

# Wake-Up Wednesdays

For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 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, emphasizing 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 Washborough 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 TasteE, a sensory food education charity.



Source: See full reference list on guide page at [nationalcollege.com/guides/energy-drinks](http://nationalcollege.com/guides/energy-drinks)

#WakeUp  
Wednesday

The  
National  
College