

Moorfield News

Responsibility Perseverance Compassion Thankfulness

15th - 19th April

Classes of the Week: R/KS1: 2GS KS2: 4C

House of the Week: Lion

Pupils of the Week: R/KS1: Lydia W KS2: Teddy T



TRACKIT LIGHTS

15th - 19th April

KM Nico F	KP Jack W	REC Rory C/Oliver J
1C Harrison H-G	1H Cian O'S	2J Charlotte Mc 2GS Simran J
3B Annabelle R	3H Poppy S	4C Isobel Mc 4MC Reggie B
5C Hugo E	5SR Jake H	6G Milo L 6M Isaac H



Pen License



Star Bonds

Moorfield Tables

Ava M, Freddie M 4C



15th - 19th April

Rec 93%, Year 1 92%, Year 2 95%, Year 3 97%,
Year 4 95%, Year 5 91%, Year 6 97%



Headteacher Award



SUMMER TERM

Welcome back after the Easter break! I hope you all had a relaxing time with your friends and family.

The summer term often brings a sense of excitement and anticipation as we approach the end of the academic year. It's a time to reflect on our accomplishments, set new goals and make the most of the time we have left with our teachers and teaching assistants.

We look forward to the many events that will take place this term and we are looking forward to a memorable and successful term for everyone.

BIKEABILITY

Our Year 5 pupils have been involved in Bikeability this week. An opportunity to learn valuable skills of how to be safe riding your bike on the busy roads of Hazel Grove. We look forward to celebrating their achievements in a future assembly.

DOGS ON SCHOOL PREMISES

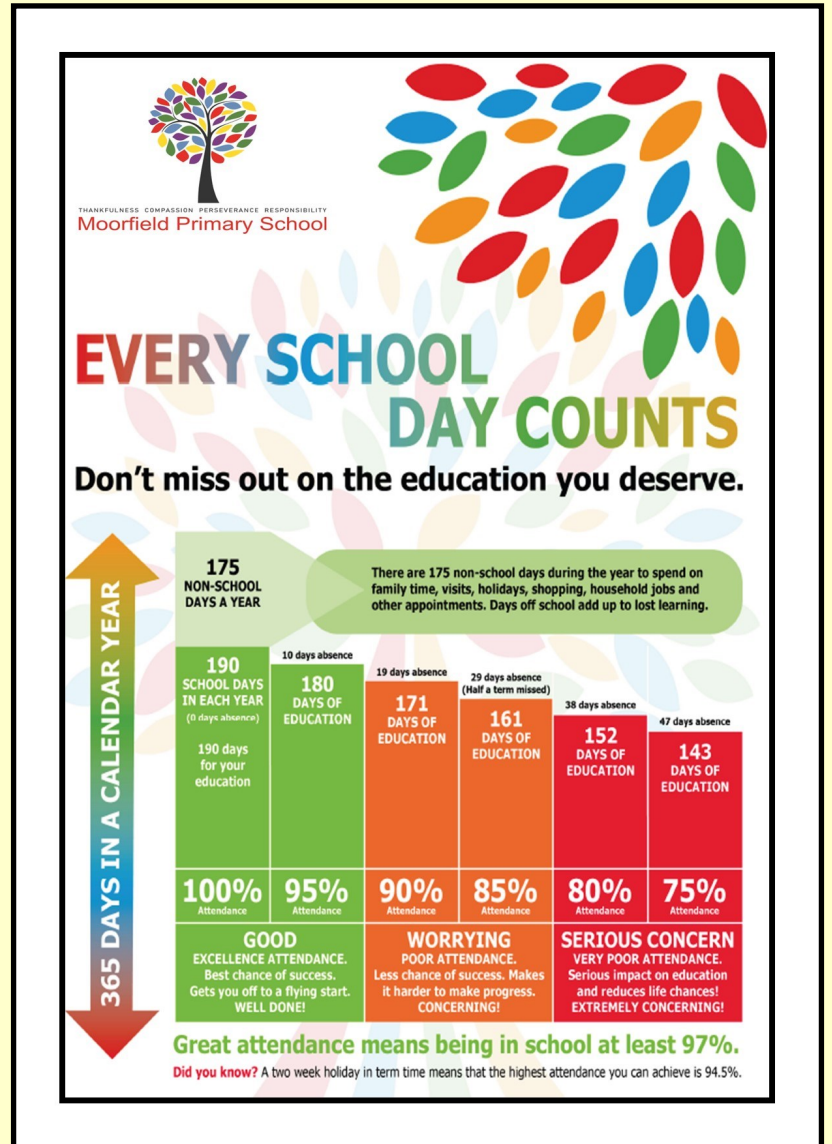
To ensure everyone is informed and prepared, I will reiterate that this new policy regarding no dogs on school premises will be effective starting this upcoming Monday. I hope this week has given everyone ample time to adjust their routines accordingly.

Please spread the word among the school community and in particular those family members or friends who may collect your child and have not received the email this week to ensure a smooth transition.

We appreciate your cooperation in following this policy and maintaining a safe environment for all members of our school community.

ATTENDANCE

As we start the final term of the school year, can I please remind you of the importance of your child's attendance. Together, let's make the most of the summer term by ensuring that every pupil has the opportunity to learn, grow, and succeed. If you have any concerns or need assistance with attendance-related issues, please don't hesitate to reach out to us. Remember a great attendance is being in school for at least 97% of the school year.



AND FINALLY ...

A heads up and reminder that we are closed for INSET on Thursday 2nd May 2024. This is due to the fact Moorfield is a school used by Stockport Council for polling. For safeguarding purposes we cannot keep the school open to pupils. We WILL be open on Friday 4th May before the Bank Holiday weekend.

Have a great weekend.

Best wishes,

Paul Anderson
Headteacher



Picture News

TAKE HOME 22nd - 28th April



Can you learn to persevere?

In the news this week

Scottish runner, Jasmin Paris, has become the first female runner to complete what is thought by many to be the world's toughest race. Jasmin is one of only twenty people to have successfully completed the Barkley Marathons in Tennessee, USA. She crossed the finish line in March with less than 100 seconds to spare before the 60-hour cut-off time. Jasmin said she wanted to inspire others and test the limits of her capabilities.

Things to talk about at home ...

- > Can you imagine how Jasmin might have felt when she finished the event? Make a list of the different feelings you believe she may have had.
- > Can you think of a time when you found something really difficult? Were you able to complete the challenge or task? Talk about the experience and what you learned from it.

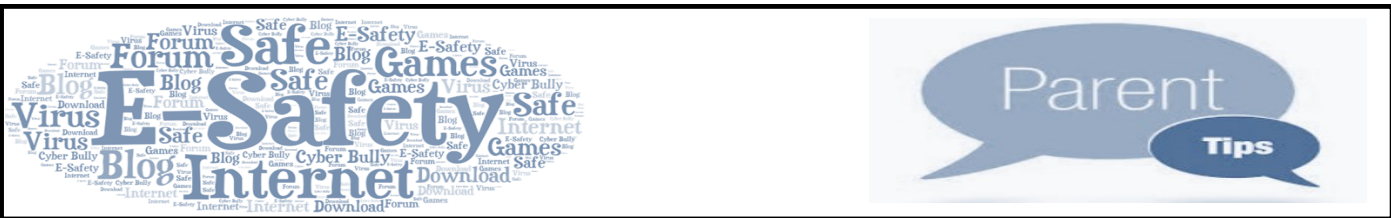
Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit 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, 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 Washington 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.



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

OPEN DAY

**HAZEL GROVE BOWLING
& TENNIS CLUB**

DOUGLAS ROAD, HAZEL GROVE, SK7 4JG

**ON SATURDAY 20TH APRIL
14:00 - 17:00**

**EVERYONE IS WELCOME
TO COME ALONG TO PLAY**

**TENNIS
CROWN GREEN BOWLS
TABLE TENNIS
& SNOOKER - ADULTS ONLY**

ALL EQUIPMENT PROVIDED

**MEMBERSHIP DISCOUNTS
BABALOT DISCOUNTS & RACKETS TO TRY
BBQ FOOD & BAR OPEN**