

SELWOOD ACADEMY NEWSLETTER

Friday 26th April 2024 | Issue No. 13 2023/24



Page 1 - Reminders

Pages 2 & 3 - Courageous Advocacy & Reminder

Pages 4 & 5 - Achievements & Safeguarding team

Pages 6 & 7 - Coffee Morning & Local events

Pages 8 & 9 - Important information & Awareness courses

Page 10 - Awareness courses

DATES FOR THE DIARY

29th April - 10th May - Revision week

6th May - Bank Holiday (school closed)

13th May - 17th May - SATs week

20th May - Year 7 Fear Free workshop

20th May - Year 8 Trip to Bath Uni

21st May - Year 8 Fear Free workshop

All letters and dates can also be found on our website under the Parents tab:

<https://selwood.somerset.sch.uk/>

It is vital that we keep up to date contact information for all our pupils, so if any of your details have changed, please let us know. Many thanks.

Late Arrivals: We politely ask that you remind your child(ren) to report directly to the Compass Centre in order to register, if they arrive to school after 08.45. There they can explain their reason for the lateness before going to join their first lesson. Thank you.

Appointments

If your child has an upcoming appointment that requires them to come in later or be picked up early, please be sure to inform the attendance team in advance on the following email address:

selwood.attendance@selwood-academy.co.uk

Forgotten Items

Please can parents and carers ensure that their child has all they need for the school day when they come to school each morning.

With Selwood being a large and busy site, we cannot guarantee that we will get forgotten items and messages to children throughout the day, especially when after 12.30pm.

Thank you for your support with this.

COURAGEOUS ADVOCACY - PUPILS LETTING THEIR LIGHT



Finley-Jack and his Dad are SUPERHEROES! This incredible duo tackled the Bath Half Marathon dressed as Sonic the Hedgehog, raising a WHOPPING £600 for Time is Precious! Time is Precious works tirelessly to support the children's ward at the RUH, and Finley-Jack and his Dad's amazing effort will help them refurbish the children's playroom. Their dedication, determination, and Sonic speed are truly inspiring! We're so proud!



If you have something to add in this section please email to luci.hooper@selwood-academy.co.uk

REMINDERS



Week commencing 13th May is year 6 SATs week.

We are so proud of our pupils and the work they have put in. They continue to show great motivation and all seemed fired up and ready to go. No matter what happens on the day we just hope they all try their best. A few reminders for the week.

- School is open for year 6 only at 8:15 for them to come to the canteen for Breakfast- toast and fruit bars.
- Please make sure your child/children are well rested and have a good night sleep before each day.
- Please make sure they have the resources they need- we will provide them if they don't but they should have pen, pencil, ruler and rubbers.

Encourage them to be relaxed they have done all the hard work and this is just another opportunity to show what they know and what they can do.

Again we are super proud of their efforts and this is the last big push.

Thank you for your support!

If your child(ren) is entitled to free school meals, just a reminder that you are able to collect a free £10 Iceland voucher from Reception, donated by Fair Frome.

Many thanks

UK Health Security Agency

For advice on how to keep your children healthy this term, please click the link below:

<https://ukhsa.blog.gov.uk/2024/01/03/a-parents-guide-to-keeping-kids-healthy-this-school-year/>

ACHIEVEMENTS



We are so proud of our amazing swimmers who took part in the Lions sponsored swim!

On Wednesday evening, we celebrated their incredible achievement of raising over £700 for the Lions charity Frome and Selwood Academy.

Their dedication and hard work have made a real difference, and we are so grateful for their support.

This trophy is a symbol of their commitment and the importance of giving back to our community.



Year 8 pupils had an incredible opportunity this week, participating in an Aircraft Challenge workshop run by the Royal Airforce at Frome College!

They tackled exciting challenges, learning all about the importance of teamwork, problem-solving, and innovation in the world of aviation.

We are incredibly proud of our pupils for their enthusiasm and engagement, and we'd like to extend a huge thank you to Frome College for hosting this fantastic event.

This experience will undoubtedly spark a passion for STEM subjects in many of our young learners, and who knows, we might even have some future astronauts or engineers in the making!



Our Safeguarding Team



Mrs Batchelor

Designated Safeguarding Lead



Mr Ellett

Deputy Designated Safeguarding Leads



Mrs Parker



Ms Kirkwood

Safeguarding Trustee

Selwood Academy is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment. In line with Safer Recruitment, all our posts require an enhanced criminal background check via the disclosure procedure and are subject to pre-employment checks.

Please contact the school if you need to talk a member of our Safeguarding team



Join us for a chat!

COFFEE MORNING

Yr 5 Parents & Carers:
Friday 17 May, 11.15am



SELWOOD ACADEMY
ANGLICAN/METHODIST FOUNDATION SCHOOL

YMCA BRUNEL GROUP

BATH / BRISTOL / WILTSHIRE
MENDIP / SOUTH SOMERSET

FROME YOUTH CLUB

**An exciting opportunity to
meet new friends & join in
fun activities.**

Mondays and Wednesdays
7.00-9.00pm term-time
only Entry £1

Frome Youth Club is temporarily relocating to:
Routes, Palmer Street, Frome, BA11 1DS.

we
welcome all
young
people
aged 10-19



let's all
catch up,
have fun
and support
each other!

To sign up please access the consent form by scanning the QR code or via the link
<https://forms.gle/AvNMEj3MqWZv3rux5> Consent must be provided by a parent/carer

For more information contact: ChiaraDocherty@ymca-bg.org
www.ymca-bg.org

YMCA

Here for young people
Here for communities
Here for you



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 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 TestEd, a sensory food education charity.



#WakeUpWednesday

The National College

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

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024



FREE*

ADHD Awareness Courses

Online | April - June

Expand your knowledge and understanding of ADHD and neurodiversity.

Learn about differences in the ADHD brain, challenges with mental health and executive functioning skills.

Discover how to manage the challenges of ADHD whilst embracing the strengths.

Come and learn for yourself and those you care for or work with. Everyone is welcome.

What do I need to know?

- ✓ For beginners and more experienced learners alike.
- ✓ Zoom access required.
- ✓ *Please see our website for eligibility information.

Introduction to ADHD - Taster: Friday 19th April 2024

10:00am – 12:30pm | 1 Session

Understanding ADHD - Starter: Friday 3rd – 24th May 2024

10:00am – 12:30pm | 4 Sessions


Managing ADHD - Developer: Friday 7th June – 21st June 2024

10:00am – 12:30pm | 3 Sessions

Call Somerset Skills & Learning for more information / book online

0330 332 7997 sslcourses.co.uk

SOMERSET SKILLS & LEARNING

Scan with your smartphone camera to visit our website 





FREE*

Autism Awareness Courses

Online | April - June

Expand your knowledge and awareness of autism and neurodiversity.

In each session you will learn about a different aspect of autism, including the key differences between the brains of neurotypical and autistic individuals, how autism affects executive functioning skills and how autism and anxiety are linked.

What do I need to know?

- ✓ For beginners and more experienced learners alike.
- ✓ Zoom access required.
- ✓ *Please see our website for eligibility information.

Introduction to Autism - Taster: Wednesday 17th April 2024

5:00pm – 8:00pm | 1 Session

Understanding Autism - Starter: Wednesday 1st – 22nd May 2024

5:00pm – 8:00pm | 4 Sessions

Understanding Autism: Sensory Sensitivity, Stimming and Masking - Developer

Wednesday 19th June – 3rd July | 5:00pm – 8:00pm | 3 Sessions

Call Somerset Skills & Learning for more information / book online

0330 332 7997 sslcourses.co.uk

SOMERSET SKILLS & LEARNING

Scan with your smartphone camera to visit our website 