

St Bede's Newsletter

Welcome to St Bede's...



Last week's attendance

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
90.4	98.8	93.33	93.67	98.33	96.9	91.33	95.17	87.81

Coming soon..

Tue 6th Oct

- SEND Cricket @ Dolphin Centre
- Nursery Stay & Play

Wed 7th Oct - Thu 8th Oct

Parental Consultations
3.30pm-6pm

Friday 9th Oct

**Trust PD Day - SCHOOL
CLOSED**

This week..

Mon 28th Sep

Reception Open Event
4-5pm

Tue 29th Sep

- Y3 Pedestrian Training
- Y6 Class Assembly
9.15am

Wed 30th Sep

Y2 Pedestrian training

Thu 1st Oct

Y3's from 3/4
Pedestrian Training

Fri 2nd Oct

- Phonics Parent Meeting
Reception/ KS1
2.45pm
- Girls Football Fun Day

[Check out our full
school calendar
online](#)



Our Safeguarding Focus This Week

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.

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.

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.

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

PARENT CONSULTATIONS 7TH – 8TH OCT



REMINDER – BOOK YOUR SLOT ON ARBOR



Arbor

JOIN THE LUNCH PARTY!

Thursday 1st October

Bring your friends, enjoy a fantastic lunch and help your school take part in the **Trust School Meal Challenge!**

We're serving a delicious special menu with:

- ✓ Tasty Pizza
- ✓ Quorn Dippers
- ✓ Lattice Fries
- ✓ Ice Cream

Jacket potatoes and sandwiches also available

The three schools with the highest number of children enjoying a school meal on Census Day will win a **special treat** the following week... could we be one of the winners?

Eat, enjoy and help our school!

BISHOP HOGARTH
Catholic Education Trust



May we draw your attention to our trust led PD Day taking place earlier than usual this year. School will be closed for children