

# St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 14/03/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
96.35	93.85	96.81	96.25	97.56	93.38	97.5	94.46	96.57

## This week's events...

### Wed 19th Mar

- Pedestrian training Y1
- ~~Y3 class assembly~~  
rescheduled date tbc

### Thu 20th Mar

- SEND parental consultations
- Pedestrian training Y1/2
- Father Kevin in school for preparatory work with FHC children

### Friday 21st Mar

Swimming gala KS2

### Sunday 23rd Mar

Family mass @ St Thomas Aquinas Church

## Coming soon...

### Tuesday 25th Mar

- Reception trip to Acorn Dairy 12.30pm
- Parental consultations 3.30-6pm

### Wednesday 26th Mar

- Parental consultations 3.30-6pm
- Class 2 Pedestrian training

### Thursday 27th Mar

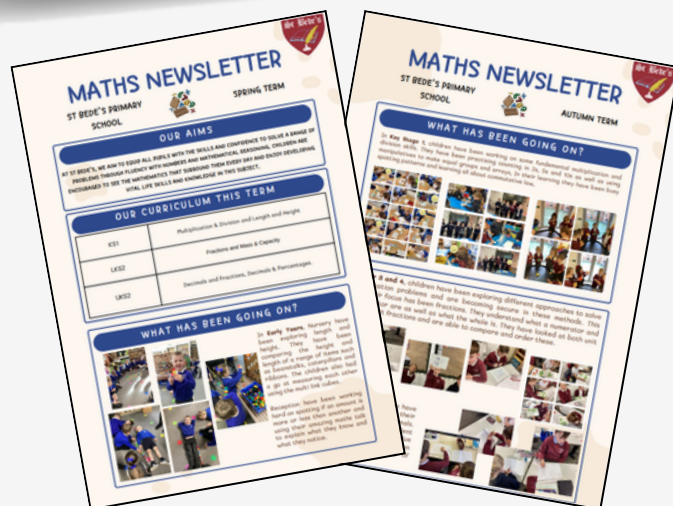
- Tempest Individual Photos
- Y3 parents invited for FHC meeting with Father Kevin

### Friday 28th Mar

Y3/4 Pedestrian training

You can now view our Maths newsletter

<https://stbedesarlington.bhcet.org.uk/curriculum/subjects/maths>



# Our Safeguarding Focus This Week...

## 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

Click here to view our school calendar and make sure you are up to date on upcoming activities and events until the end of the school year

<https://stbedesdarlington.bhcet.org.uk/school-calendar>

# THANK you

Thank you so much to our wonderful St Bede's parents, egg donations are coming in thick and fast!

Tickets on sale from the school office for £5 a strip!



Our Reception children have been learning more about Lent. We discussed why Lent lasts for 40 days, how difficult it must have been for Jesus in the desert and how Lent is a time for us to grow and give. The children thought of ways they could be kind, caring and loving like Jesus. They each drew a picture representing this and we have displayed them in a cross on our prayer space. The children were so thoughtful and considerate during the lesson!



Following **National Children's Dental Health month** in February, we want to tell you more about the most important beverage for your body: **WATER!**

Check out these fun graphics from the AAPD to learn more about choosing water over juices and sports drinks for your child. There's lots of information here, so let us know if you have any questions at your next dental visit!

### KEY POINTS

- Water is best!
- If your child has a sweetened drink as a treat, it's best at a mealtime, not for snacks.
- Over-consumption of unhealthy drinks can lead to obesity, diabetes and tooth decay.
- A preference for drinking water is learned, just like a preference for sweets!
- Let your child choose a fun cup and/or straw at the store to encourage drinking water out of!

**h-2-know**

**The Oral Health Benefits of Drinking Water**

Hank is 5-years-old and drinks **3-5 glasses of water** each day! His parents make sure to monitor the amount of exercise and diet to determine if he needs to adjust his daily water intake!

Healthy beverage intake is critical in childhood, as beverages can make a significant contribution to dietary intake.

Overconsumption of unhealthy beverages such as soda, sports drinks and even 100% fruit juice can contribute to risk of diet-related chronic diseases, such as obesity, Type 2 diabetes, and tooth decay.

If you have a sweetened drink as a special treat, it's best to have it at mealtime. For snacks, on-the-go drinks or a nap or night-time bottle, choose plain water.

The AAPD-endorsed **Healthy Beverage Consumption in Early Childhood** recommends children have fluoridated, unsweetened and uncarbonated water every day.

Sources: Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations, Summary of Oral Health Considerations, September 2019. AAPD Policy on Dietary Recommendations for Infants, Children, and Adolescents, 2017.

**h-2-know**

**Water, Soda, Juice or Sports Drinks? Which Is Best for Your Child?**

When in doubt, say "Go" to H-2-O! Soda and sports drinks contain lots of added sugars. Although fruit is healthy for a balanced diet, 100 percent fruit juice contains lots of natural sugars, which can still contribute to oral health problems per the American Academy of Pediatrics.

Helen is so thirsty! What is the best option to quench her thirst?

**Water 12 oz**  
0 grams of sugar  
0 calories

**Orange Juice 12 oz**  
28 grams of sugar  
150 calories

**Lemon Lime Soda 12 oz**  
33 grams of sugar  
140 calories

**Grape Sports Drink 12oz**  
21 grams of sugar  
85 calories

Helen should have water.

Consumption of Sugar-Sweetened Beverages (SSBs) in early childhood has a negative impact on overall dietary intake and healthy outcomes, such as dental caries, obesity, and Type 2 diabetes. SSBs are the largest source of added sugars in children's diets. It is extremely important to limit your child's exposure to added sugar in early childhood.

Sources: Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations, Summary of Oral Health Considerations, September 2019. AAPD Policy on Dietary Recommendations for Infants, Children, and Adolescents, 2017. Heyman MB, Abrams SA. Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. Pediatrics. 2010;125(6):e1057-1067.

**h-2-know**

**How to Convince Your Child to Drink More Water**

7-year-old Hannah loves to go out and play with her friends, but does not like coming home and cooling off with a glass of water. Sometimes kids just need a little push!

Hannah's mom came up with the following ideas to help make drinking water more fun! Habits will grow with H-2-O!

Hannah was able to go to the store with her mom and pick out her own fun water bottle and straw to use for her water.

Hannah also has a water chart where she gets to add stars to each day when she finishes a glass of water. If she hits her goals for an entire week, her parents let her pick out a healthy treat as a reward.

Hannah likes adding in a piece of fruit, such as a strawberry, cherry or cucumber every so often to give her water a little flair.

A preference for drinking water is learned, just like a preference for sweets. That's why young children and teens often do not crave water as much as other options such as sugar-filled sodas, sports drinks and juice to quench their thirst. Making water seem more appealing and exciting to children can help prevent dental and other health issues from appearing in the future.

Sources: Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations, Summary of Oral Health Considerations, September 2019. AAPD Policy on Dietary Recommendations for Infants, Children, and Adolescents, 2017.

Su	M	Tu	W	Th	F	Sa
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