



Queen's Park Post

19th April 2024

... keeping school and parents in touch

Our value this half-term is

Respect

Treat others just as you want to be treated

Luke 6:31

Dear Parents,

I hope you all had a wonderful Easter break despite the awful weather. I can't actually believe that we are in the last term of this academic year—doesn't time fly when you are having fun! There are lots of events happening this term like Children's University Graduation, Sports Days, KS2 SATs, Y1 Phonics Screening, Y4 Multiplication Checks—the list seems endless. We will do our very best to ensure you have the dates and times for everything in plenty of time.

First Aid

We have a very thorough process here at Queen's Park for administering first aid. All our TAs are trained and we have a dedicated first aider who comes in at lunch time. If your child has received first aid, we send a first aid slip home. We are finding these slips in the school hall (after extra-curricular clubs), left in children's bags or in the bottom of the cloakrooms. To ensure you get the information, we are moving to a paperless system. From Monday, if your child has received first aid, you will receive a message via class dojo. If it is a head or a joint injury, you will still be contacted by a member of staff. We hope this will be a more effective way of communicating this with you. If you have any questions or comments, please contact me via the school office.

Year One Trip to Liverpool

On Wednesday, our year one children had a wonderful trip to Liverpool Museum. They were so excited to get on the coach and travel to the city. They had a wonderful treasure hunt to complete and it really extended their learning on their topic of Transport. Thank you to all the staff for organising this experience for our children and to all the parent volunteers who came along to help. Your time is very much appreciated.

Current Year Two Parents

Mrs Ryan, from our school office, has sent a letter to all year two parents about school lunches. At the moment, the Government provide free school meals to all children in EYFS and KS1. This benefit finishes when the children move to Year Three. She has sent home a form for you to complete to see if you are entitled to free school meals going forward. I would advise that you complete it and we will send it off to Educational Benefits for you. Any questions about this, come and speak to a member of the office staff.

Cowley Language Leaders

We had the pleasure to welcome some Cowley students into our school this afternoon, one of whom was a past pupil—it was lovely to see Isaac. They came into our Y5 cohort to help with our language lessons. It gave the students an opportunity to practice their language speaking and listening as well as giving our children some insight into what goes on at Cowley. Thank you to Mrs Taylor, Mrs Forbes and Mrs Warwick for organising.

New Homework Policy and Procedure

Alongside this newsletter, you will have been sent our updated homework policy, the results from the survey we did on homework and a letter explaining how homework will look in the future. Again, any questions or queries, please get in touch.



Well done to Violet in Y5 for giving up her own time in the holidays to pick up litter in her local park. I am so proud of you.

Well done to Jack in Y5 who has gained his 2nd belt in kickboxing. Very well done.



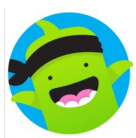
Man of the Match for Joe in Y4. Amazing! Well done and we are all super proud.

Qu'il est bon, qu'il est doux pour des freres de vivre ensemble et d'être unis

How good and how pleasant for us to live together in unity Psalm 133

Reading Plus Level Awards— Lucas H (Y2), Matti L (Y3), Kamila B, Esme O, Bradley P, Maisie M, Alessia P, Samantha V, Robert R, Patrick C, Sadie T, Aleena R, Arian C, Tiele L (Y6)

Dojo Winners



QR	Liam C	PR	Alfie M
Q1	Brandon H	P1	Thea P
Q2	Stefan T	P2	Isla R
Q3	Jenson C	P3	Mason L
Q4	Caysie S	P4	Mason J
Q5	Jack F	P5	Frankie H
Q6	Bobby M	P6	Samantha V

Star Badge Winners



QR	George H	PR	Louie S
Q1	Lyla O	P1	Hunter R
Q2	Milani M	P2	Shaneyboy D
Q3	Tudor C	P3	Nacho PP
Q4	Harvey O	P4	Jak L
Q5	Katie M	P5	William M
Q6	Afaq B	P6	Joseph A

Important Dates for Spring 2:

Wednesday 1st May	Y5 Class worship—parents invited
Thursday 24th May	Bike ability for Y5 starts
Monday 13th May	Sats in Y6 all week
Wednesday 12th June	Y5 Taster Visit to Cowley
Monday 17th June (am)	Children's University Graduation
Monday 1st July	Transition Week



19th April 1963 Johnny Cash releases his number 1 single "Ring of Fire"



Safeguarding tip of the week

As the nights get lighter and the days will hopefully get warmer, children are more likely to be outside in the community. Can you please take to them about stranger danger and showing the correct behaviour when in parks across the borough? Talk to them about what the word 'stranger' means and who could be a stranger. It is really important to give them an awareness of how to keep themselves safe when playing outside.

Keeping children safe is everyone's responsibility



"Jesus said, "I am the light of the world.""



Whole School Attendance			
PR	97.4%	QR	95.7%
P1	86.3%	Q1	91.3%
P2	91%	Q2	92.7%
P3	95.7%	Q3	94.4%
P4	92.1%	Q4	95%
P5	95.7%	Q5	94.4%
P6	91%	Q6	81%

326 children had perfect attendance last week! Can we beat this next week?

We can do it!



Attendance Update

We work really hard each and every week to make sure every class beats our **school target of 97.5%** - this will help us to success

Our attendance last week

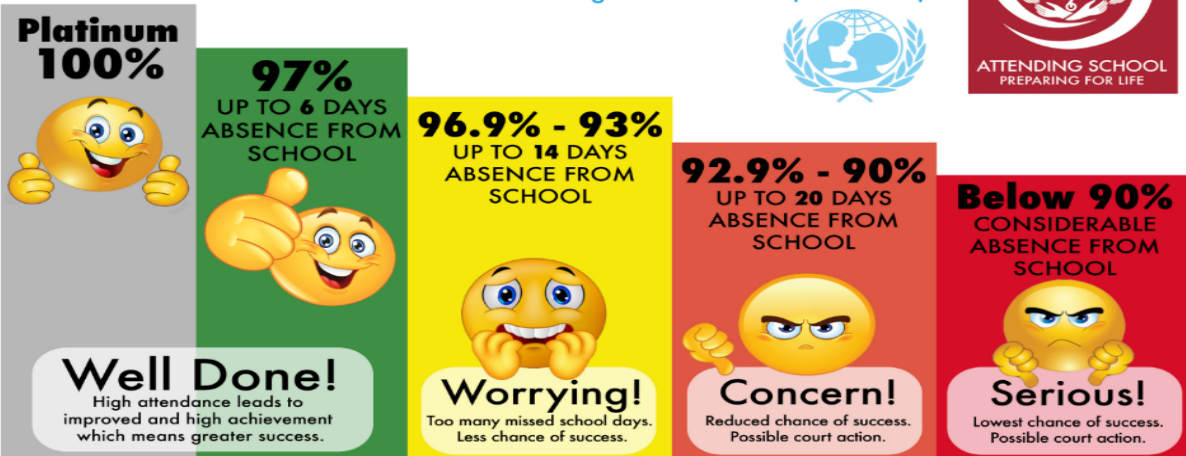
92.5%

Our attendance this year so far

94.3%

WHAT IS YOUR ATTENDANCE?

Right to education (Article 28)



There are 175 non school days a year.
That's plenty of time to go on visits, holidays, shopping and other appointments.

"Jesus said, 'I am the light of the world.'"

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.



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



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#WakeUpWednesday

The National College

Mental Health Support Team

WELLBEING WEBINARS

Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

TOPICS AND DATES

- Worry Management - 19 January
- Parenting for Anxiety - 23 February
- Low Mood - 22 March
- Neurodiversity - 26 April
- Parent Skills for Behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional Regulation - 19 July



WHEN

4pm to 4:45pm



WHERE

Zoom

(link will be emailed)



To register please email which
webinar you want to attend to
events@merseycare.nhs.uk

Webinars will be recorded.
No chat function will be available
for safety purposes.