

Welcome back!

We are looking forward to a summer term which is jam-packed full of learning and opportunities for our children to thrive. All children have come back into school this week raring to go! Very soon, your child's teacher will be sending your child home with a leaflet which will explain what they will learn this term and there will also be some exciting homework tasks for them to complete at home.



EYFS

Amber

The children in Amber class have enjoyed creating some observational drawings of the animals we might find in the zoo. We have been searching on the iPads to find the perfect picture, and then drawing from what we could see.



Ruby

Our classroom has turned into an amazing array of animal experiences! We are reading Dear Zoo, thinking about our favourite animals and building our own zoos.

KS1

Opal

In science, we have been finding and naming everyday materials. We went on a material hunt around the KS1 indoor and outdoor areas.



Jade

We have been learning all about the beach this week, ready for our trip to Lytham, St Annes next Tuesday! This week we have been gathering vocabulary and using our drama skills to make freeze frames of beach scenarios, like riding the donkeys, building sandcastles and having a stroll along the promenade!



Pearl

We have started a new topic and it is all about different holidays. In geography this week, we explored three different types of holidays (beach, sightseeing and camping) and gathered lots of key vocabulary that will help us with our learning this half term.



Lower KS 2

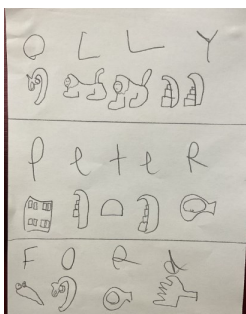
Topaz

This week, the children in Topaz class have been introduced to their Ancient Egypt topic. We learnt all about mummification. We had to remove the brain, and the organs and then fill the body with a special salt called natron. It was a bit disgusting!



Citrine

This week in Citrine class, we have been preparing for our next piece of writing by getting creative and completing some drama activities. We worked on gestures and facial expressions to convey a character's emotions.



Emerald

We have started our new topic Ancient Egypt. We have explored using hieroglyphics to write our names. Ask us how we did it.

Upper KS2

Amethyst

We have been looking at a new class novel: Oliver Twist. Amethyst class have acted out the first three chapters of the novel using a drama technique called a "Story Whoosh".



Tanzanite

This week in English we have been inspired by Oliver Twist, we have posed questions about what we wanted to find out about the famous text and completed a story map giving us the opportunity to demonstrate our understanding of figurative language.



Sapphire

This week Sapphire class have been exploring our new text – Oliver Twist using drama techniques and exploring vocabulary.



Star of the Week

Well done to this weeks stars of the week.

Amber	Eliza	For having a fantastically positive 'can do' attitude towards everything and anything. The self-confidence and change in willingness to try new things has blown us away.
Ruby	Daniel	For being a fantastic member of Ruby class and making everyone smile.
Opal	Amelia B	Super effort in all her learning this week.
Jade	Noor	For super home learning and progress in reading.
Pearl	Kiaan	For coming back to school with a positive attitude to learning.
Topaz	Muhammed	For a great effort in our first week back and being an excellent mummy.
Citrine	Aiza	Fantastic start to the new term, picking up right where she left off. Absolutely superb effort this week!
Emerald	Kaylen	For an improved attitude to his learning and a great start to the new term.
Amethyst	Janikah	Putting lots of effort into her maths learning this week.
Tanzanite	Aaron	An amazing attitude to his learning, since coming back after Easter.
Sapphire	Iman	For always doing the right thing and putting in 100% effort. For being an excellent role model.



Principal's Reading Champions: Frankie, Kayon, Arafath, Fatima, Reyhana, Sani, Aayan, Corey, Lilly Rose, Maddison



Principal's Award: Jenson C– for moving up an ORT level in his reading

Ismail I - for working extra hard at home and using this learning in all his lessons

Kirsty S - for noticing that something needed doing and just doing it! What a mature, kind and thoughtful little girl.

Parent Forum

The next Parent Forum will take place at Alt Academy on Monday 22nd April at 14:30. This is an opportunity to meet with Mr Hughes, CEO and Mrs Hainsworth, Director of Education at the Harmony Trust and discuss how we can further improve the academy for pupils. We look forward to welcoming you!



Crossing Patrol

We are currently experiencing intermittent levels of school crossing patrol outside Alt Academy. This means, that there will be some sessions where there is not a crossing patrol on site. Whilst staff on duty can support a child crossing the road if they appear to be in danger, this support is not consistently available and is not to be relied upon. Please support your children to be safe on the crossing. If your child walks to and from school alone, please discuss road safety with them.



Programme of Coffee Morning Agenda 2023-24

Coffee mornings will take place every Tuesday morning at 9:00am in the KS2 hall. Everyone is welcome to attend. Here is the agenda for this half term..... please come and join us!



30/4/24- Mindfulness activities
7/4/24 – Online Safety
14/5/24 –School Nurse Service

We do not have a session on 21st May, as I am out on a course all day.

School Uniform



Please be reminded that children need to attend school in full school uniform. PE kit can be worn on Tuesday / Thursday. If you require any support with school uniform supplies, please speak to the office who can direct you to the correct support.

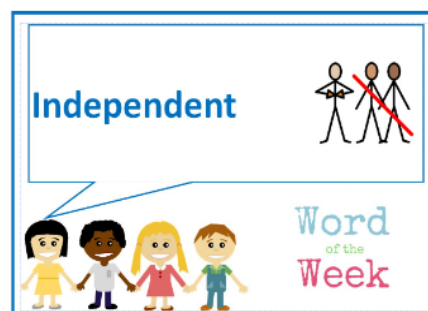


Mobile Phones

Starting on Monday, if your child brings a mobile phone into school with them, they can hand it over to a member of staff at breakfast club for safe keeping.

Nut Free school

We have been made aware this week that many of our families are unaware that we are a nut free school. There is a logo at the top of every newsletter which says 'Nut Free Zone'. We appreciate that this is a small logo but we thank you in advance for your support in not sending any products containing nuts into school.



Attendance

Overall attendance year to date – 93.5%

Weekly winners – Well done to: -

Pearl – 99.2%

Sapphire – 97.2%

Our target is 96%



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