

Epworth Express

Weekly Newsletter of Epworth Primary Academy 19th April 2024
by email, www.epworthprimaryacademy.co.uk, EPA Facebook page

Please note the school calendar for week commencing 22nd April 2024

Day	Event	Class	Time
Monday	Y1/Y2 PE (children to attend school in their PE Kits) Y3/Y4 (children to attend school in their PE Kits) Y4/Y5 PE (children to attend school in their PE Kits)	Mulberry/Sycamore/Elm Beech Maple	
Tuesday	Y3/Y4 PE (children to attend school in their PE Kits) Cross Country at SAX (children to attend school in their PE Kits) Kingswood Parent Meeting	Willow Year 1 – Year 6 Year 4 Children Parents	1.30pm – 3.00pm 3.30pm – 4.00pm
Wednesday	Y1 PE (children to attend school in their PE Kits) Y3/Y4 PE (children to attend school in their PE Kits) Y4/Y5 PE (children to attend school in their PE Kits)	Mulberry/Sycamore Willow/Beech Hazel / Maple	 3.30pm – 4.00pm
Thursday	EYFS PE (children to attend school in their PE Kits) Y6 PE (children to attend school in their PE Kits) Y2 PE (children to attend school in their PE Kits)	Cherry / Chestnut Olive/Oak Elm	
Friday	Y6 PE (children to attend school in their PE Kits) Y5 PE (children to attend school in their PE Kits)	Olive / Oak Hazel	

PE Day – Amendments

Willow Class – PE Days changed to;
Tuesday / Wednesday

Hazel Class – PE Days changed to;
Wednesday / Friday

Kingswood Parents Meeting – Tuesday 23rd April 2024

Parents of children attending Kingswood are invited to a short meeting to run through final arrangements/requirements for Kingswood. The residential is 1st May 2024 to 3rd May 2024.

Cross Country @ SAX – Tuesday 23rd April 2024

Year 1 to Year 6 children will be taking part in Cross Country at South Axholme Academy on Tuesday 23rd April 2024 @ 1.30 – 3.00pm. All children should attend school in their PE Kits.

Epworth Primary Academy Website

The issue with the website has now been resolved. Thank you for your patience.

School Lunch Menu (To be paid in advance or daily) - £12.50 per week / £2.50 per day

Week Commencing 22nd April 2024 Menu 2

Please be reminded that school lunches should be **paid for in advance**. A packed lunch will need to be provided if the account is in debit. **All school lunches are pre-ordered in advance** – any queries, please contact the school office – admin@epworthprimary-iet.co.uk. **School Lunches are now £2.50 per day - £12.50 per week.**

Summer Menu – April to July 2024

Please find attached a copy of the new menu for the summer term.

Epworth Express

Special Mention Awards

We are delighted to celebrate our special mention children this week who are; **Well done everyone!**

Name	Class
Oliver	Chestnut
Grace	Cherry
Isabelle	Mulberry
Olivia	Sycamore
Layla	Elm
Elsie	Willow
Carly	Beech
Noah, Oliver	Maple
Tabitha, Charlie	Hazel
Harley	Olive
Harry	Oak

Lunchtime Club

Date	Event	Year Group	Times
Tuesday	Gardening club	Y4/Y5/Y6	12.30 – 13.00pm
Tuesday	Homework Club KS1	Y1/Y2	12.30 – 13.00pm
Wednesday	Music Club with Mrs Shepherd	KS2	12.00 – 12.30pm
Friday	Well-being Club **	KS1 & KS2 Full	12.30 – 13.00pm
Friday	Sewing Club	KS1 – Group 3	12.30 – 13.00pm

After School Clubs

Afterschool Clubs

Day	Afterschool Club		Time
Monday	780 Coaching	Children Signed Up	3.15pm – 4.30pm
	Street Beat Afterschool Club	Children Signed Up	3.15pm – 4.15pm
Tuesday	Afterschool Football Training	Children Signed Up (Full)	3.15pm – 4.00pm
Wednesday	Locomotion Dance After School Club (Contact Locomotion directly for further information)	Cancelled this Term	
Thursday	Taekwondo Afterschool Club	Reception to Year 6	3.15pm – 4.30pm
	Cricket	KS2	3.15pm – 4.15pm

Dates for the Diary

Date	Event	Year Group	Times
03.05.2024	Eureka Children's Museum	Year 3	9.00am – 15.00pm
w/c 13.05.2024	Y6 SATS	Year 6	Various Times
17.05.2024	Morris Dancing Workshop	KS2 Children	9.00am – 15.00pm
22.05.2024	EYFS New Starter Parents Meeting	September New Starters	18.00pm – 19.00pm
03.06.2024	RSE Week	Whole School	All Day
04.06.2024	School Nurse visiting Y6	Year 6	All Day
05.06.2024	Yorkshire Wildlife Trip	Year 1 / Year 2	9.00am – 15.00pm
19.06.2024	Sports Day	Whole School	KS1 9.00am – 11.00am KS2 13.00pm – 15.00pm
27 & 28.06.2024	Circus Skills Workshop	Whole School	9.00am – 15.00pm
01 – 03.07.2024	Year 6 Transition Days Sax	Year 6	All Day
05.07.2024	Ice Cream Van – PTFA Treat	Whole School	13.00pm
10.07.2024	EYFS Trip – Tropical Butterfly House	Cherry / Chestnut	9.00am – 15.00pm
17.07.2024	Meet the Teacher	All Classes	15.15pm – 16.00pm
19.07.2024	End of term Family Picnic	Whole School	12.00pm – 13.45pm

Residential Trips

Date	Event	Year Group
01.05.24 – 03.05.24	Kingswood Residential	Year 4
10.07.24 – 12.07.24	London Residential	Year 6

Payment Instalment Reminders:

Y5 Robinwood Residential - 20th March 2024 to 22nd March 2024

The total cost of the trip is £310.00 – Deposit of £55 paid. Balance of £255.00. Please ensure all instalments are up to date.

5th & Final Instalment due by 15 May 2024 £63.75

Y4 Kingswood Residential - 1st May 2024 to 3rd May 2024

The total cost of the trip is £237.00 – Deposit of £45 paid. Balance of £192.00. Please ensure all instalments are up to date.

5th & Final Instalment due by 15 May 2024 £48.00

Y6 Leavers Residential to London – 10th July 2024 to 12th July 2024

The total cost of the trip is £300.00 – Deposit of £55 paid. Balance of £245.00. Please ensure all instalments are up to date.

4th Instalment due by 15th May 2024 £61.25 Balance of £61.25
 5th Instalment due by 30th June 2024 £61.25

Upcoming Lunchtime and Afterschool Clubs

The following clubs will take place during the year 2024 – further information to following nearer the time.

Run By	Club	Lunchtime / Afterschool	Term	Days
Mr Thomson	Netball	Lunchtime	Summer	May – July
Miss Stanham	Scatterball	Afterschool	Summer	May – July

General News

2024 / 2025 Term Dates

Please visit the Epworth Primary Academy website for future term dates. www.epworthprimaryacademy.co.uk

Achievements Outside of School

If your child(ren) have been rewarded for any achievement outside of school, please inform the school office to enable Mr Woolley to recognise this in our "Celebration Assembly" on a Friday afternoon. (Tel 01427 872345 / Email admin@epworthprimary-iet.co.uk).

Principal Surgery

The next Principal surgery will take place on Friday 3rd May 2024. Please contact the school office to secure an appointment with an outline of what you would like to discuss.

School Car Park / Entrance

A reminder that the only cars that should be in the car park are those who have made prior arrangements to do so. You will not be able to use the car park to turn around or nip in if you are late. **Could we also remind parents that the speed limit is 5mph for the safety of our staff and children, if this is not adhered to, we will ban individuals from entering the car park.**

Please remember that Birchfield Road is busy at drop off and pick up times and should not have cars parked on it either.

Dogs on the School Premises

No dogs are not permitted on the school grounds at any time. Thank you for your co-operation.

Holidays During Term Time

Please be reminded that amendments to the 2006 regulations **removed references to a family holiday and extended leave of 10 days**. The position is now that there is no entitlement to remove children from school during term time to take a holiday.

Unauthorised absences can lead to penalty notices and in some cases prosecution.

Please be aware that if you have received a penalty and continue to remove your child from school for a holiday every year, this can lead to prosecution. The Education Welfare team are monitoring unauthorised absences closely, especially those children who have received a penalty in previous years.

Reporting Children Absent

Please call the main reception on 01427 872345 option 1 by 9.30am each day to report a child absent in the event of illness only. Please be reminded that if your child has a sickness bug, they need to remain at home for 48 hours.

Attendance and Late Notification

Weekly updates on your child(ren's) attendance will be sent out at the beginning of the week via email.

Medical Appointments in School Time

Medical appointments in school time need to be confirmed via the school office with proof of the appointment either face to face or by sending a copy of the appointment to the school office. If we do not receive proof, the attendance will be recorded as unauthorised absence.

Defibrillator In School

We are pleased to advise we now have a defibrillator in school – this can be used by the public during school hours if required.

Upcoming Events

Please check further down the newsletter for upcoming events later in the year. For calendar dates please check the school website www.epworthprimary.co.uk.

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 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 TastEd, a sensory food education charity.



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



The National College