

Claybrooke Primary School Newsletter 19.04.24

Be safe, Be ready, Be respectful.

Welcome to the latest weekly newsletter.

Lots going on at Claybrooke this week. (In between dodging the wind, rain and hail !)

In our assemblies this half term, the children will be focussing on the British Value of 'Mutual Respect' as well as exploring themes of behaviour, teamwork and honesty. This week we welcomed back the 'Open The Book' team who talked to us about Passover and remembering.



Dance Workshops:

This week Oak and Maple class took part in a series of dance workshops from Wednesday to Friday led by Charlotte Allison. Maple's dance theme was based on their class book 'The Boy at the Back of the Class' and Oak Class based their dance on the theme of racism. Each class discussed the individual themes of their performance and contributed to the overall delivery of the dance. It was a delight to see all of our school values being showcased by the pupils as they prepared and delivered their performances to the rest of the school this afternoon. Well done Oak and Maple Class for a pair of beautiful and thought provoking dances and thank you to Miss Allison for your time and experience putting the dances together. The children really enjoyed the experience. *If parents want to see their child's dance, Mrs Chick and Miss Blower will be playing both classes video on the big screen in Oak Class straight after school on Monday 22nd April.*



Year 6 end of year assembly / transition days

As you may be aware, Lutterworth High School are running their two transition days on Monday the 8th and Tuesday 9th July. We have arranged for Claybrooke pupils who are attending the High School, to only attend on Monday. This means the end of year Y6 assembly will now take place on Tuesday 9th July at 9:30am.



Y5/6 netball tournament

Congratulations to our team of netball players from Years 5&6 who took part in the netball tournament earlier this week. Fantastic teamwork and skills were shown throughout. Overall we came joint third. Thank you for representing the school so well.

Congratulations to some of the children in Reception who have contributed art work which will be published in an upcoming book 'Me and My Family'. I look forward to seeing your work in print. Thank you to those who took part.



Spinney tidy up. If you are free for a couple of hours on Sunday 28th April, the PTA would welcome your support to help them tidy up the spinney. (Time to be confirmed)

Thank you for your continued support.

Mr P. Rock
Head of School



CLAYBROOKE
PRIMARY SCHOOL
Together we flourish | Est 1814

School attendance

Last week

This week

Willow Class: 88.51%

88.42%

Maple Class: 86.93%

86.65%

Oak Class: 88.31%

87.97%

National average: 94.3%

School overall: 87.75% (This year)

Weekly attendance by year group:

EYFS: 84.24%

Year 1: 87.16%

Year 2: 91.86%

Year 3: 88.49%

Year 4: 85.97%

Year 5: 90.52%

Year 6: 83.20%

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Well done to those who received certificates recently:

Excellent Work



Joe

Bradley

William



Values

Amiria

Abel

Griffin



Hot chocolate superstars: Poppy, Georgia, Patrick and Millie.



Latest class news: This week: Maple Class



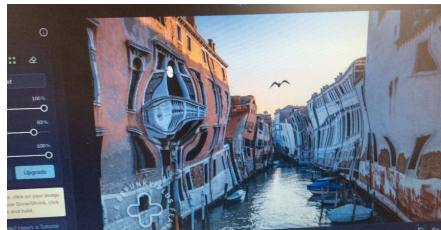
Just before Easter, Maple Class performed their class production of 'The Wind in the Willows'. They really enjoyed performing the play and learning all the songs with fantastic singing, costumes and acting. Well done Maple Class.



Since they returned after Easter, Maple Class have been busy in class starting many new learning units. In English they have been exploring Explanation texts and have begun creating an explanation text all about Anglo Saxon Britain. In Maths they have been exploring fractions, comparing and ordering different types of fractions.

In History, the children have begun to learn all about Anglo Saxon Britain. This includes learning about settlement, daily life, beliefs and their impact on Britain.

In Computing, Maple Class have been developing their photo editing skills using the online art software 'befunky'. They have been learning new skills such as cloning, rotating, resizing and enhancing photos as part of their 'photo editing' unit.



The class book recently has been 'The Boy at the Back of the Class' by Onjali Rauf. The children have been transfixed by the story of the new boy at school, Ahmet. They enjoyed the book so much that they decided to base their dance workshop on the theme of the book. What an amazing, thought provoking dance the children put together. Well done.





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EVERY child in Reception, Year 1 and Year 2 is entitled to a universal infant free school lunch



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the
**NUTRI
GANG**

 Leicestershire
County Council



Claybrooke School Calendar

2023- 24

Summer Term 2024

Date	Event
Mon 22/04	Dance wokshop video on show in Oak Class after school for parents to see
Wed 24/04	Travelling Bus visit
Sun 28/04	'Help out' afternoon in the Spinney (cleaning/tidying the area) times tbc
Mon 06/05	Bank Holiday - School closed
w/c 13/05	SATs week begins for Y6
w/c 22/05	Saffron Lane Athletics (TBC)
w/c 27/05	Summer Half-Term Week
Mon 03/06	Start of Summer 2nd
Mon 10/06	Y5 trip to Lutterworth College
Wed 12/06	Whole school trip to Beaumanor Hall
Wed 19/06	School Sports & Picnic*
Wed 26.06	Reserve Sports Day & picnic
w/c 01/07	Annual Reports out this week. (Date TBC)
Wed 03/07	Oak Class Production 2.00-3.00 & 6.00-7.00 *
Thur 04/07	End of year discos and leavers disco. (Times TBC)
Mon 08/07	Lutterworth High School transition day (current Y6 only)
Tue 09/07	Leavers' Assembly * 9:30am. Please note change of date
Tue 09/07	Last Day of School Year
Wed 10/07	Summer holidays begin
Tue 27/08	School reopens for pupils

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

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

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

#WakeUpWednesday

The National College