



# St Osmund's Catholic Primary School Newsletter

Love for God ~ Love for Each Other ~ Love for Learning

Happy Easter ~ He is risen! Alleluia!



This week, we had a beautiful Easter Mass celebrated by Father Joseph, and I must say, our Year 3 children did an amazing job with their reading, and the singing from the whole school was wonderful. It was a truly special and reverent moment for all of us, as we were reminded of the joy of the risen Christ and our call to share that joy with one another in everything we do. I would like to thank Tilly and Caroline Williams and all the staff for preparing the children so well.

As we move forward into the new term, I want to take a moment to thank each and every one of you for your continued support and dedication to our school community. Your involvement and commitment make St Osmund's the warm and nurturing environment that it is, and I am so grateful to be a part of it. Your preparations for Chocolate Bingo tonight are so appreciated and as always, I am blown away by your support and generosity – children, parents and staff.

## Simonsbath Information Meeting

There is an information meeting being held in the school hall at 3.15pm on Tuesday 23 April 2024 for our Year 6 parents who's child is going on the residential trip to Simonsbath.

## Thank you

A big thank you for all of the chocolate donations we received for tonight's PSA's Chocolate Bingo. The prizes look great and without your support the ever- popular event wouldn't be able to go ahead.

## Lunches

As a Healthy School we place an emphasis on healthy eating and physical activity. Part of this drive is to encourage children who are on packed lunches to bring a balanced meal. Therefore, we would like to clarify what we allow in packed lunches but please check if you are unsure:

✓	X
<ul style="list-style-type: none"><li>Sandwiches</li><li>Yoghurts</li><li>Drink (pref. water)</li><li>Biscuits/cake</li><li>Crisps</li><li>Fruit</li></ul>	<ul style="list-style-type: none"><li>Chocolate bars (Dairy Milk, Caramel, Milky Way, Milky Bar etc)</li><li>Sweets</li><li>Fizzy drinks</li></ul>

Remember we aim to be nut-free so please **NO** Nutella or chocolate spreads that contain nuts and **NO** biscuits/cakes or other food containing nuts.

We do expect children to eat their sandwiches first, before dessert/snacks. So often they are in such a rush to get out and play that they do not want to eat the sandwiches – just eating the 'quick things'! On behalf of the Lunchtime Staff, thank you for your support.

## Trafalgar School Year 5 Tours and Taster Day

The Trafalgar School in Downton is holding tours for current year 5 students and parents on 13<sup>th</sup> to 18<sup>th</sup> June 2024. Click the link for more information and to book.  
<https://www.eventbrite.co.uk/e/816452179447?aff=oddtcreator>

Their taster day is being held on Tuesday 02 July 2024. Click on the link below for further information and to book a place.  
<https://www.eventbrite.co.uk/e/867460105527?aff=oddtcreator>

## Star of the Week Awards

Rec: Tyler and Antoni  
Year 1: Tito and Ada  
Year 2: Helain and Leia-Skye  
Year 3: Devanand and Sebastian  
Year 4: Jake and Freya  
Year 5: Neil and Polina  
Year 6: Celin and Daniel



## Dates for your diary...

[www.twitter.com](https://www.twitter.com/@St_OsmundsCP)  
@St\_OsmundsCP

23.04.24 ~ Reception Class Mass ~ St Osmund's Church ~ 10am  
30.04.24 ~ Y5 Class Mass ~ St Osmund's Church ~ 10am  
09.05.24 ~ Whole School Mass ~ Feast of the Ascension ~ St Osmund's Church ~ 10am  
13.05.24 ~ SATs Week, Year 6  
22.05.24 ~ Whole School Mass ~ Pentecost ~ St Osmund's Church ~ 2pm  
24.05.24 ~ Break up end of Term 5 ~ 3:15pm  
03.06.24 ~ School reopens start of Term 6  
04.06.24 ~ Y6 Class Mass ~ Church ~ 10am  
11.06.24 ~ Y3 Class Mass ~ Church ~ 10am  
18.06.24 ~ Y2 Class Mass ~ Church ~ 10am  
24.06.24 ~ Class Photographs  
**27.06.24 ~ EYFS and KS1 Sports Day ~ 9am**  
**28.06.24 ~ KS2 Sports Day ~ 9am**  
05.07.24 ~ International Day!  
08-12.07.24 ~ Y6 Residential  
19.07.24 ~ Break up end of Term 6 ~ 1:30pm  
**Term dates for 2024-25 are out and on the [school website](#).**

Mr R Sanderson  
Headteacher

Dear Lord  
May the loving power of God,  
which raised Jesus to new life,  
strengthen us in hope,  
enrich us with his love,  
and fill us with joy in faith.  
Amen

### Safeguarding Team

If you have any concerns about a child's welfare or safety, please speak to a member of the school safeguarding team:

Mr Sanderson – Designated Safeguarding Lead  
Mrs Chapman – Deputy Designated Safeguarding Lead  
Mrs Sambrook – Deputy Designated Safeguarding Lead  
Mrs Windsor – Deputy Designated Safeguarding Lead

Close to a third of children in the UK consume energy drinks at least once every week



While these high-caffeine beverages might be touted as a shortcut to a boost in focus and productivity, even a moderate intake can lead to significant impacts on the heart, sleeping patterns and mental wellbeing.

With celebrity spokespeople, colourful branding and the potential added element of peer pressure, it's unsurprising that young people are sometimes drawn to these products, often unaware of the potential negative impact they might be having on mind and body. This week's guide dives into the health pitfalls of energy drinks and offers expert tips on addressing concerns.

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# 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](https://nationalcollege.com/guides/energy-drinks)



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