



Longhill Primary School

Newsletter Issue 5

Friday 5th May 2023



General news

Unfortunately due to the poor weather today we were unable to have the planned Coronation picnic on the school playgrounds but the children have still enjoyed their day learning about the new King.

We have recently had a trust Reading and Safeguarding review which both went extremely well. Reading continues to be our main curriculum priority and we would like to thank you for taking the time to read with your children at home; this makes such a huge difference!

Next week Year 6 will sit their Key Stage 2 SATS tests. The children have been working very hard to prepare for these and we wish them the very best of luck. All year 6 children are more than welcome to come to a free breakfast club, there is no need to book and children are to arrive between 7.45am – 8.00am.

Enjoy the long weekend and see you on Tuesday.

Thank you for your continued support – Mr Batty and Mrs Pearce

Attendance

Whole school attendance currently stands at **93%**. National average is normally around **95.5%**.

If your child is not going to be in school then please let the school office know as soon as possible.

Just a reminder that holidays will be unauthorised and unauthorised attendance could well lead to a fine.

Key messages

Jewellery – This is a reminder that children are strictly **NOT TO WEAR** earrings to school. This is clearly stated on the school website and this is something that has been for place for at least 20 years. A link to the school uniform policy can be found here <https://longhillprimary.org.uk/uniform/>

Energy drinks – We are seeing some of our older children starting to come to school with energy drinks, these are not allowed in school. Please take a minute to read the information below about the negative effects of drinking energy drinks.

Lunch menu - The menu for Summer can be found in the link below:

<https://longhillprimary.org.uk/wp-content/uploads/2023/03/HCAT-Menu-Week-1-Summer-term.pdf>

Safeguarding corner – How safe are energy drinks?

Why do young people drink energy drinks?

Energy drinks are soft drinks that contain high levels of sugar and caffeine. They also contain stimulants such as guarana which adds to the level of caffeine. These drinks claim to boost energy and improve concentration.

The feeling of energy from these drinks comes from the high levels of sugar and caffeine, users will experience a short lived 'sugar high' followed by a 'sugar crash'.

Teenagers often feel tired and low on energy especially in the morning so it's easy to see why energy drinks are sometimes drunk on the way to school instead of having a breakfast.

Young people also choose to drink energy drinks;

- To fit in with their friends as part of socialising in the evenings / weekends on the park, bmx tracks, skate parks.
- Whilst gaming to help them stay awake at night
- Whilst taking part in sports
- To help with concentration and study.
- To mix with alcohol

Over half of young people surveyed in Lancashire between the ages of 14 and 17 said they drank energy drinks.

Energy drinks: What's The Harm

Research shows the use of energy drinks by under 18s is linked to a range of negative health effects including:

Headaches, increased heart rate, trouble sleeping, hyperactivity, nausea, fainting abdominal pain and feeling anxious.

Some of the ingredients in energy drinks can make some medicines less effective, such as ADHD medication.

Caffeine and Sugar

A large can of energy drink has the caffeine equivalent of 7 cans of cola. A small can of energy drink has the caffeine equivalent of 3 cans.

Large energy drink = 

Small energy drink = 

Caffeine is an addictive substance.

The NHS has stated that because of the high levels of caffeine, sugar and acidity in energy drinks, they are 'unnecessary' and 'unsuitable' for children under 16.

A small can of energy drink has the same amount of sugar as two slices of cheesecake. **Sugar is also addictive.**

Small energy drink = 

"I personally know of young people who have had serious health problems from consuming too many caffeinated drinks ...one young man has been diagnosed with diabetes , as he usually drinks 3-4 drinks a day" – Lancashire Health Professional

Energy drinks or any sugary drink can damage tooth enamel increasing the risk of cavities. Damaged tooth enamel cannot be fixed. The acid found in energy drinks is believed to cause more damage than coffee or sports drinks.

- 2/3 cans a day = 12 times recommended sugar levels

Research shows the use of energy drinks by under 18s is linked to a range of unhealthy behaviours:

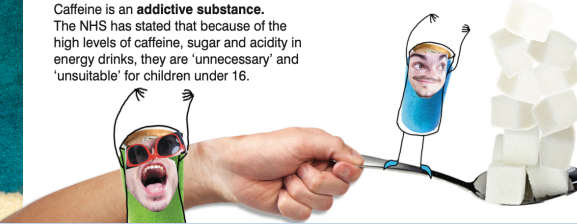
Young people who drink energy drinks are more likely to drink alcohol, smoke or use drugs.

59% of young people (14-17) surveyed in Lancashire mix energy drinks with alcohol. If you mix the two drinks it allows you to drink more and for longer periods of time. As a result young people can get more drunk and take more risks.

Many young people use energy drinks to help with their studies, especially at exam time when they feel under pressure, but it can make them perform worse.

The stimulant effect of energy drinks can have an impact upon young people's behaviour in the classroom. They can become 'hyper', talkative, unable to sit still and once the effects wear off they may feel drowsy, irritable and unable to concentrate.

Schools and youth centres across Lancashire have banned young people from drinking energy drinks on their premises.



Dates for your diary

Monday 8th May – School closed for the King's coronation.

Tuesday 9th May – Friday 12th May – Year 6 SATS week.

Tuesday 9th May – Year 4JK swimming for two weeks

Monday 15th May – Friday 19th May – Year 2 SAT tests

Friday 26th May – Finish for half term

Wednesday 7th June – Children return to school

Monday 12th June – Friday 23rd June – Year 6 swimming

Monday 26th June – Wednesday 28th June – Year 6 residential

Monday 3rd July – Friday 14th July – Year 4/5 swimming

Tuesday 4th July – Music concert for KS2

Monday 10th July – Friday 14th July – Year 6 transition week

Wednesday 12th July – Year 3 trip to Bonus Arena

Thursday 13th and Friday 14th July – transition days in school, children to spend time with their new teacher

Monday 17th July – Thursday 20th July – Sport week. Children to wear PE kit all week.

Tuesday 18th July – Year 6 play and leavers service

Thursday 20th July – Finish for Summer

Friday 21st July – Training day – Children not in school

Click below for a link to the term dates

<https://longhillprimary.org.uk/term-dates/>