

# Ellwood Community Primary School

*Believe, Achieve, Belong*

Telephone: 01594 833232  
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Website: [www.ellwoodschool.co.uk](http://www.ellwoodschool.co.uk)



**Our value this term is: Resilience**

April 18th 2024

## Weekly Attendance

Our aim is to have our weekly attendance above 97% in line with the Local Authority's expectation. This week, our **whole school attendance was 95.5%** which is below our target of 97%.

Well done to **Beech** class this week for getting the highest attendance.

Please remember to report a child's absence before 9.30 a.m. ideally before the start of school by either phoning the school on 01594 833232 or emailing

[admin@ellwood.gloucs.sch.uk](mailto:admin@ellwood.gloucs.sch.uk)

Thank you.

Oak	93.8%
Chestnut	92.3%
Beech	97.9%
Sycamore	96.4%
Willow	96.6%

## Internet Safety -

We would just like to make you aware of a game that is not appropriate for Primary aged children called '**Poppy Playground**'. The game includes some distressing /scary images and sounds.

Please monitor the games your children are playing.

WhatsApp - It has recently been in the press that children as young as nine are being added to dangerous WhatsApp groups promoting dangerous and harmful things.

A group called '**everyone you know x**' is said to be one of several that hundreds of children in Years 5 and 6 - as young as nine years old - have been added to across the country in recent weeks. We urge you to check your children's phones and WhatsApp groups to ensure they are not in any inappropriate groups.

Thank you.

## Class focus - Oak class

Oak class are enjoying their gymnastics sessions. They are learning many new skills and perfecting other skills such as balancing, coordination and strength.

The children are also listening to and following complex instructions; and enjoying the new challenges.





## Year 4 - Clarinet

This week the year 4 children started their clarinet music lessons. They learnt how to use their clarinet mouth pieces and have started to read music. Good job year 4!



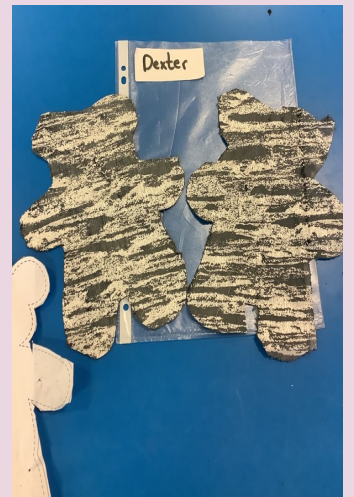


## Year 5 - D&T

On Monday, Willow started their DT project; creating a stuffed toy.

They had to cut out their template and fabric and managed to practise their sewing skills!

They will continue their project tomorrow and we are excited to see the end result.





## Year 2 - Science

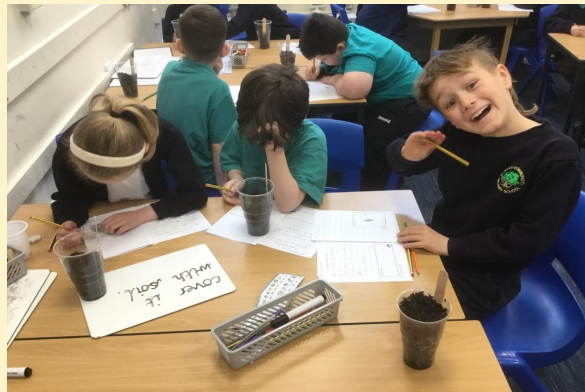
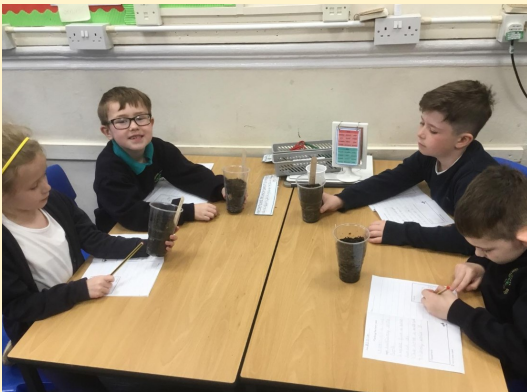
Year 2 started their new science topic of plants last week.

Everyone planted a bean seed so they can track their growth during the term. With the expertise of Mrs Rees, they also planted some vegetable seeds in our flower bed.



Yesterday, the children looked at their bean plants and noted

lots of changes! Lots of children saw thick roots growing. They drew an observational drawing and described the growth. Well done year 2!





# 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.

### 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 Washborough 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 Taste4, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)



As a part of the Coleford Area walking festival (which runs between the 11<sup>th</sup> and 19<sup>th</sup> May) there will be a family walk taking place called Walking with Dinosaurs. This walk is for families with primary aged children and follows part of the Deep Time walk along the linear park in Cinderford.

The walk takes place on Saturday 18<sup>th</sup> May. It is approximately 1.7 miles long. Some families with young children may not consider that the Coleford Walking Festival walks are appropriate for their young children, this walk has been especially aimed at families with primary school age children.

To book a place on this walk people can go to the following website <https://colefordareawalkingfestival.co.uk/> or they can also book in person by calling in at the Tourist Information Centre in Coleford.

**Walking with Dinosaurs**  
Family walk

Meet augmented reality dinosaurs

**Saturday 18th May**

Hunt for dinosaur footprints

Make a dinosaur nest and eggs

**Book at**  
[www.colefordareawalkingfestival.co.uk](http://www.colefordareawalkingfestival.co.uk) Or at the Tourist Information Centre  
Coleford

**Coleford Area Walking Festival**  
11th to 19th May 2024

## *Diary Dates*

### APRIL

- Tuesday 23rd April - Gymnastics - Reception class (packed lunch needed)
- Friday 26th April - EYFS cake sale - Raising funds for their Cattle Country summer trip!
- Tuesday 30th April - Gymnastics - Reception class (packed lunch needed)

### MAY

- Monday 6th May - **BANK HOLIDAY**
- Tuesday 7th May - Gymnastics - Reception class (packed lunch needed)
- Friday 10th May - Class and leavers photos
- W/C 13th May - KS SATs
- Tuesday 14th May - Gymnastics - Reception class (packed lunch needed)
- Fri 17th - Mon 20th May - Y6 - Manor Adventure
- W/C 20th May - KS1 SATs
- Tuesday 21st May - Gymnastics - Reception class (packed lunch needed)