



Ox Close Federation Newsletter Friday 26th April 2024 – Volume 26

Exciting Times – Springmoor Grange School

This week, there was an article in The Northern Echo which showed the fabulous progress that Esh Construction were making on our new build. The photos sparked excitement between children and staff. It was great to see inside of the school and to read about the fantastic facilities that will be available for our wonderful children. The build is on track to be completed on time and we are looking forward to moving in at the beginning of September.

Here is a link to the article in case you haven't seen it:

<https://www.thenorthernecho.co.uk/news/24275082.springmoor-grange-school-spennymoor-open-september/>

Polling Station – Federation Closed – Thursday 2nd May

Just a reminder that we are closed on Thursday 2nd May as the Local Electoral Service have decided to use Ox Close Federation as a Polling Station. As you know, this is a decision that has been challenged strongly. However, despite this, we have been overruled and therefore, the Federation will be closed on this day - both Nursery and Primary. This is due to safeguarding and health and safety reasons.

Staff are busy creating activities for the children to complete at home if they wish – similar to that period of time when we were all learning from home. These will be emailed via Arbor next week and also added to SeeSaw. On Thursday, staff will be available on SeeSaw to respond to children's work and answer any queries.

We apologise for the inconvenience that this will cause.

Reception Phonics Workshop

Next Wednesday, 1st May, we will be welcoming parents and carers of Reception children into school for the Reception Phonics Workshop. The children have made wonderful progress since they started in September and we know they are all looking forward to showing you what they have been learning. Once you have dropped your child off on Wednesday morning, please make your way round to the Main Entrance where you will be able to wait in the Primary Hall. You will be invited over to your child's classroom just before 9am where you will see a Phonics lesson taking place, followed by some Phonic activities for you to access with your child in the classroom. The session will last approximately 50mins. We look forward to seeing many of you there.

Weekly Class Charts Top Scorers

Reception	Ty D	Year 4	Nancy T
Year 1	Alfie L	Year 5	Heath H
Year 2	Jenson N	Year 6	Thomas A
Year 3	Jack H		

Attendance

Overall attendance for the week is 95% and the Year Group with the highest attendance is Year 5 with 98.5%. The overall school attendance for the academic year is 95.1%.

Punctuality

The Primary starts at 8:45am, with the gates opening from the new time of **8:35am**. Please ensure that your child is at school on time so that they do not miss out on any learning. This week, we have had 663 late minutes.



Dates for the Diary

Wednesday 1 st May	9am – Reception – Parent/Carer Phonics Workshop
Thursday 2 nd May	Federation Closed – Polling Station
Tuesday 7 th May	Year 5 Visit to Whitworth Park
13 th – 16 th May	KS2 SATs Week
Friday 17 th May	Wear Green for Mental Health Day
Tuesday 21 st May	Year 6 Visit to Life Centre in Newcastle
Thursday 23 rd May	Nursery – Butterflies Stay and Play
Thursday 23 rd May and Friday 24 th May	Year 3/4 Captain Chemistry Workshops
Friday 24 th May	3:15pm – Close for Half Term Break
Monday 3 rd June	8:35am – Children return to Nursery and School
Tuesday 4 th June	Year 5 Visit to Life Centre in Newcastle
3 rd – 14 th June	Year 4 Multiplication Tables Check
10 th – 14 th June	Year 1 Phonics Screening Check
Thursday 13 th June	Year 1/2 Zoo Lab Workshops
Friday 14 th June	Nursery Graduation Photos
Monday 24 th June	Reception Visit to Auckland Castle Project
Friday 28 th June	Federation Closed – PD Day
Thursday 11 th July	Year 3/4 Visit to Theatre
Tuesday 16 th July	Year 6 Celebration Trip
Wednesday 17 th July	10am and 2pm – Nursery Graduation and Celebration
Thursday 18 th July	9:30am – Year 6 Celebration Assembly
Friday 19 th July	2:15pm – Year 6 Guard of Honour
Friday 19 th July	3:15pm – Ox Close Federation Closes
Monday 9 th September	Springmoor Grange School opens to children

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

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



@wake_up_weds



/wuw.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024

It has been a busy in 5/6C this week. We have looked at maps in History to discover the place names the Vikings have left us. In addition, we found out they were not 'pirates' but simple farmers mainly. In Maths we were using protractor to measure angles. These are just some of the things we were learning this week.



RE: comparing parts of the creation story in Genesis to see what role God played.



Science: Reproduction in animals



Guided Reading
Enhancing our reading skills



Computing: Learning all about spreadsheets

History: finding Viking names on a map.



English: role playing to help us think about linking our sentences and paragraphs