

# Matthew's C.E (Aided) Primary School and Nursery Centre



*'I can do all things because Christ gives me strength' Philippians 4:13*

## Friday Feature: 13th March 2026



This half-term we are focusing on the Christian Value of **Forgiveness**



*Just as the Lord has forgiven you, so you must also forgive others.*

Colossians 3.13

### Red Nose Day



Next Friday, 20th March, we will be taking part in Red Nose Day. Children can wear red, donate £1 and bring your best joke.

### Parent Consultations



Parent Consultations are on Tuesday 17th and Wednesday 18th March. If you have not yet booked your appointment then please speak to the school office who will make an appointment for you.

### Late Collections

Unfortunately we are seeing a rise of children not being collected on time at the end of the school day.

Please can parents be aware that, in future, if children are not collected by the time the gates close then children will be put into after school club and parents will be invoiced for the first hour fee of £3.50.

### Sports Days

We are giving lots of notice for Sports Days this year!

23rd June—EYFS Sports Carousel

24th June—KS1 Sports Day

25th June—KS2 Sports Day



Timings will be released nearer the time, but in past years we have held them in the mornings before the day gets too hot.



## Pupils of the Week



Nursery	Louis
R St Francis	Dolton
1: St Teresa	Skyler
1/2: St Nicholas	Ezra
2: St Joseph	Arlo
3: St Cecilia	David
3/4: St Sophia	Jayda H
4: St Kateri	Riley
5: St Thomas	Isaac
6: St Padre	Indie

## Times Table Rockstars Players of the week

2: St Joseph	Robin
3: St Cecilia	Kakkra
3/4: St Sophia	Mila
4: St Kateri	Alicja
5: St Thomas	Roxy
6: St Padre	Joel



### Attendance Award



This week the attendance award has gone to :  
5 St Thomas

Weekly Attendance		
1 <sup>st</sup>	St Thomas Mere	98.2
2 <sup>nd</sup>	St Teresa	97.2
3 <sup>rd</sup>	St Sophia	96.5
4 <sup>th</sup>	St Cecilia	95.2
5 <sup>th</sup>	St Padre Pio	95.0
6 <sup>th</sup>	St Nicholas	94.7
7 <sup>th</sup>	St Joseph	94.7
8 <sup>th</sup>	St Kateri	93.0
9 <sup>th</sup>	St Francis	91.3

### Attendance Thank you

Thank you to the children and parents in the following classes whose attendance improved this week:

- St Teresa 1
- St Cecilia 3
- St Sophia 34
- St Padre 6



### Future Dates

17th and 18th March	Parent Consultations
Friday 20th March	Red Nose Day
Wednesday 25th March	
Friday 27th March -	Yr6 Arthog
30th March to 10th April	Easter Break
4th May	Bank Holiday
25th to 29th May	Half Term
1st June	PD Day
17th July	Break up for
Summer	

### Weekly prayer



Dear Lord

I'm sorry for the things I did wrong today.

Thank you for forgiving me and loving me anyway.

Help me do better tomorrow.

Please give me peace as I sleep.

Amen

# 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 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.



#WakeUpWednesday

The National College

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