

Key Events for next week– KS1 and Shine

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	Gymnastics	Time to innovate in T4W!	Learning another new story with Bertie Owl.	Making our own number lines.	Drop everything and read.
Year 1	Abbey Owl is back to help us find out how Jewish children celebrate Shabbat.	Planning our independent write.	Athletics	Filling fun with volume and capacity.	Drop everything and read.
Year 2	Finishing our PSHE learning about 'Changing Me'	Class Treat!	Starting our new Science topic	PE: Striking and fielding	Drop everything and read.
Shine	PE and emotional literacy	Shopping and cooking!	Making bird seed feeders and leaf art.	Making seed balls to plant around Bodmin	Brain gym and drop everything and read.

Key Events for next week– KS2 and ARB

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 3	PE - Athletics	Write our own dialogue	Science - Magnets	Science - Magnets	Drop Everything and Read!
Year 4	Plan our own portal story	Oxford Residential!	Oxford Residential!	History Anglo-Saxons	Drop everything and read
Year 5	Art - Sculpture	Music Technology!	Student teacher visit from Marjons.	Rock Steady!	Drop Everything and Read!
Year 6	Mental Arithmetic paper for everyone!	Looking at recipes in Maths	Fiction Revision – The Lost World	Fiction Revision – Gaby to the Rescue	Roman Numerals in Maths
Cosmonauts	Amazing Art Landscapes	Sensational Science Rock formations	RE	Cooking	Outdoor learning

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EYFS 'Highlight of the Week'



Nursery

This week we have been continuing to explore all things spring. We have been making observational paintings of flowers, carefully selecting the colours we need for the stem, petals and leaves. We have created playdough flowers too using a range of tools to mark make with. Outside the weather has been lovely so we have been enjoying sharing our books one of our favourites this week has been Do the Dinosaur 1,2,3!

Reception

This week in Reception we started our new PE unit 'gymnastics'. We learnt the tuck shape, straight shape, star shape, pike and straddle. We then moved like different animals from the rainforest (moving like crabs was our favourite!) and we all showed fantastic balance and strength. As always, all of the adults are so impressed with the children and their attitude to learning.



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KS1 'Highlight of the Week'



Year 1

Year 1 have been fantastic mathematicians this week! They have been comparing mass and measuring mass.

They have also been learning lots about our capital city in our Geography. We have talked about different transports and famous landmarks in London. They even had a go at drawing their own maps.

Year 2

What a fantastic start to the summer term. Year 2 have been learning our new Talk for Writing story, The Mousehole Cat. We have drawn story maps, told the story with actions and designed new characters to include in our own innovated versions next week. We have been impressed with everyone's exciting and interesting vocabulary to describe their characters. We cannot wait to read all the great stories next week.



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Lower KS2 'Highlight of the Week'



Year 3

Wow! What an incredible start to the summer term! Year 3 have had the best time in Bristol! They had an amazing time exploring Bristol. They all enjoyed the Hindu Temple, visiting Cabot tower and Brandon Hill, the boat trip was amazing, and the Ballet was an incredible experience!

They had a brilliant time visiting the SS Great Britain and had the best time at Ninja Warrior. There were lots of tired children on the way home! What a busy two days!



Year 4

We have had a brilliant week! The children really enjoyed another ukulele lesson with Mrs Man. They recapped the different parts of the ukulele, sang songs with the ukulele accompaniment and learnt a new chord!

We have also been learning all about the Anglo-Saxons. The children have had fantastic conversations about why they think they got their 'smashing' reputation.

We can't wait for our residential next week!



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Upper KS2 'Highlight of the Week'



Year 5

Yet again, the year 5 children have continued to amaze us with their learning behaviour and dedication to embracing our 3Bs. This week, we have been studying 'Materials and their Properties' during science lessons. This has enabled us to conduct lots of scientific experiments and observe the results over time. It has been wonderful to see the children so engaged and enthusiastic about their learning! During the mornings, we have all been gripped by our shared reading text, *The Outlaws Scarlett and Brown* by Jonathan Stroud. We debated if the main character was a 'good person,' and everyone had something very interesting to offer.

Well done Year 5!

Year 6

Wow, where is the time going? This week, children have continued to amaze with their preparation for SATs: in reading they have explored two different poetry texts and answered a variety of questions linked to them; in grammar they have revised their knowledge of clause and sentence types; and in Maths we have begun to explore Algebra, Ratio and Proportion.

As a team, all the Year 6 teachers are so impressed with how well all children are getting on and recognise the hard work they are putting into their learning.

Have a lovely weekend everyone and enjoy the sunshine (hopefully).

Well done Year 6!



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Cosmonauts and Shine 'Highlight of the Week'



↓

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

+ +

Finger spell 'A'

Finger spell 'L'

ARB

What a great start to our Summer term and to our new topic of Cornwall. To link to this topic, we have been exploring the stories of 'The Rainbow Fish' and 'The Mousehole cat'. In art, the children painted the background of Mousehole, and we were blown away by how brilliant these were.

Shine

Shine have spent a lot of time outside this week enjoying the sunshine! We have pulled up the weeds in the Nurture garden ready to plant some flowers. We have learnt about what plants need to be able to grow and then we planted some seeds so we can observe them grow.

We also have explored up at the Beacon to see what signs of spring we can spot!



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Who has SHONE BRIGHTLY this week?

Amazing Historian

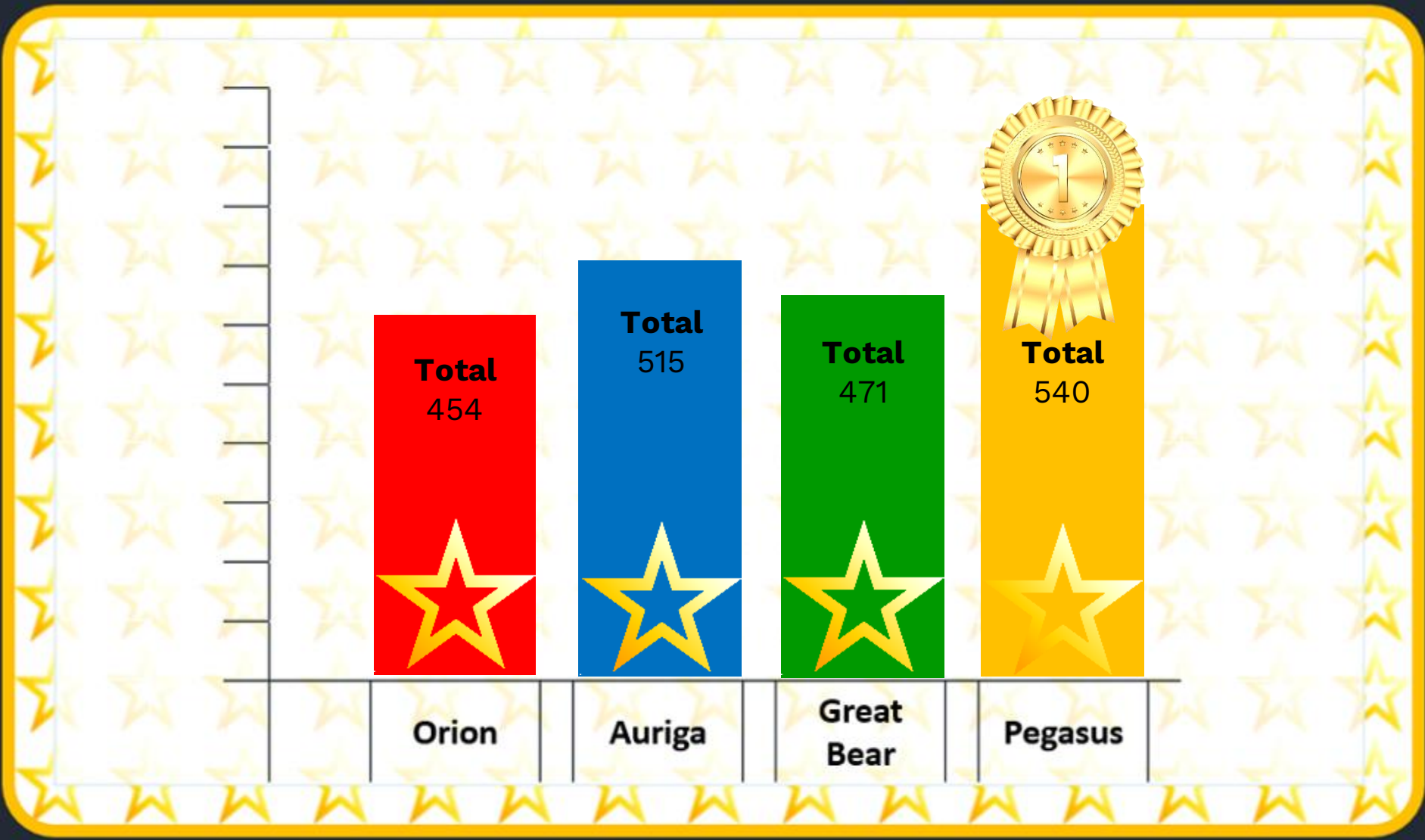
Space Voyagers (YR)		Owen Gee	Pioneers (Y3)		Harley Coslett
Space Travellers (YR)		Alfie-Jamie Bray	Discoverers (Y3)		Morwenna Jeffery
Space Adventurers (Y1)		Lucas Crocker	Supernovas (Y4)		Jayden Menhenitt
Space Explorers (Y1)		Daytona Cavendish	Constellations (Y4)		Kobe Davies
Spaceships (Y2)		Ellie Nelson	Comets (Y5)		Phoebie Bennett
Rockets (Y2)		Archer Watkins	Meteors (Y5)		Austin Bray
Cosmonauts (ARB)		Victor Whychowaniec	Aviators (Y6)		Jago Munford
Shine		All of Shine	Astronomers (Y6)		Mollie Gilbert
			Astronauts (Y6)		Alfie Smith

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House Points! 

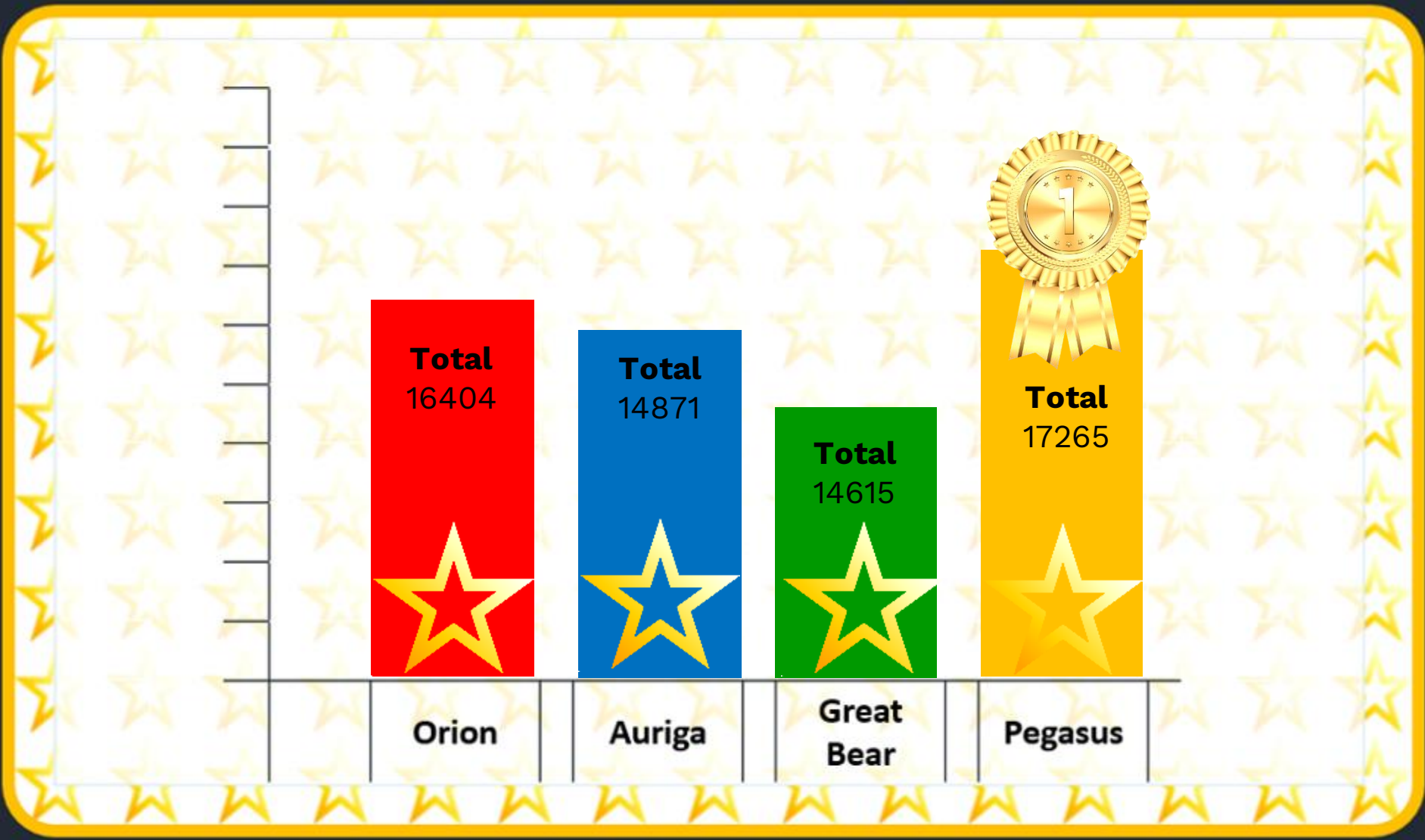


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House Points! 



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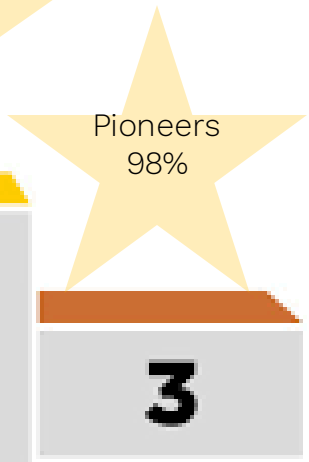
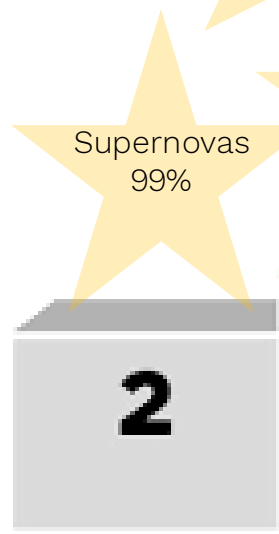
Believe

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Attendance weekly winners



Well done to
Spaceships



ABSENCE = LOST OPPORTUNITY

Did You Know... ?

If Your Child's Attendance During the School Year...	Your Child Would Have Lost Approximately...	or They Would Have Missed Approximately...
was 95%	9 Days from School	50 Lessons
was 90%	19 Days from School	100 Lessons
was 85%	29 Days from School	150 Lessons
was 80%	38 Days from School	200 Lessons
was 75%	48 Days from School	250 Lessons

Getting Your Child to School Really Matters

In total there are 175 non-school days a year. This gives families the opportunity to:

- Spend time together
 - Go on family visits and days out
 - Go on holiday
 - Go shopping
 - Attend routine appointments.
- Holidays will not be authorised.



Taking a holiday during term time seriously affects your attendance and in turn your attainment. Booking holidays during term time may result in a fixed penalty notice.

As always, if you have any questions or if you need some support with your child's attendance, please contact our Attendance Officer Helen Sowden

Direct Number: 01208 72773

Mobile Number: 07545431566

hshowden@kernowlearning.co.uk

Attendance Information



Together 
for Families

Penalty Notices

A guide to Education Welfare Services
for parents and carers



www.cornwall.gov.uk/togetherforfamilies

What is a Penalty Notice?

A Penalty Notice is a fine that can be issued under section 444A and section 444B of the Education Act 1996. The fine is issued per parent, per child for:

- Leave of absence of 12 school sessions /6 school days or more (within any 100 school session period) during term time, without authorisation from the school, for a holiday for example
- Unauthorised absence of 12 school sessions /6 school days or more (within any 100 school session period) of absence from school, either when a parent fails to provide an explanation, or an explanation is provided but the school consider it insufficient to authorise
- Unauthorised lateness of 12 school sessions /6 school days or more (within any 100 school session period), resulting from arrival at school after the register has closed

NB A Penalty Notice can be issued for any combination of the above reasons, where the unauthorised absence from school results in 12 sessions /6 school days or more (within any 100 session period)

Or, when:

- A pupil is observed in a public place during school hours, in the first five school days of a period of exclusion from school, without reasonable justification

Who can be issued with a Penalty Notice?

Parents and carers of a child can be issued with a Penalty Notice. The definition of a 'parent' as set out in section 576 of the Education Act 1996: By virtue of this section 'parent' includes: all natural parents, whether they are married or not; any person or body who has parental responsibility for a child (as defined by the Children Act 1989) and any person who, although not a natural parent, has care of a child. Having care of a child means a person who lives with and looks after a child, irrespective of what their relationship is with said child.

How much is a Penalty Notice fine?

A Penalty Notice carries a fine of £60.00 if paid within 21 days of issue, doubling to £120.00 if paid after 21 but within 28 days.

Attendance Information

Penalty Notices are issued per parent, per child.

Therefore, for example, if there are two parents and two children, the fines will total £240.00 if paid within 21 days and £480.00 if paid after 21 days but within 28 days.

Can a Penalty Notice be paid in instalments?

No. Penalty Notices must be paid in full, within the designated dates. However, if a parent has more than one child and is therefore issued with more than one fine, they can pay the fines separately if they wish.

Who is responsible for issuing Penalty Notices?

It is a Headteacher's decision whether or not to authorise an absence and, if their decision is not to authorise, they have the right to request a Penalty Notice in line with their attendance policy process. Cornwall Council's role is to check that the evidence submitted is compliant with Cornwall Council's Code of Conduct for Education Related Penalty Notices and, if so, to issue as appropriate.

Can a parent appeal a Penalty Notice?

There is no statutory right of appeal once a Penalty Notice has been issued. If you believe that the Penalty Notice should not have been issued, you should make contact with the school or academy that your child attends at your very earliest convenience after receiving the Penalty Notice. If you wish to discuss the Penalty Notice procedure, you can contact Cornwall Council's Education Welfare Service on **01872 323400**, or email educationwelfare@cornwall.gov.uk

How is a Penalty Notice paid?

Penalty Notices can be paid by card by calling the office on 01872 323400. Alternatively, payment can be made by cash or cheque at any Cornwall Council Information Service. If the 21st/28th day for payment falls on a weekend or bank holiday, payment will be accepted at the same rate on the following working day.

What happens if a Penalty Notice is not paid?

If a Penalty Notice is not paid within the 28 days of issue (as per the dates listed on the Penalty Notice), Cornwall Council will progress the matter to the Magistrates' Court, for the offence of failing to ensure regular attendance, NOT for failure to pay the fine.

If found guilty:

- under section 444(1), it can result in the parent being fined up to £1000
- under section 444(1A), it can result in the parent being fined up to £2,500 and/or receiving a custodial sentence of up to 3 months

Cornwall Council may also apply for costs incurred in taking the matter to court.

Contact us

Education Welfare Service

educationwelfare@cornwall.gov.uk

01872 323 400

www.supportincornwall.org.uk/families

www.facebook.com/TFFCornwall

   @tffcornwall

If you would like this information in another format or language please contact:

Cornwall Council, County Hall,
Treyew Road, Truro, TR1 3AY

e: customerservices@cornwall.gov.uk

t: 0300 1234 100

 **Cornwall recycles**
Kernow a wra eyglyghya

Extra notifications

BRISTOL 2024
18th - 19th April

YEAR 3

We had a great time!

OXFORD 2024
30th - 1st May

YEAR 4

4 days to go!

MANCHESTER 2024
4th - 6th March

YEAR 5

We had a great time!

LONDON 2024
26th - 28th February

YEAR 6

We had a great time!



BEACON TEN TORS CHALLENGE

SUNDAY 19TH MAY 2024

Beacon's PTA are looking for parents/grandparents etc to join us for the upcoming Bodmin Ten Tors walk arranged by Bodmin Lions, which is due to take place on Sunday 19th May. the walk is approximately 13 miles across Bodmin Moor.

We would like to enter as many teams as possible enabling us to raise much needed funds for the school.

All walkers must be 12 years and over.

If you are willing and able to support this great event please complete the form below.

<https://forms.office.com/e/Q3hHZ80wBB>



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Young Carers



In partnership with
Believe in
children
Barnardo's

AM I A YOUNG CARER?

If any of these sound like you,
you may be a Young Carer...



- Practical tasks -**
cooking, housework,
shopping and
gardening.
- Physical care -**
helping the cared for
in/out of bed, around the
house, outside the home.
- Emotional support -**
listening, talking and
showing empathy.
- Personal care -**
undressing/dressing,
bathing, using the toilet.
- Managing the family budget -**
paying bills, seeking benefits,
working to contribute
financially.
- Supporting with
Communication -**
Making calls, relaying needs
to professionals, helping a
sibling communicate.
- Dealing with Medication -**
collecting prescriptions,
giving medication,
attending appointments.
- Supporting family
members during crisis -**
calling emergency services,
providing emotional
support during hospital
visits, dealing with the
trauma after the event.
- Looking after siblings -**
feeding, bathing,
dressing, homework,
emotional support.
- Completing daily
nursing tasks -**
clearing peg/breathing
tubes, personal care,
feeding and bathing.

To find out more,
scan the QR code



If you believe that your child is a young carer then please speak to our admin team and they will advise you as to how we can help you in school.

Or you can contact Cornwall Young Carers directly on their freephone number 01736 756655, or by emailing kernowyoungcarers@barnardos.org.uk.

Cornwall Young Carers complete great work with the young carers in our county by aiming to support them to self-manage caring responsibilities, providing information, advice and guidance over the phone and working with schools.

They also provide direct 1-1 work with Young Carers and Young Adult Carers as well as offering activities on a regular basis and during the school holidays.

Extra notifications 



BEACON Breakfast Club



Open from 8:00 – 8:30 daily
(Booking required)

Our free breakfast club operates during term time and is available to all pupils. Starting at 8:00 AM until the start of school we offer the children a selection of healthy breakfast options such as toast, cereals, fruit, water, and milk. The children will then have the opportunity to enjoy reading games puzzles and other to activities.

Sponsored
by



FREE for all children 

Beacon
Shine brightly 



BEACON WRAPAROUND AFTER SCHOOL CLUB


From Monday 8th January 2024 we will be offering afterschool Wraparound Care from 3:15 to 5:30, as part of our extended provision. During this time children who attend will take part in a range of activities and enjoy a healthy snack and drink.

Children will be collected from their class. As with all of our before and after school provision, booking is essential and must be done via our online booking system by submitting the form via:

<https://forms.office.com/e/4WJwYcMQAs>



The costs are -
Up to 1 hour - 3.15 - 4.15 ~ £5.00
Up to 2.15 hours - 3.15 - 5.30 ~ £10.00

Payment to be made in advance via +Pay on the MyEd app. 

Any booking needed without 24 hours notice will require approval from a SLT member of staff to ensure adequate supervision is in place, please contact the school directly if you require this.

Dates for the diary!

Tuesday 30th – Wednesday 1st May	Yr 4 Oxford Residential
Monday 6 th May	Bank Holiday
Monday 13th May – Thursday 16th May	Year 6 SATS week
Monday 13th May	8am Year 6 SATS Revision Breakfast SPAG Paper 1+2
Tuesday 14th May	8am Year 6 SATS Revision Breakfast SATS – English (Reading) Paper
Wednesday 15th May	8am Year 6 SATS Revision Breakfast SATS – Maths Paper 1&2
Thursday 16th May	8am Year 6 SATS Revision Breakfast Maths paper 3
Friday 17th May	Year 6 Post SATS Reward
w/b 20 th May	Adventure Week starts
Monday 27 th May – Friday 31 st May	Half Term
Thursday 6th June	Reception TfW Hook – Newquay Zoo trip

Dates for the diary!

Monday 10th June – Friday 14th June	Ignite Wonder – Healthy Lifestyle Week
Tuesday 11th June	Nursery Sports Day – PM
Wednesday 12th June	Reception and KS1 Sports Day – PM
Thursday 13th June	KS2 Sports day PM
Friday 14th June	ARB Sports Day PM
Monday 17th June- Thursday 20th June	Year 5 – Swimming
Monday 24th – Thursday 27th June	Year 5 – Swimming
Friday 28th June	Open Morning – Y3-Y6 Residential Show & Tell
Friday 5th July	Year 6 – Healthy Cornwall Workshops
Monday 8th July	Reception home and settling visits this week
Tuesday 9th July	SEND Parent transition Meetings 3.30-5pm
Wednesday 10th July	Year 2 Residential Plymouth
Thursday 11th July	Rock Steady End of Term Performance

Dates for the diary!

Thursday 11th July	SEND Parent Transition Meetings 3.30-5pm
Thursday 11th July	Reports to go home with assessments
Thursday 11th July	Year 2 Residential Plymouth
Friday 12th July	Year 6 Leavers Performance
Friday 12th July	Year 2 Parent Residential Show and Tell
Monday 15th July – Friday 19th July	Ignite Wonder – Growth Mindset Week
Tuesday 16th July	Nursery Graduation AM & PM
Thursday 18th July	Year 2,3,4 & 5 Growth Mindset Camp
Thursday 18th July	BEACON FEST
Monday 22nd July	Year 6 Prom
Tuesday 23rd July	Beacon Rainbow Run
Thursday 10 th July – Friday 11 th July	Y2 Plymouth Aquarium Residential
Wednesday 24 th July	Summer Holiday begins

Extra notifications



IMPORTANT
Polite reminder – There are no staff on duty in the mornings until 8:30am. Children arriving before that time are very welcome to attend our free Breakfast Club but should not be on the grounds otherwise for their own safety.

Extra notifications

RECEPTION CLASSES

Can we please remind all our Reception parents that the children need to bring in named, wellies each week.

We try to spend as much time outside as possible and with the weather as it has been wellies are essential.



IMPORTANT

Please can we remind all parents do not park, during drop off and collection, on the yellow Zigzags outside the school. This is for the safety of your children. Please help us keep our children safe.



A Polite Request.

If you need to get a message to your child during the school day, please call the main office before **2:30pm** to ensure the message is passed on.



IMPORTANT

We continue to be so proud of how well our children are responding to their learning and the progress they are making.

In order to do this, it is so important that our children come to school with a positive attitude to learning in the correct school uniform and on time. Please talk to our team if we can help you with any aspect of this.



Extra notifications 



Nursery



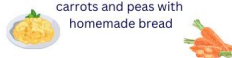
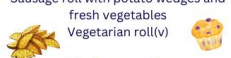
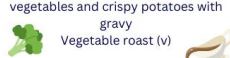
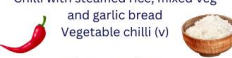

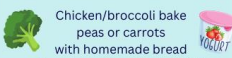
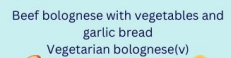

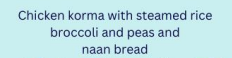

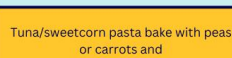
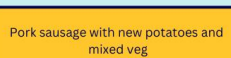
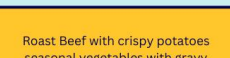
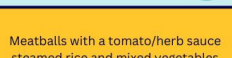

Can we please remind all our Nursery families to be ready at our entrance for your child's start time. When staff have to come out and let people in, it leaves the Nursery understaffed.

Thank you for your understanding.

Start times are **8.30am** or **9.00am** and **12pm** for afternoon sessions.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Macaroni cheese carrots and peas with homemade bread</p>  <p>Fruity yoghurt dessert</p>	<p>Sausage roll with potato wedges and fresh vegetables Vegetarian roll(v)</p>  <p>Blueberry muffin</p>	<p>Roast gammon with seasonal vegetables and crispy potatoes with gravy</p>  <p>Vegetable roast (v)</p> <p>Chocolate sponge</p>	<p>Chilli with steamed rice, mixed veg and garlic bread Vegetable chilli (v)</p>  <p>Frozen yoghurt</p>	<p>Breaded fish and chips with sweetcorn Vegetable fingers (v)</p>  <p>Various puddings</p>
<p>Chicken/broccoli bake peas or carrots with homemade bread Tomato and basil bake(v)CC</p>  <p>Fruity yoghurt dessert</p>	<p>Beef bolognese with vegetables and garlic bread Vegetarian bolognese(v)</p>  <p>Lemon sponge</p>	<p>Roast turkey with seasonal vegetables crispy roast potatoes with gravy Vegetable roast (v)</p>  <p>Mini fruit pavlovas</p>	<p>Chicken korma with steamed rice broccoli and peas and naan bread Vegetable curry (v)</p>  <p>Vanilla ice cream</p>	<p>Sausage, chips and peas Vegetable sausage (v)</p>  <p>Various puddings</p>
<p>Tuna/sweetcorn pasta bake with peas or carrots and homemade bread Tomato and basil pasta(v)</p>  <p>Fruity yoghurt dessert</p>	<p>Pork sausage with new potatoes and mixed veg Veggie sausage (V)</p>  <p>Chocolate muffin</p>	<p>Roast Beef with crispy potatoes seasonal vegetables with gravy Vegetable roast (v)</p>  <p>Cookie and milk</p>	<p>Meatballs with a tomato/herb sauce steamed rice and mixed vegetables Veggie balls (v)</p>  <p>Iced finger</p>	<p>Fishfingers chips with sweetcorn vegetable fingers (v)</p>  <p>Various puddings</p>

JACKET POTATOES WITH VARIOUS FILLINGS AND SALAD BAR AVAILABLE EVERY DAY
WATER, FRUIT, AND YOGHURTS ALSO AVAILABLE EVERY DAY.

April 2024							May 2024							June 2024							July 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7			1	2	3	4	5						1	2	1	2	3	4	5	6	7
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				



Extra notifications



School Menus

School Menus

SCHOOL MENU – WEEK COMMENCING

Monday 29th April

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Macaroni cheese carrots and peas with homemade bread</p>  <p>Fruity yoghurt dessert</p>	<p>Sausage roll with potato wedges and fresh vegetables Vegetarian roll(v)</p>  <p>Blueberry muffin</p>	<p>Roast gammon with seasonal vegetables and crispy potatoes with gravy Vegetable roast (v)</p>  <p>Chocolate sponge</p>	<p>Chilli with steamed rice, mixed veg and garlic bread Vegetable chilli (v)</p>  <p>Frozen yoghurt</p>	<p>Breaded fish and chips with sweetcorn Vegetable fingers (v)</p>  <p>Various puddings</p>



Please ensure you are pre booking your dinners via the MyEd/PlusPay app.





Get into Teaching

Why not train to teach in Cornwall?

Primary (3-7, 5-11) programmes available for
a September 2024 start

Visit our website for further details:

www.kernowteaching.co.uk

Kernow Initial
Teacher Education



School Support Careers

FULLY FUNDED
Online Course



Available in
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- Total of 5 days per week (Mon-Fri) for 6 weeks
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- Must have internet access and a laptop or tablet.

- **No prior experience necessary -**

Eligibility Criteria

- Must Be Aged 19+
- Must Claim Benefits (Universal Credit, JSA, ESA, PIP, Income Support, Housing Benefits or any type of Tax Credit including Child Tax Credit). If you live in Merseyside, you do not need to claim any benefits.
- You Can't be a student or an international Student
- You Must have lived in the UK for a Minimum of 3 Years (Except if you are from the Ukraine).

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6.00 - 7.00 PM

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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.co.uk.

What Parents & Educators Need to Know about ENERGY DRINKS

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.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – 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 heart risk of heart attacks – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can contribute to anxiety, nervousness and mood swings. In susceptible individuals, this could lead 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 effect 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 connection between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may use energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the depressive effects 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 caffeine dependency. Many 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, stricter labelling on products, 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 – emphasising 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 Walsingham Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Food 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 *Food4Thought*, a sensory food education charity.



The National College

Source: See full references in the page on nationalcollege.co.uk/guides/energy-drinks

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What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as *Fomo* – allow users to buy goods at reduced prices. Others, like *Viستا and Dapp*, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of *Fomo*, *Dapp* and *Viستا* have reported not receiving their products or a package being late. Items can be lost or stolen during the delivery process, and the seller may not be notified until the item is delivered. Depending on the app, it's not always clear who is responsible for the loss. If you've bought an item, it's important to check the seller's reputation and to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include convincing someone to click on a link that promises a reward or to click on a link that promises a reward or to click on a link that promises a reward. It's important to be cautious of these links and to avoid clicking on them.

DATA MISUSE

Apps of all kinds frequently collect our data, often selling it to third parties. It's important to be aware of this and to take steps to protect our privacy. This includes using strong passwords, being cautious of what we share online, and being aware of the apps we use.

FAKES OR REPLICAS

It's possible not to notice if you've bought a fake or replica item. These items are often sold at a lower price than the real thing, but they can be of poor quality and may not last as long. It's important to be aware of this and to avoid buying items from sellers who are not well-known or who have a poor reputation.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for the loss. For many people, especially during a busy holiday season, this can be a frustrating experience. It's important to be aware of this and to avoid buying items from sellers who are not well-known or who have a poor reputation.

MISLEADING DESCRIPTION

Some people will be able to notice what, say, a product's price and the description don't seem to match. This isn't a reliable means of spotting up a fake or replica item. It's important to be aware of this and to avoid buying items from sellers who are not well-known or who have a poor reputation.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app or website they used to purchase them. This helps to ensure that the payment is secure and that the seller is protected. It's important to be aware of this and to avoid using other payment methods.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item, it's important to be aware of the seller's reputation and to avoid buying items from sellers who are not well-known or who have a poor reputation.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages with links to fake pages and to request information from users. It's important to be aware of this and to avoid clicking on links from unknown sources. It's also important to be aware of the apps we use and to avoid using apps that are not well-known or that have a poor reputation.

KEEP SAFE AS A SELLER

Sellers can be approached just as much as buyers. Some users may purchase on their own terms, but it's important to be aware of the risks of selling items. It's important to be aware of the apps we use and to avoid using apps that are not well-known or that have a poor reputation.

Meet Our Expert

Dr Chris Burtchard is an online safety consultant at *Beacon*, who has developed and implemented an online safety curriculum for schools and colleges and provides for schools. He has written various reports for government and is a member of the *Academy of Government Computing* and *Internet and Social Media* for young people in the UK, USA and Australasia.



The National College

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Skips Safety Net

Keeping children safe online

A Parent's Guide to Safety and Privacy Settings

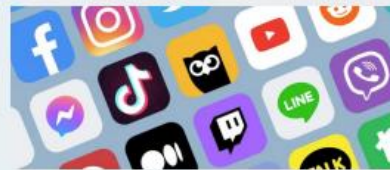


scan the QR code with your phone's camera for Parent's Guides on how to help keep your children safe online

When you give a child access to the Internet, you give them access to the adult world.

The Internet treats everyone as adults and there are many things, they are not yet ready to know, which is why it is vital that some form of safety settings are in place. Doing something is better than doing nothing.

What happens online has an effect to what happens offline and what happens offline has an effect to what happens online.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with





Beacon ACE Academy

School Terms and Holidays 2023/24



September 2023				October 2023				November 2023								
Mon	4	11	18	25	Mon	2	9	16	23	30	Mon	6	13	20	27	
Tue	5	12	19	26	Tue	3	10	17	24	31	Tue	7	14	21	28	
Wed	6	13	20	27	Wed	4	11	18	25	Wed	1	8	15	22	29	
Thu	7	14	21	28	Thu	5	12	19	26	Thu	2	9	16	23	30	
Fri	1	8	15	22	29	Fri	6	13	20	27	Fri	3	10	17	24	
Sat	2	9	16	23	30	Sat	7	14	21	28	Sat	4	11	18	25	
Sun	3	10	17	24	31	Sun	1	8	15	22	29	Sun	5	12	19	26

December 2023				January 2024				February 2024							
Mon	4	11	18	25	Mon	1	8	15	22	29	Mon	5	12	19	26
Tue	5	12	19	26	Tue	2	9	16	23	30	Tue	6	13	20	27
Wed	6	13	20	27	Wed	3	10	17	24	31	Wed	7	14	21	28
Thu	7	14	21	28	Thu	4	11	18	25	Thu	1	8	15	22	29
Fri	1	8	15	22	29	Fri	5	12	19	26	Fri	2	9	16	23
Sat	2	9	16	23	30	Sat	6	13	20	27	Sat	3	10	17	24
Sun	3	10	17	24	31	Sun	7	14	21	28	Sun	4	11	18	25

March 2024				April 2024				May 2024								
Mon	4	11	18	25	Mon	1	8	15	22	29	Mon	6	13	20	27	
Tue	5	12	19	26	Tue	2	9	16	23	30	Tue	7	14	21	28	
Wed	6	13	20	27	Wed	3	10	17	24	31	Wed	1	8	15	22	29
Thu	7	14	21	28	Thu	4	11	18	25	Thu	2	9	16	23	30	
Fri	1	8	15	22	29	Fri	5	12	19	26	Fri	3	10	17	24	31
Sat	2	9	16	23	30	Sat	6	13	20	27	Sat	4	11	18	25	
Sun	3	10	17	24	31	Sun	7	14	21	28	Sun	5	12	19	26	

June 2024				July 2024				August 2024								
Mon	3	10	17	24	Mon	1	8	15	22	29	Mon	5	12	19	26	
Tue	4	11	18	25	Tue	2	9	16	23	30	Tue	6	13	20	27	
Wed	5	12	19	26	Wed	3	10	17	24	31	Wed	7	14	21	28	
Thu	6	13	20	27	Thu	4	11	18	25	Thu	1	8	15	22	29	
Fri	7	14	21	28	Fri	5	12	19	26	Fri	2	9	16	23	30	
Sat	1	8	15	22	29	Sat	6	13	20	27	Sat	3	10	17	24	31
Sun	2	9	16	23	30	Sun	7	14	21	28	Sun	4	11	18	25	

Key:

 School Holiday
 Bank Holiday
 Term Time
 Inset Day

Term dates summary:

Autumn Term 1: 4th September - 20th October 2023
 Autumn Term 2: 30th October - 19th December 2023
 Spring Term 1: 4th January 2024 - 9th February 2024
 Spring Term 2: 19th February 2024 - 28th March 2024
 Summer Term 1: 15th April 2024 - 24th May 2024
 Summer Term 2: 3rd June 2024 - 24th July 2024

TOTAL: 195

Bank and Public Holidays 2023/24

Christmas Day	25th December 2023	Easter Monday	1st April 2024
Boxing Day	26th December 2023	May Bank Holiday	6th May 2024
New Years Day	1st January 2024	Spring Bank Holiday	27th May 2024
Good Friday	29th March 2024	Summer Bank Holiday	26th August 2024

Beacon Academy School Terms and Holidays 2024/25

September 2024				October 2024				November 2024							
Mon	2	9	16	23	30	Mon	7	14	21	28	Mon	4	11	18	25
Tue	3	10	17	24	Tue	1	8	15	22	29	Tue	5	12	19	26
Wed	4	11	18	25	Wed	2	9	16	23	30	Wed	6	13	20	27
Thu	5	12	19	26	Thu	3	10	17	24	31	Thu	7	14	21	28
Fri	6	13	20	27	Fri	4	11	18	25	Fri	1	8	15	22	29
Sat	7	14	21	28	Sat	5	12	19	26	Sat	2	9	16	23	30
Sun	1	8	15	22	29	Sun	6	13	20	27	Sun	3	10	17	24

December 2024				January 2025				February 2025							
Mon	2	9	16	23	30	Mon	6	13	20	27	Mon	3	10	17	24
Tue	3	10	17	24	31	Tue	7	14	21	28	Tue	4	11	18	25
Wed	4	11	18	25	Wed	1	8	15	22	29	Wed	5	12	19	26
Thu	5	12	19	26	Thu	2	9	16	23	30	Thu	6	13	20	27
Fri	6	13	20	27	Fri	3	10	17	24	31	Fri	7	14	21	28
Sat	7	14	21	28	Sat	4	11	18	25	Sat	1	8	15	22	
Sun	1	8	15	22	29	Sun	5	12	19	26	Sun	2	9	16	23

March 2025				April 2025				May 2025								
Mon	3	10	17	24	31	Mon	7	14	21	28	Mon	5	12	19	26	
Tue	4	11	18	25	29	Tue	1	8	15	22	29	Tue	6	13	20	27
Wed	5	12	19	26	Wed	2	9	16	23	30	Wed	7	14	21	28	
Thu	6	13	20	27	Thu	3	10	17	24	31	Thu	1	8	15	22	29
Fri	7	14	21	28	Fri	4	11	18	25	Fri	2	9	16	23	30	
Sat	1	8	15	22	29	Sat	5	12	19	26	Sat	3	10	17	24	31
Sun	2	9	16	23	30	Sun	6	13	20	27	Sun	4	11	18	25	

June 2025				July 2025				August 2025								
Mon	2	9	16	23	30	Mon	7	14	21	28	Mon	4	11	18	25	
Tue	3	10	17	24	Tue	1	8	15	22	29	Tue	5	12	19	26	
Wed	4	11	18	25	Wed	2	9	16	23	30	Wed	6	13	20	27	
Thu	5	12	19	26	Thu	3	10	17	24	31	Thu	7	14	21	28	
Fri	6	13	20	27	Fri	4	11	18	25	Fri	1	8	15	22	29	
Sat	7	14	21	28	Sat	5	12	19	26	Sat	2	9	16	23	30	
Sun	1	8	15	22	29	Sun	6	13	20	27	Sun	3	10	17	24	31

Key:

 School Holiday
 Bank Holiday
 Term Time
 Inset Day

Term dates summary:

Autumn Term 1: 3rd September - 25th October 2024
 Autumn Term 2: 4th November - 20th December 2024
 Spring Term 1: 6th January - 14th February 2025
 Spring Term 2: 24th February - 4th April 2025
 Summer Term 1: 22nd April - 23rd May 2025
 Summer Term 2: 2nd June - 23rd July 2025

TOTAL: 195

Bank and Public Holidays 2024/25

Christmas Day	25th December 2024	Easter Monday	21st April 2025
Boxing Day	26th December 2024	May Bank Holiday	5th May 2025
New Years Day	1st January 2025	Spring Bank Holiday	26th May 2025
Good Friday	18th April 2025	Summer Bank Holiday	25th August 2025



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