



National Average	94.3%
Whole School	95.6%
Reception	94.4%
Y1	95.5%
Y2	95.0%
Y3	94.3%
Y4	95.4%
Y5	97.3%
Y6	95.8%



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Dates for your diary

Monday 13th May – Thursday 16th May 2024
 Thursday 16th May 2024
 Wednesday 22nd May 2024
 Wednesday 22nd May 2024
 Friday 24th May 2024

KS2 SAT's
 Whole School Themed Dinner
 Y4 Themed Dinner: Ancient Greeks
 Y4 Class Assembly
 3.30pm, School closes for Half Term



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 well-being, 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

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 or iced 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.

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 drink's 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.

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 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 exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actively make mood swings worse and possibly lead to feelings of depression and irritability.

Advice for Parents & Educators

LIMIT CONSUMPTION
It's vital to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthy alternatives like water or herbal 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 Washington Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Food Growing Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he can be reached on [nationalcollege.com/guides/energy-drinks](mailto:info@nationalcollege.com/guides/energy-drinks).

Source: See full report on nationalcollege.com/guides/energy-drinks

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Happy Birthday

Darcie Erin Sadie Jack Henry
Joseph Rome Ayla Harry
Madeleine Lenny Jessica
Annabelle Quinn Lyla Hollie
Alfie Ainsley Ahmed Evie Isabelle

OUR GOVERNORS

Parent Governors	Mr A. Chisholm Mr A. Hall Mrs V. Mitchell Mrs J. Tones
Headteacher	Mrs H. Owen
Staff Governors	Mrs N. Brunskill
Community Governors	Mr J. Gilroy (Chair) Mrs L. Tarran Mrs G. Mitchell Mr J. Walton Ms J. Sherwood (Deputy Chair) Miss S. Postle

Article 24 Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

HEALTH, WATER, FOOD, ENVIRONMENT

The Children's Hub is the first point of contact for anyone who has a concern about the welfare or safety of a child or young person or thinks they may need extra help and support. When contacted, they will listen to what they are being told and the different agencies might share information with each other to try and work out whether they can help.

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