



The John Moore Primary School



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SPARKLE

# SPARKLE NEWS

Summer Term 1: 2024

Friday 19th March 2024

**Dear Parents/  
Carers,**

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## Coming Up:

School Discos next Friday - Tickets are available to purchase at - <http://www.pta-events.co.uk/fimps>

Welcome to the first newsletter of the Summer term.

We have had an exciting two weeks at school and have welcomed one new pupil and two new members of staff to our school.

Frankie (Robins) and Harry (Doves) both represented the school in the Look Who's Talking finals at Gloucester Guildhall. They were both amazing and represented our school (and the Tewkesbury District) fantastically. Year 6 have been on a really exciting trip, going back in time to spend the day as evacuees, we have had an author visit, a visit from the Cat Protection League and all classes have enjoyed immersing themselves in their new topics.

We also had a group of leaders from another school visiting us yesterday to look at our routines and systems and watch some lessons. We had fantastic feedback from them:

*'The staff and children were so welcoming and the high expectations that you have for your community sang through at every moment. Really inspirational!.'*



*'We just wanted to drop you a note to let you know that we very much enjoyed working with your children. Their participation throughout the day was excellent and they were a pleasure for us to spend time with. We would also wish to acknowledge the enthusiasm of the teachers who were proactive throughout the day to ensure their pupils had a day to remember.'* (feedback from our hosts).



# 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.



#WakeUpWednesday®

The National College®

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

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# JMPS News

In partnership with Gloucestershire Parent Carer Forum (GPCF), Gloucestershire County Council and the Gloucestershire Clinical Commissioning Group, Gloucestershire Local Authority coproduce a newsletter for parents and carers every two months. Please follow the link to take a look.

[Families in partnership newsletter, Special Edition - March 2024 | Gloucestershire County Council](#)

## Staffing up-dates

We are delighted to welcome two new teaching partners, Miss Tait and Mrs White who have both joined our year 3/ 4 team. They have already settled in really well and are enjoying getting to know the children and staff.



Miss Tait



Mrs White

**Family Mass**  
Tewkesbury Abbey

THE GIRLS' BRIGADE  
ENGLAND & WALES

THE BOYS' BRIGADE  
- the adventure begins here -

Tewkesbury ABBEY

All Age Service 9.30-10.30  
First Sunday of the month

Boys & Girls Brigade Parade  
All Age interactive talk  
Well known Hymns  
Informal Communion Service  
Followed by bacon butties!

Starting Sunday 5th May  
Then 2nd June, 7th July & 1 September  
[www.tewkesburyabbey.org.uk](http://www.tewkesburyabbey.org.uk)

Four of our families attended the 'Be a chorister for the day' event at the Abbey and I know at least two of them will be joining the choir as they have told me they will be singing at weddings! Here is a flyer for a new service at the Abbey starting Sunday 5th May.



# FACE

FAMILY ADVICE · COMMUNICATION · EDUCATION

# April 2024 Newsletter 2nd Edition



The CPD Standards Office  
CPD PROVIDER: 22640  
2024-2025  
www.cpdstandards.com

CPD training for anyone who works with children or teenagers.

## National Standards CPD accredited sessions

All sessions booked & delivered online via [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Tuesday  
16 April

19:00 - 21:00

£24



### Introduction to OCD

#### Obsessive Compulsive Disorder

Looking at the complexity of this serious condition.

Thursday  
18 April

19:00 - 21:00

£24



### Understanding Addictive Behaviour

Screens, gaming, social media. What is happening to the brain and body and how can we control it.

Monday  
22 April

19:00 - 21:00

£24



### Improving Family Communication

How to reduce the shouting and start the talking.

Thursday  
25 April

19:00 - 21:00

£24



### Supporting a Child with ADHD

Challenging the stereo types and explaining how this condition impacts on the child and giving ideas on how we can support them.

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



*A celebration of some of the 'sparkling' moments from this term*









## Sparkle News

Thursday 25th April - 9am	Swallow's class assembly
Friday 26th April	School discos organised by JMPS Friend's association
Thursday 2nd May—9am	Kingfishers class assembly
<b>Monday 6th May</b>	<b>Bank Holiday Monday—school closed</b>
Thursday 9th May - 9am	Nightingales class assembly
Friday 10th May	Whole School Sparkle Spot 8.30am –8.55am
w/c 13th May	SATs week for Year 6
Wednesday 22nd May—2pm	Years 3,4,5 Summer Performance
Thursday 23rd May—6pm	Years 3,4,5 Summer Performance
Friday 24th May 8.30– 4.30 (timings to be confirmed)	KS1 trip to The Black Country Living Museum
<b>Monday 27th May to Friday May 31st</b>	<b>Half term—school closed</b>
<b>Monday 3rd June</b>	<b>Start of Summer 2</b>
Friday 7th June –9am	Dove's class assembly
Friday 14th June—9am	Woodpecker's Class assembly
Wednesday 19th June—9am	Kestrel's class assembly
Friday 21st June	World Music Day—Samba workshops throughout the day
Saturday 22nd June	JMPS Summer Fayre
<b>Tuesday 25th June –6.30pm</b>	<b>Year 6 Play—change of date due to transition dates at Tewkesbury Academy</b>
Thursday 27th June—9am	Robin's class assembly
Tuesday 2nd July	Whole School Sparkle Spot 8.30—8.55am
Wednesday 3rd to Friday 5th July	Year 6 Residential
Thursday 4th July—9am	Finch and Hummingbird class assembly
w/c 8th July	Olympic Themed Week
Thursday 11/07/24	Reports to be sent home
Friday 12th July	Sport's Day
Monday 15th July 1.30pm	Year 6 Leaver's Service at Tewkesbury Abbey
Friday 19th July 9am	Year 6 Leaver's Celebration Assembly in school