



Newsletter

19 April 2024

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Email Secretary: sithneysecretary@croftymat.org

Email Head: sithneyhead@croftymat.org

Notices

Absences

For Safeguarding purposes, please can we ask all parents and carers to remember to contact the school office daily (either by telephone or email) to report student absences. This includes any subsequent days that your child may be off sick.

Parking

Please can we again, respectfully ask parents not to park directly in front of, or within a few meters of the staff car park entrance. Parking so close to this entrance significantly impacts staff visibility of the main road when trying to exit the car park with school minibuses and cars. We thank you for your understanding in this matter. **Please can we also ask parents and carers not to park in the staff carpark.**

Medication

Please note that prescription medication must be provided to the school in its original packaging and with the original pharmacist's label confirming dosage. We regret that we are unable to accept any prescription medication without the original box and pharmacist's directions. We thank you for your understanding.

Oracy focus of the fortnight

The school council will be looking closely for children achieving the following oracy skill:



*I ask questions to
find out more.*

Congratulations!

Congratulations to Emmeliah in Wonder Zone who has raised an incredible £142.90 for the Charity 'Sands' by taking part in their 'Walk 100k in March' campaign.

What an amazing achievement Emmeliah—we are all very proud of you!

Study Zone's Art this term

For this term's art we would like the following items:

- plain cardboard
- shoe boxes (one per child)
- wool/yarn/thread/string
- fabric scraps
- some natural items, such as pinecones, sticks, small bits of driftwood, shells and pebbles
- small plastic/ craft items, such as bottle lids, beads, buttons

Also, if anyone has any unwanted soft, thin craft wire we greatly appreciate it.

Please either leave the items in the office or bring them to Study Zone over the next couple of weeks.

Many thanks,

Miss Bray

Flora Day — 8 May 2024

Please can we remind all parents and carers that Flora Day 2024 is a normal school day, and Sithney school will be open as usual. Thank you.

Busy Zone Trip to the Tate Gallery

On Tuesday 26th March, Busy Zone Visited the Tate St Ives. They had great fun exploring the museum, seeing new art work and even creating their own, which we have added to the Tate School Display – Sithney School work is displayed in an Art Museum!!! We looked through each gallery in turn, sharing our thoughts on what we saw as well as sharing our preferences and giving justifications as to why. We completed our own challenges along the way, taking inspiration for all we saw around us. A fantastic day was had by all!



Bags 2 Schools

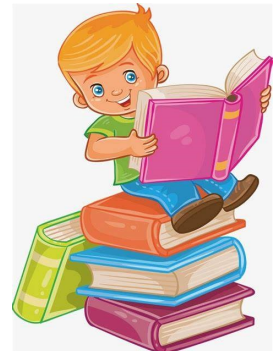
We are delighted to confirm that donations raised £40—Thank you to all of those who donated.

Cross Country Events 2023 / 2024

| | | | |
|-----------------|---------|-----------|----------------|
| Tuesday 14 May | Race 5 | R/KS1/KS2 | Mullion 4pm |
| Tuesday 21 May | Race 6 | KS2 | Porthleven 4pm |
| Tuesday 11 June | Fun Run | KS2 | Mullion 4pm |

Reading Roll of Honour

Ethan, Elsie, Millie, Tuva, Tristan, Ronan, Oscar, Charlie, Billie, Evie, Penny, Carter, Dollie, Clay, Evalyn, Jemima, Tabitha, Sofia, Jamison, Isobella, Ned, Owen, Ollie, Ben, Rosie, Lily & Keynvor



WELL DONE

| TEAM | 23.02.24 | 01.03.24 | 08.03.24 | 15.03.24 | 22.03.24 | 19.04.24 |
|------------|----------|----------|----------|----------|----------|----------|
| Killigrew | | | ★ | ★ | ★ | |
| Trevithick | | | | | | |
| Bassett | ★ | ★ | | | | ★ |

NUMBOTS

Jago

TTRS

Lizzy—Headliner
Finley—Rock Legend

| Smart Zone Learning Time | Study Zone Learning Time | Wonder Zone Learning Time |
|--------------------------|--------------------------|---------------------------|
| Bodhi—52 mins | Lily-May—107 mins | Evie—48 mins |
| Jemima—46 mins | Ben M—92 mins | Noah—42 mins |
| Freddie—44 mins | Jacob R—43 mins | Oscar—33 mins |

MATHS WHIZZ

| Smart Zone Gems | Study Zone Gems | Wonder Zone Gems |
|-----------------|-----------------|------------------|
| Finley—7 | Aerin—6 | Noah—6 |
| Bodhi—6 | Ben M—4 | Oscar—5 |
| Freddie—4 | Ollie—3 | Evie—4 |

Attendance—Week Ending 19th April 2024

Study Zone 96.15% **Whole School Attendance 95.23****
Wonder Zone 95.77%
Busy Zone 92.79%
Smart Zone 95.06%
(*School Attendance Target: 97%)



Diary Dates

20th April 2024—Coose Trannack Cross Country Race 2024
22nd April 2024—RNLI visit to Sithney: Water Safety
6th May 2024 - Bank Holiday
27th - 31st May 2024 - Half Term
3rd—7 June 2024—Year 5 & 6 Bikeability Training
10th—12th June—Year 5 & 6 Residential (Newquay)
17th June 2024—INSET Day
17th & 18th June—Year 6 transition day at Helston School
Week of 24th June—Aspirations Week
Monday 1st July—Sports Day
3rd July 2024—Year 6 transition day at Mullion School
Tuesday 9th July—Reserve Sports Day
Week of 15th July - Business Enterprise Week
24th July 2024 - INSET Day
25th July 2024 - Summer Holidays



Word of the Week

Wonder Zone: 'Refused'

This means when someone is not willing to do something

Smart Zone: 'Relinquish'

To voluntarily cease claim or give up control.

Study Zone: 'Minatory'

Adjective: *threatening*

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.



Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks



SPRING/SUMMER '24 THEME DAYS

DATE

THEME

MENU

APRIL
w/c 15th or
22nd



GLOBAL ADVENTURES

WE GO AROUND THE WORLD
STOPPING OFF AT A SURPRISE DESTINATION...

Enjoy the food specialities of one of these countries:
France, Spain, Italy or India

APRIL
Tues 23rd



ST GEORGE'S DAY

GENUINE BRITISH CLASSICS TO SAVOUR

Shepherd's Pie or Vegetable Pie served with
Mini Yorkshire Pudding, Carrots, Peas and Gravy
Victoria Sponge with Custard

MAY
Thurs 16th



FIESTA FUN

A MEXICAN FOOD CELEBRATION FOR CINCO DE MAYO!

Loaded Beef Nachos or Loaded Veggie Nachos served with
Sweetcorn Salad
Chocolate Raspberry Slice