



School Newsletter

Barnabas the Encourager

Courage, Compassion, Creativity

Message from Miss Richards

A highlight of the week had to be the bubble workshops for all children! Each class had a chemistry session with visitors from the University of York, learning and exploring the wonderful world of bubbles. Thank you to Mrs Bruce for organising this opportunity for the whole school.

We also had a visit from Friends of Severus Hill who shared their work to protect the hill for the benefit of the wildlife and announced a wonderful competition for the children to get involved with.

This week, you will notice that class teachers have not added an update to the newsletter. Instead, termly learning overviews have been sent to parents and carers.

One of our priorities for this term focusses specifically on high expectations around behaviour. Next week, we will be working on how children move around school, and how they listen and engage in collective worship. I will share with parents and carers the work that we do on this so you have clarity around what we expect of the children.

Thank you for your ongoing support.

Wishing you a wonderful weekend
Miss Richards
Executive Headteacher

Dates

Click [here](#) to view term dates for 2023-24

*new dates added this week

Thursday 2nd May—SCHOOL CLOSED—USED AS POLLING STATION FOR LOCAL ELECTIONS

Friday 3rd May—non uniform day and Hadid bake sale

Monday 13th—Thursday 16th May—Y6 SATs week

Friday 24th May— break up for May half term

Friday 7th June—non uniform day and Attenborough

Certificates

Congratulations to the superstar children receiving awards this week:

Attenborough: Leo, Licoln & Sebastian

Hadid: Damini, Libbi & Joey

Farah: Josiah, Pamimo & Otilia

Kahlo: Harley & Jake

Well done everyone!

EVERY DAY COUNTS

School and future **success** starts with good **attendance**.

100%
Perfect

Our target for all students

DAILY LATENESS EQUATES TO...



5 MINS LATE = 3 DAYS LOST

10 MINS LATE = 6 DAYS LOST

15 MINS LATE = 10 DAYS LOST

97%
Impressive

6 DAYS ABSENCE
36 hours of learning lost

95%
Concerning

10 DAYS ABSENCE
60 hours of learning lost

90%
Seriously worrying

19 DAYS ABSENCE
114 hours of learning lost

Education is important - DON'T MISS OUT!

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Change to first aid procedures

We have introduced changes to how we report head injuries.

If your child has a head injury, regardless of how serious it may be, we will **always ring** a parent/ carer to inform them. This includes small head bumps or any injury to the face or ears. It is important that head bumps are taken seriously and we would always ask that you look out for the symptoms below if your child does hurt their head.

We will no longer send home copies of the head bump form as the accident will be communicated to parents/ carers via a phone call.

We will no longer send home copies of accident forms but will inform parents if necessary and appropriate. If you have any questions at all, please do not hesitate to contact the office.

HEAD INJURIES IN CHILDREN - WORRYING SIGNS



Any unusual behaviour not considered normal for your child



Unusual drowsiness (feeling sleepy all the time)



Confusion about familiar names and places



Inability to wake your child from sleep



Worsening or persistent headache



Persistent Vomiting



Seizures ("Fits")



Double or blurred vision



Unsteady gait (not able to walk normally or steadily)



Bleeding or watery discharge from the ear or nose

Please remember to book your child's lunches!

Please book your child's lunches by the **Thursday of the previous week**. If your child is entitled to a free school meal, you still need to book as there are meal options and we cannot assume that your child will opt for a school lunch, or which option they would choose.

We understand that you may need to book on the day occasionally. Please ensure bookings are made by 9am.

To support with the administration and accurate booking of meals, teachers will be asking children for their meal choice during morning registration. This will be cross referenced with bookings on Parent Pay. Please talk to your children about their lunch so they can correctly inform their teacher at the start of the day.

Over the next few weeks we will be sending frequent reminders about lunch bookings to help you to remember and to help children to have a happy lunchtime.

If you need any support in accessing or making bookings on Parent Pay, please speak to your child's teacher or contact the office.

School Uniform

A reminder that our school uniform policy does not include hoodies in place of school jumpers or cardigans.

High standards in uniform are indicative of the high standards that we promote at our school. Our uniform is a sign of belonging to the St Barnabas school community with our shared aims, values and rules. We hope that children will wear their uniform with pride.

Full details of our school uniform policy can be found on our website: <https://stbarnabasprimary.co.uk/wp-content/uploads/2023/05/School-Uniform.pdf>

Children who attend wearing alternative clothing, such as hoodies, will be asked to remove them and they may be provided with a spare jumper or cardigan to wear in school. Jewellery other than small stud earrings will need to be removed until the end of the school day.

We understand that in certain circumstances a child's special educational needs means that alternative clothing may be required. In that case, please speak to your child's teacher so that appropriate arrangements can be made.

St Barnabas CE Primary School Jubilee Terrace, Leeman Road, York YO26 4YZ

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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.

OUR SCHOOLS ARE RECRUITING



Support Staff Vacancies

For details and to apply, visit our [website](#) or scan the QR code

Job	Early Years Teachers
School	Clifton with Rawcliffe Primary School
Details	Grade: M1 – M6 Required from: 1 September 2024 – Permanent
Closes	Sunday 21st April 2024 at midnight

Job	KS1 Teacher
School	Clifton with Rawcliffe Primary School
Details	Grade: M1 – M6 Required from: 1 September 2024 – Fixed Term Contract – 1 Year
Closes	Wednesday 24th April at midnight

Job	KS1 Teacher
School	Clifton with Rawcliffe Primary School
Details	Grade: M1 – M6 Required from: 1 September 2024 – Maternity Cover (up to 1 year)
Closes	Wednesday 24th April at midnight

Job	UKS2 Teacher
School	Clifton with Rawcliffe Primary School
Details	Grade: M1 – M6 Required from: 1 September 2024 – 0.5 FTE (mornings) Fixed Term Contract for 1 year
Closes	Wednesday 24th April at midnight.



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Job	After School Club Manager
School	Rufforth Primary School
Details	Grade 5 Level 1 – Permanent, part time. Monday to Friday – 3pm – 6.15pm Term time only plus 8 hours per year for training requirements. Possible flexibility regarding working hours
Closes	Wednesday 24th April at midnight.

Job	Teacher — Key Stage 2
School	New Earswick Primary School
Details	Main Scale M1 – M3 Full Time from September 2024, FTC until 31 August 2025
Closes	Monday 6th May at Midday

Job	Head of Geography
School	Archbishop Holgate's School
Details	Main Scale/UPS + TLR2b Required from September 2024
Closes	Monday 29th April at Midday

Job	LKS2 Teacher
School	Clifton with Rawcliffe Primary School
Details	Grade: M1-M6. Required from: 1 September 2024. 1.5 terms (Maternity Cover – expected end 14 February 2025)
Closes	Wednesday 24th April at midnight.

