



## St. Leonard's CE (A) First School Newsletter

Friday 19<sup>th</sup> April 2024



*'In him was life; and life was the light of men. And the light shineth in darkness'. (John 1:4-5)*

Executive Headteacher of St Leonard's CE (A) First School Manifold C of E Academy: Mrs Kelly Stanesby

Chair of Governors: Mrs Sue Hey and Rev Jane Held

Designated safeguarding lead: Mrs Kelly Stanesby

Deputy safeguarding leads: Mrs Julie Amos and Miss Aimee Torr

|                                                          |                                                                                                           |
|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Monday 22nd April 2024                                   | Full uniform                                                                                              |
| Tuesday 23rd April 2024                                  | Dress as a dragon, prince, princess or knight.<br>St George's Day celebration at Manifold Primary Academy |
| Wednesday 24 <sup>th</sup> April 2024<br>Welly Wednesday | Welly Wednesday PE kit                                                                                    |
| Thursday 25 <sup>th</sup> April 2024                     | Full uniform<br>Whole school, class, leavers and graduation photos                                        |
| Friday 26 <sup>th</sup> April 2024                       | PE kit                                                                                                    |

### Your lunch menu for the 22<sup>nd</sup> April – 26<sup>th</sup> April 2024

| Monday 22 <sup>nd</sup> April | Tuesday 23 <sup>rd</sup> April | Wednesday 24 <sup>th</sup> April | Thursday 25 <sup>th</sup> April | Friday 26 <sup>th</sup> April       |
|-------------------------------|--------------------------------|----------------------------------|---------------------------------|-------------------------------------|
| Pizza and potato wedges       | Whole school trip              | Roast of the day                 | Chicken curry                   | Fish fingers, chips, beans and peas |
| Shortbread                    |                                | Chocolate mousse                 | Sponge                          | Ice cream                           |



# Star Awards



Congratulations are sent out to the following children who won Star Award's this week:

|                                        |                  |
|----------------------------------------|------------------|
| <b>Headteacher's Award</b>             | <b>Ezme</b>      |
| <b>Star of the Week Sparks</b>         | <b>Ava</b>       |
| <b>Star of the Week Flickers</b>       | <b>Eleanor F</b> |
| <b>Star of the week Flames</b>         | <b>Eva</b>       |
| <b>Spark to a flame Sparks Class</b>   | <b>Eleanor G</b> |
| <b>Spark to a flame Flickers Class</b> | <b>James</b>     |
| <b>Spark to a flame Flames Class</b>   | <b>Dottie</b>    |
| <b>Mrs Amos award</b>                  | <b>James</b>     |
| <b>Cook's Award</b>                    | <b>Jaycee</b>    |
| <b>After school Award</b>              | <b>James</b>     |

# Happy Birthday

A very Happy birthday to Nina who celebrated her birthday last week and to Taya who celebrates her birthday this week.

We hope you have a fabulous day.



## Apologies

Apologies if you did not receive the newsletter last week. There have been some strange goings on with it recently!

It was resent on Monday so we hope it has been received by all successfully.

If, for any reason, the newsletter doesn't reach you you can always view it on our school website;

<https://www.stleonardsfirstschoolipstones.com/parents>

## Thank you

A big thank you to James who brought in to school a USB of the "Magic lantern, Telling Tales" storytellers show that he went to see at The Memorial Hall over the school holidays.

The tale is of how Ipstones got its name.

James and Eleanor F helped prepare the puppets for the show.

We have played it for the children and they really enjoyed it. Thank you again!



## Well Done

Well done to Zara who has received her level 1 skating proficiency certificate. All that hard roller skating work has paid off Zara. Great job!



## Gardening club

As Spring has arrived (not that the weather realises!) it's time to start sowing!

Mr Brightman has resumed gardening club on Thursday lunchtimes and has an army of keen green fingered volunteers. This week he was planning and advising the children what to plant for the time of year and how long they take to grow.



## Wild Worship

Wild Worship is also back after the inclement weather. The children gathered with their prayer mats to enjoy a little bit of sunshine on the school field and talked about how God provides the weather which enables us to grow food to provide but we have to work hard. God also gave us a lovely little school but we have to work hard in school too!



# St George's Day celebration, Tuesday 23rd April

We will be joining Hollinsclough and St Bartholomew's schools, alongside Manifold obviously, to celebrate St George's Day. St George is the patron saint of England. According to legend he was most famously known for slaying a dragon in order to get water from the well that the dragon was guarding. The most widely recognized symbol of St George's Day is St George's cross. This is a red cross on a white background, used in England's national flag.

The children will enjoy lots of medieval style sporting activities and a lovely picnic lunch before heading home in time for normal pick up.

They are invited to dress up as a dragon, knight, prince or princess to add to the fun!



## School photos

On Thursday 25<sup>th</sup> April AP photography are visiting school to take pictures of the whole school, class photos, leavers and graduations.

Full uniform please and bring your best smiles!



# Flames concert at Victoria Hall – Thursday 20<sup>th</sup> June

It may seem a while off but these months are flying by!

On Thursday 20<sup>th</sup> June the year 3's and year 4's will be performing at The Victoria Hall to showcase the music talents they have been learning this year. The ticket line opens on 29<sup>th</sup> April for Flames class parents to purchase tickets for the event.

They can be purchased online via

<https://www.trybooking.com/uk/DIMJ>

Tickets are £8 for adults and free for non performing children (in full time education).

Tickets will be emailed electronically and either printed off or an electronic version can be shown at the door.

The children will need to be in school for 8.30am that morning please as they need to be at the Victoria for 9am or as close to as possible to start rehearsals.

They will arrive back at school for a late lunch.

## Bikeability

On Thursday 2<sup>nd</sup> May Year 3 and year 4 children will be taking part in Bikeability.

They will need to bring their bikes to school that morning, helmets and stabilisers if they need them.

Consent forms have gone home with the children. Please sign and return as soon as possible.

The training takes place in the school playground but the training is designed to give the children the confidence to ride their bikes on the roads. They will also be checking their bikes to see if they are roadworthy.

To find out more you can view

<https://bikeability.org.uk/participants-hub>



# National Online Safety

Close to a third of children in the UK consume energy drinks at least once every week 🧠🥤 While these high-caffeine beverages might be touted as a shortcut to a boost in focus and productivity, even a moderate intake can lead to significant impacts on the heart, sleeping patterns and mental wellbeing.

With celebrity spokespeople, colourful branding and the potential added element of peer pressure, it's unsurprising that young people are sometimes drawn to these products, often unaware of the potential negative impact they might be having on mind and body. This week's #WakeUpWednesday guide dives into the health pitfalls of energy drinks and offers expert tips on addressing concerns.

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.com](https://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 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.
- 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.
- 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.
- 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.
- 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.
- 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.

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

#WakeUpWednesday  
The National College

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# Dates for the diary

Tuesday 23<sup>rd</sup> April - St George's Day celebration at Manifold Academy

Thursday 25<sup>th</sup> April - Class, leavers and graduation school photos

Monday 6<sup>th</sup> May - May Day bank holiday

Tuesday 21<sup>st</sup> May - Year 3 / 4 parents meeting for Gulliver's Kingdom residential

Friday 24<sup>th</sup> May - Break up for half term

Thursday 13<sup>th</sup> June - Father's Day treat afternoon

Wednesday 19<sup>th</sup> June - Sports afternoon

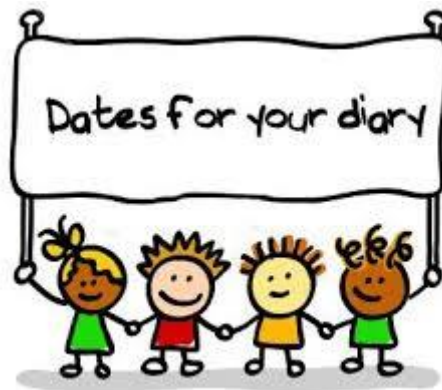
Thursday 20<sup>th</sup> June - Flames class concert at The Victoria Hall

Monday 24<sup>th</sup> June - Wednesday 26<sup>th</sup> June - Year 3 / 4 residential trip to Gulliver's Kingdom

Thursday 18<sup>th</sup> July - Leaver's service

Friday 19<sup>th</sup> July - Break up for Summer holidays

Please note that some dates may change.



## Summer Term 2024

May Day - Monday 6<sup>th</sup> May

Term ends - Friday 24<sup>th</sup> May

Holiday - Monday 27<sup>th</sup> May - Friday 31<sup>st</sup> May

Term ends - Friday 19<sup>th</sup> July

Inset Day - Monday 22<sup>nd</sup> July

Holiday - Tuesday 23<sup>rd</sup> July - Friday 30<sup>th</sup> August



# Spark's Class



This week Sparks class have been practising their sewing techniques. They used a lace to thread through the holes in the cardboard, outlining the picture. Their work was so very neat as well! Clearly there are some budding seamstresses and tailors in the mix!

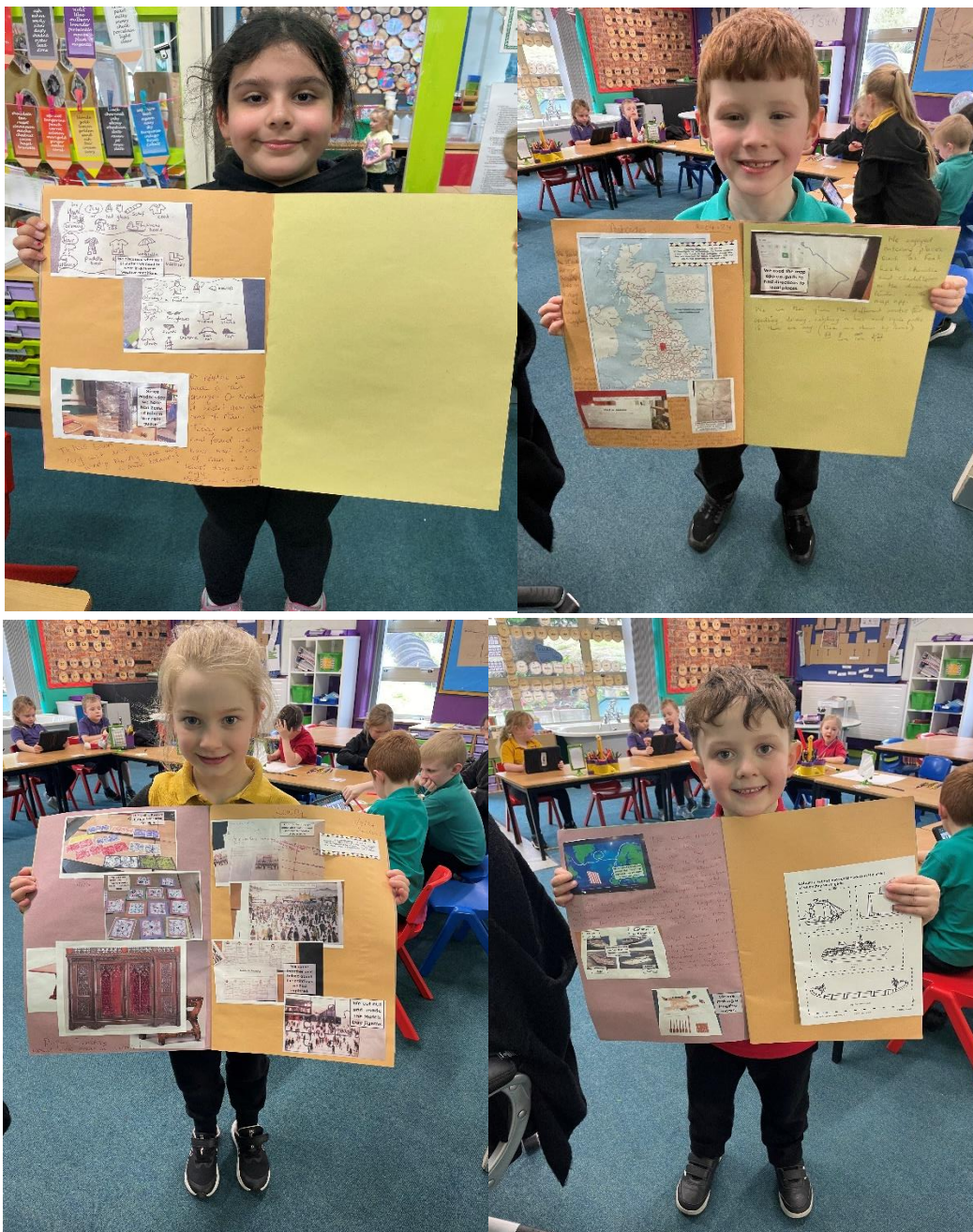


# Flickers Class



Flickers class have been super busy in lots of their subjects this week.

In Geography they have been studying a local ordnance survey map and learning about postcodes, in Science they made a rain gauge to measure rainfall, they weren't disappointed! In Art they have continued their studying of the artist Lowry and in Maths they have been learning about doubles and quarters.



# Flames Class



Flames class have been experimenting with air resistance and gravity this week. They conducted an experiment using plastic carrier bags as parachutes so they could physically feel the air as they cannot see it. They flew paper airplanes to watch them fly, loop and drop due to gravity.

They have been learning how to take a good photo too as they are entering their wildflower photographs into a Spring art competition.



**Spring Art Competition**



Be a Nature Detective! Draw, paint or photograph a **CLOSE UP** picture of a **WILDFLOWER**. Open to ages 5-18. Closing Date 3rd May. Prizes and certificates for winners from each age category.  
Contact: [youth@moorlandsclimateaction.org.uk](mailto:youth@moorlandsclimateaction.org.uk)



Common Dog Violet