

Academy Newsletter

Friday 19th April 2024
Summer Term
Issue: 1



Welcome back, I hope you all had a wonderful Easter break and got to spend time with friends and family.

It has been lovely to see the children back at school ready to learn in their last term. How time flies!

A new term means we are looking at a new set of virtues. Our summer term virtues are CONFIDENCE, TRUST, COURAGE and WISDOM. This week, we recognised those pupils who have shown CONFIDENCE. We will be looking out for those who are able to do things without fear or doubt and those who can place their trust in God and that God gives them strength. This will be our virtue for the next few weeks.

Today was an exciting day, as the whole school saw a performance of The Hobbit delivered by the M&M theatre company. The children were captivated by the set, props and characters, along with the lighting and musical effects. Year 6 had the opportunity to have a behind the scenes tour once the performance finished. We truly felt we were at the theatre.

Your child should have brought home their spring term assessment report. Please note that we are not yet at the end of the year and so if there are areas your child is finding tricky, we have time to support them at school and at home. If you have any questions, please contact the class teacher.

Wishing you a fantastic weekend, hopefully with some sunshine!



Lent Appeal – Building Bridges

We have asked for all the lent boxes to be returned by today however we will still be accepting them next week. If you have misplaced your purple boxes, donations will be welcomed in an envelope. Thank you for your continued support.



**THANK YOU
SO MUCH**
YOU ARE VERY MUCH APPRECIATED!



HAPPY BIRTHDAY!

Jonathan – EYFS

Tinashe – Year 4



Attendance

EYFS	92.13
Year 1	93.15
Year 2	91.48
Year 3	95.65
Year 4	95.48
Year 5	91.76
Year 6	96.08
Whole School	94.47

The winning class this week was **Year 6** gaining two stars for having the highest attendance. No other class won any stars as no-one achieved over 97%.

How many children were late for school this week?

103



VIRTUES AWARD – VIRTUES TO LIVE BY



Confidence

"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?"

Hebrews 13:6

EYFS	Hunter
Year 1	Stefan
Year 2	Igor
Year 3	Sofia T
Year 4	Fina-Rae
Year 5	Imogen
Year 6	Anya

Nursery Star of the Week



Saavan



Exploring texture

APRIL'S ART CHALLENGE

Visual texture is the way an object looks as it would feel, if you could reach out and touch it. A useful drawing skill is to be able to create texture using your pencil or other art materials.

Each word below is a texture word. Can you create this texture using just a pencil?

- Sandy
- Furry
- Gritty
- Hairy
- Bumpy
- Fluffy
- Smooth
- Woven
- Prickly
- Scaly
- Pointy
- Flaky
- Rough
- Rocky
- Soft
- Wet



Your challenge is to create a piece of artwork showing texture. Think about how you move your pencil across the page to create the texture. Would it be best to move it quickly or slowly? What shapes or patterns could you make to help portray the texture? Go and investigate real objects that have this texture, then try to copy. Can you draw a picture, using just a pencil, to show texture? It could be a soft teddy bear, your furry pet dog, a scaly lizard, a feathered bird, a prickly cactus, a wet umbrella, the rough skin of an orange... experiment!

Hand in your creation to **Mrs Lee** by **Monday 29th April** for a chance to win an amazing arts and crafts prize!

Look out for the new monthly art competition in the newsletter at the beginning of every month.

Meeting with the SENDCO (Mr O'Dwyer)

Please scan the QR code below should you wish to meet with Mr O'Dwyer. You may want to discuss an ongoing concern, or discuss a new concern all together.



Polite Reminder

Car Park

Please can we all be courteous of others when parking on Beddington Road or in Scadbury Car Park. Unfortunately, the office staff are unable to let you through the Academy vehicle gate if the Scadbury car park is full, as we do not have the capacity in our car park and have children on the school grounds walking. In addition to this, please do not block anyone in and assume it will be okay. It is unfair on others.

No dogs on Site

I would just like to remind you that parent/carers dogs are not permitted on the school ground.

Clubs

All clubs start back up week commencing 23rd April 2024. We still have some places available. Please sign up through School Gateway



Athletics School Vest

Thanks to the PTA, we have secured the design and production of super-smart running vests (pictured) for children representing the academy at outside athletics events, including the bi-annual cross-country at Crystal Palace. They were paid for out of the Academy's sports grant funding, and will hopefully add an extra spark to children competing alongside other schools.



World Book Day – Videos and Photographs

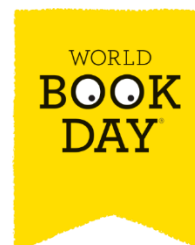
Please click the link below, which will take you to a form for you to fill out before viewing.

This is to ensure that it is only used for personal use.

[World Book Day Parade 2024](#)

The form password has been sent to you in an email, please contact the Academy office if you do not have this.

Apologies in the delay, photograph permissions took slightly longer than expected to obtain.



Boys Football Match Report
Keston Primary School v St Peter and St Paul Catholic Primary School
By Mr. Rowe
PE Lead

On Tuesday afternoon, the St Peter and St Paul Boys Football team took to the pitch for an away game against Keston Primary School, in the quarter final of the Small Schools Cup. The team was playing on an AstroTurf pitch, so no football boots were allowed, just trainers or Astros.

We had a mixture of experience on our team and we were up against very experienced and well drilled opponents. During the match we had all seasons, bright sunshine through to heavy hail and back again, making the surface very interesting. The boys did really well, competing hard, trying to move the ball into space but sometimes found themselves in a tough spot, positioning wise, against this more experienced group of players. Our goalie made some great saves, there were some decent passages of play, but it was not to be, and we went down by 6 goals to 1! The boys kept their heads up and battled until the final whistle which shows great perseverance so they should be proud, as I was, of how they represented the school.

The Team (in alphabetical order):

Adebayo

Cody

Cove

Jason (nickname – Odd Socks) (goal scorer)

Joey

Kai

Marcel

Zahav



Easter Bunny Run Report
Thursday 28th March 2024
By Mr. Rowe - PE Lead

At one stage we thought this event would not go ahead due to the enormous amounts of rainfall we had in the previous days and nights leading up to the event, but it looked a little more promising on the morning of the event (well, that's what the weather forecast claimed) so we agreed to give it a go, and the Easter Bunny Run came to town. It featured Year 1 and Year 2 pupils from 12 schools, each entering at least one squad – 2 x Year 1 Girls; 2 x Year 1 Boys; 2 x Year 2 Girls and 2 x Year 2 Boys.

This involved children, around 30 per race, competing in a cross-country run around our field against other Bromley Schools overseen by the School Games Organisers for Bromley.

We also used our Sports Leaders to chaperone the children and to act as pace makers (hares) and encouraging the back markers to keep going (sweepers).

Across the board our children did us proud, both competitors and helpers alike. They were a real asset to our school, well done all of you!

Our team consisted of:

Boys	Name	Place
Year 1	Lotanna	14 th
Year 1	Maxwell	13 th
Girls		
Year 1	Amelie	9 th
Year 1	Cydney	3 rd
Boys		
Year 2	Isaiah	9 th
Year 2	Onashe	8 th
Girls		
Year 2	Antonia	12 th
Year 2	Sophie	10 th

Our Sports Leaders (alphabetical order)

Annabel, Anya, Chayce, Isla, Joseph, Kelsey, Soleil and Violet

**M&M Theatre Production
The Hobbit**





NOURISH GROWN WITH US

St George's Day Menu





TUESDAY
23RD APRIL
2024

**Sausage Toad
in the Hole**
1,6,7,9

**Cauliflower &
Broccoli with
Cheddar Cheese
Sauce** 1,7

Jacket Spuds 7,8,9

**Savoy Cabbage,
Beans & Mash**

Syrup Sponge 1,9
& Custard 7

Shortbread 1

Fruit & Yoghurt 7





Dishes marked with any of the following numbers contain the matching allergen:

Allergen code: (1) Wheat Gluten (2) Crustaceans (3) Soybean (4) Mustard (5) Sesame (6) Sulphites/Sulphur Dioxide (7) Milk (8) Fish (9) Egg (10) Peanuts (11) Molluscs (12) Celeriac/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten

Spring Term

Amendments are **highlighted** and Cancellations are in **red**.

Please note the lists of dates below are subject to change and we encourage you to look each week for any changes.

Monday 25 th March 2024	Eggshibition entries in
Wednesday 27 th March 2024	Easter Passion – Year 3 and 4 9:30am (parents/carers welcome)
Thursday 28 th March 2024	School Closes at 2pm – No Twilight or Evening Stars
Wednesday 17 th April 2024	Year 5 Swimming Starts
Friday 19 th April 2024	M and M Theatre Company – The Hobbit (Whole School)
Tuesday 23rd April 2024	St Georges day – Special Menu (see above)
Tuesday 30 th April 2024	Year 1 Free Range Assembly at 9am(all parent/carers welcome)
Monday 6 th May 2024	Bank Holiday – School Closed
Wednesday 8 th May 2024	Year 5 Bright Sparks Trip – Swimming cancelled
Monday 13 th May 2024	Year 6 SATs Week
Thursday 16th May 2024	Year 1 Hall Place School Trip (further information to follow)
Wednesday 22 nd May 2024	Year 5 Free Range Assembly at 9am (all parent/carers welcome)
Thursday 23 rd May 2024	Year 1 Church Visit
Friday 24 th May 2024	Crowning of Our Lady
Friday 24 th May 2024	Half Term Begins – No Evening Stars (4:30pm finish)
Thursday 6 th June 2024	EYFS Church Visit

St George's Day

We would like to invite any children who are members of a uniformed organisation e.g. scouts, guides, cubs, brownies, boys/girls brigade, cadets etc. to wear their uniform on Tuesday for St George's day.

Lord Baden-Powell believed that St George's bravery and determination was 'typical of what a Scout should be'.

Because of this connection, we encourage uniformed groups to celebrate his saints' day, on 23 April.



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.

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 Washborough 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 TasteEd, a sensory food education charity.



The National College

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



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