

St. Joseph's Catholic Primary School



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Newsletter
January 2025

MESSAGE FROM HEAD OF SCHOOL



Dear Parents and Guardians,

It is hard to believe that we are now one whole month into the new year of 2025. There is a particular word that I would like to use to describe our children this term so far and that is 'engaged'. It is very noticeable to myself but also to visitors to our school how engaged and involved in their learning our children are. It is delightful to see and has been commented on several times already this month.

At St. Joseph's we are committed to nurturing each child's personal and spiritual development alongside their academic progress. With this in mind we have had a fantastic start to the term with lots of exciting activities. Our children have had the opportunity to learn about fire safety delivered to us by a local firefighter. Some of the older children have participated in bikeability, an essential life skill. The whole school participated in recycling workshops, considering our impact of the Earth and how we can help to save our planet. One class embarked on a fascinating visit to Kents Cavern to enhance their learning in History. In addition, many inspiring visitors came to our Early Years Foundation Stage, sparking our young minds and igniting their curiosity for future careers.

Thank you for your continued support in enriching our students' educational journey. Stay tuned for more exciting updates and events coming your way this term! I hope the children have gained lots of life experiences and it has helped to bring our Curriculum offer to life. Please do ask them to tell you all about their experiences.

Best Wishes and God Bless

Sarah Pascoe

THE CATHOLIC LIFE OF OUR SCHOOL

Baptism

On behalf of St. Joseph's school we are thrilled to congratulate Layla, Kensi and Tobias, who on 10th January were Baptised at St. Joseph's Church in Newton Abbot. May God bless you all with love and happiness.

If anyone would like to discuss being Baptised into the Catholic faith then please contact Deacon Tim via the school office and he would be very happy to help you.

The Feast of The Epiphany

During the first week back after the holidays we celebrated Mass in our hall for the Epiphany.

The weather got the better of us and we had to curtail our plans of going to celebrate at St. Joseph's Church. However it was wonderful to welcome some parents and grandparents to our Mass in the school Hall.



Jubilee 2025: Pilgrims of Hope

Today we launched the Jubilee in school.

The Catholic Jubilee of 2025, themed "**Pilgrims of Hope**," is a special event celebrated by the Catholic Church to bring people closer to God and each other. Here's a simple explanation for children and their parents:

What is a Jubilee? A Jubilee is like a big birthday party for the Church! It happens every 25 years and is a time for Catholics all around the world to grow in faith, ask for forgiveness, and share God's love. It's a time of joy, prayer, and new beginnings.

Why is it called "Pilgrims of Hope"?

- **Pilgrims** are people who travel to holy places to feel closer to God. It's like going on a trip, not just to see something new, but to discover more about your faith and God's love.
- **Hope** is believing that good things will happen because God loves us and takes care of us.

So, the Jubilee invites everyone to be "Pilgrims of Hope," traveling in faith, trusting God, and spreading kindness and joy.

What will happen during the Jubilee?

1. **Pilgrimages:** Many families and groups will travel to Rome or other holy places to pray and celebrate.
2. **Special Prayers:** People will gather in churches to pray together and grow closer to God.
3. **Acts of Kindness:** The Church encourages everyone to help those in need and show love to others.
4. **Forgiveness:** It's a chance to say sorry to God and others for mistakes and to feel His love and mercy.

What can children do?

- **Pray together:** Spend time talking to God and thanking Him.
- **Help others:** Share kindness by helping a friend, family member, or neighbour.
- **Learn about Saints:** Read stories about Saints who were "Pilgrims of Hope."
- **Join church events:** Attend special masses or activities at your parish.

For Parents

This Jubilee is an opportunity to teach your children about hope, faith, and forgiveness. It's a time to encourage them to see the world as a place filled with God's love and to play their part in making it brighter. Whether you visit a holy site or celebrate in your local parish, the Jubilee reminds us to walk together as a family in faith, sharing hope and love with the world!



STARS OF THE WEEK



VALUE GUARDIANS

Rosie Easterbrook
Vianny Umeh
Isaac
Heyworth-Maclean
Aiden Tippet



Caleb Dobson
Elijah Evans
Lucy Harris
Beauden Knight
Ellie Rowe
Aiden Tippet
Kaden Harris

Matilda D
Samanta
Oliver J





Samanta
Violet
Oliver K

STARS OF THE WEEK



VALUE GUARDIANS

<p>Year 3 Theo Quin</p> <p>Year 4 Bella Elouise</p> <p>Ebru Jason</p>		<p>Nicolas Gracie O Wilbur Archie</p>
<p>Michelle James Gracie Sam</p>		<p>Whole class Emily James Junior</p>



CURRICULUM HIGHLIGHTS

We have been thinking about what we would like to be when we grow up. We have had some visitors in to talk to us about their jobs. Elijah and Harley's Grandad came to talk to us about his role as a mechanical engineer. We have had talks from the local Fire Brigade and Police Officers. We even got to go in the Police car! There are more visitors to come over the next few weeks. It has been a brilliant time to think about life aspirations and to know that we can be anything we want to be if we work hard.



RE
Making a prayer space in the forest school.
Knowing that Jesus welcomed the children and he welcomes everyone.
Making bread just like in the story of The Feeding of the Five Thousand



Number work



DT - Building Structures



Obsessed with books!
Even taking them in to the Kitchen.



CURRICULUM HIGHLIGHTS



We've had an amazing month of learning! Our Kents Cavern trip was incredible and we learnt lots about archeology! Children have learnt songs to help us remember the 7 life processes in science, our lefts and rights in maths and the 12 disciples in RE.

We have been looking at what humans and animals need to survive, creating a healthy treat of a fruit salad.

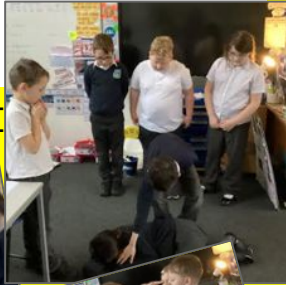
We had a recycling workshop to learn how to look after our common home.

We had a firefighter talk to us about what to do if there is an emergency. We had a PE trip to NAC and someone from NAC come in to teach us some dance.



CURRICULUM HIGHLIGHTS

In RE we have been learning about the miracles that Jesus did. We role played the miracles to help us understand them and make links.



During the Spring term we have considered how to keep ourselves safe. We have looked at fire safety and road safety. Our next challenge is to learn life saving skills and how to get help in an emergency.

As Geographers, we have been learning all about earthquakes. We enjoyed practically working out the different ways the tectonic plates move.





CURRICULUM HIGHLIGHTS



As scientists, we have been investigating the properties and changes in materials - which materials dissolve and how to separate them again. Art has started well exploring identity, considering layers we can use to show the different 'parts' of a person.

Well, St Oscar are coming into their own and becoming so much more independent - growing and maturing. We have had many fun learning opportunities from dancing led by Ms Brown from NAC, to role play in PSHE, to forest school.



After School Clubs:

Tuesday - Football

Monday - Friday - Breakfast Club from
8:00 - £4 /session
After School to 5pm £6.75 /
to 5.30pm £10.00
(5.00pm on a Friday)

Please note that any accounts that are
£50 + in arrears you will not be able to
use the breakfast and after school
clubs.



FRIENDS OF ST JOSEPH'S

Dear Parents / Carers

Christmas only seems like yesterday; hard to believe we are now at the end of January!

Cookie Friday is still going strong. Thank you to all those who continue to buy cookies. Each week you raise approximately £25 for our school. The school library will benefit from some of this money this term.

We will be holding a Bake Sale on Thursday 13th February. It would be wonderful if families could contribute to this either with homemade or shop bought cakes. Our bake sales are always popular and raise lots of money!

Don't forget to use the discount code for 10% off parties at iTown and iBounce... Details at the top of the page!

Susi Mariadas



10% off birthday parties at iTown & iBounce using code:



Upcoming events...





Every Friday – Cookies in the playground after school

Attendance Matters!



Every Student, Every School, Every Day

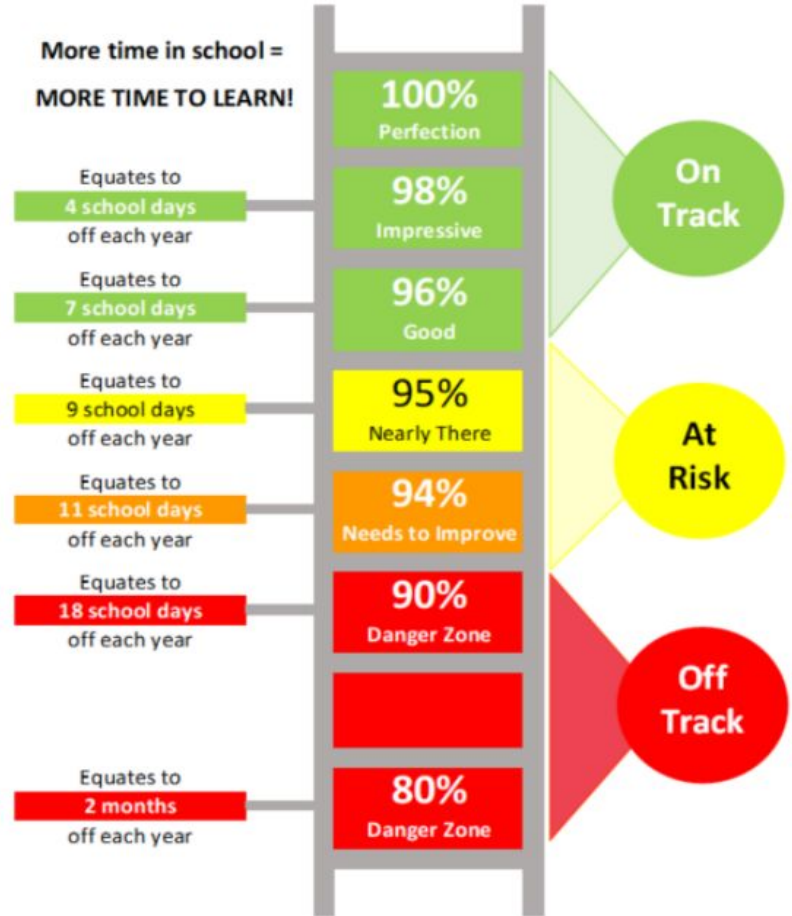
Attendance Dec/Jan

	93.52%
	93.54%
	91.04%
	93.29%

Important Notices & Reminders

If your child is late for morning registration, arriving late at school after 9am, please ensure you or their accompanying adult reports to the school office to ensure that they are registered.

How close are you to reaching the top?



Attendance Roadmap

In line with the DfE Statutory Guidance (in force from 19th August 2024) we offer a supportive, stepped, attendance approach. We will offer a welcoming ethos with high expectations for all. We will assess data to identify absence trends & use preventative discussions/meetings with families to listen, understand & support to remove barriers. Where needed, we will formalise support to nurture improvement with Attendance Contracts & as a last resort we will consider intensifying support &/or enforce legal sanctions.



Did you know, arriving after the register has closed (30 mins from school starting) = an absence?



Did you know, 90% attendance = approx. 95 missed lessons/hours of learning?

STEP 1 - Identify, Assess & Prevent

Our daily actions & processes aim to promote relationship building with children & families to prevent absence. This involves monitoring data trends & absence patterns to inform our conversations with you (& your child where age allows). The trigger for conversations is where absence is at risk of reaching the new National Threshold (**10 sessions (10 half days/5 days) within a 10 week rolling period**). Other daily actions involve promoting attendance positively, using praise & incentives, swift absence follow up, email &/or letter communication to raise your awareness of emerging concerns, processing requested or unrequested 'Term Time Exceptional Absence' & doing Home Visits to meet our safeguarding duties as required.

STEP 2 - Early Absence Support

We move to this step if the National Threshold for absence is met (authorised or unauthorised) to prevent further absence occurring. Discussions & meetings will be offered to identify if early support or reasonable adjustments are needed. This will be done using discussions &/or meetings to create a supportive action plan. An Early Help Assessment (EHA) may be required for some support to be accessed along with a Team Around the Family (TAF) Meeting Process

Please talk to us about how we can support you &/or your child at any time.

STEP 3 - Formalised Support

Where absence continues & initial support needs to be increased an Attendance Contract (AC) will be offered to formalise support. This is a 3-6 month nurturing plan of improvement to prevent further escalation. Achievable & individual targets will be set & reviewed regularly. Medical &/or other information will be actively sought at this point if required to work collaboratively with you & other agencies. An AC can run alongside other meetings e.g., TAF meeting.



Did you know, 90% attendance = 4 weeks of absence over a year?

STEP 4 - Warnings - Concerns Remain

Where STEP 2 or STEP 3 support has been unsuccessful &/or declined, a 'Formal Warning' if AC has failed, or a 'Notice to Improve' Letter if no AC appropriate, will be issued to reinforce the need for immediate improvement. A Family Court Order such as an Education Supervision Order will also be considered as an alternative to prosecution.



Did you know, good attendance increases academic success?



STEP 5 - Legal Action - No Improvement

Legal action (Penalty Notice or Prosecution) MAY be requested from the Local Authority (LA) if Unauthorised Term Time Absence is taken, or if overall absence continues to occur & reaches or exceeds the National Threshold for absence, despite STEPS 1-4 being attempted. Statutory Guidance States a Referral to Children's Social Care for children with 'Severe Absence' (less than 50%) should be considered to obtain 'Intense Support'.

PENALTY NOTICES & LEGAL ACTION

1st Offence (after 19th August 2024) of **Term Time Leave** &/or **Irregular Attendance** (10 sessions of Unauthorised Absence or more) = Fine of £160 per parent, per child if paid within 28 days. If paid within 21 days fine is reduced to £80 per parent, per child.
2nd Offence within 3 years (from 19th August 2024) = Fine of £160 per parent, per child payable within 28 days, no reduction available.
3rd Offence within 3 years (from 19th August 2024) NO PENALTY NOTICE considered. The case will be presented to **Magistrates' Court** under s444(1) or (1a) of the Education Act. If found guilty, a fine of up to £2500 per parent, per child can be issued. Convictions for s444(1a) offences will show on DBS record.

IS MY CHILD TOO ILL FOR SCHOOL?



“THIS MORNING, HE HAD A STOMACH ACHE... BUT LOOK AT HIM NOW!”

MOMENTS MATTER, ATTENDANCE COUNTS.

 **HM Government**

Head to the NHS website to find out more.



Should I keep my **child off school?**

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



 **SCAN ME**

Advice and guidance

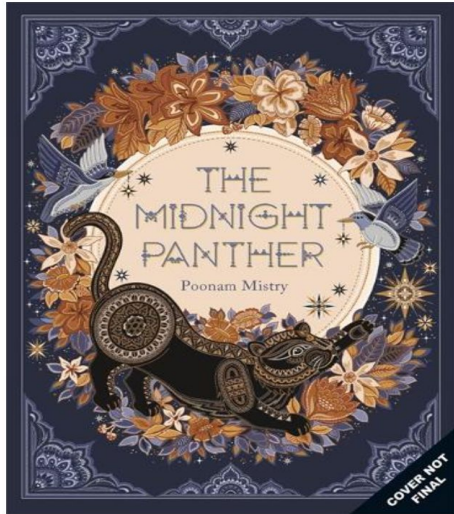
To find out more, search for **health protection in schools** or scan the QR code or visit <https://qrco.de/minfex>.

03.02.25	Children's Mental Health Week		Y5 - Hands On In the Science Lab - Coombeshead
11.02.25	Safer Internet Day	18.03.25	Papermaking workshop for all classes
14.02.25	Celebration Assembly Led by STC - Parents and Carers welcome Break up for half term	19.03.25	Feast of St. Joseph - Whole School to go to Church - Parents and Carers welcome Party Afternoon
24.02.25	Non-Pupil Day	21.03.25	Comic Relief - Wear red noses or dress in red/Silly Outfits
25.02.25 26.02.25 28.02.25	Spring Term 2 Begins Y5 - Black-Out Poetry - Coombeshead Child Measurements - Reception & Yr 6	24.03.25	St. Oscar Romero Day Y5 - How to become a Mathmagician - Coombeshead
03.03.25	Y5 - Discover Music - Coombeshead	25..03.25 26.03.25	Parent Consultation Meetings
05.03.25	1:30 Ash Wednesday Service - In School Hall - Parents and Carers welcome	28.03.25	Celebration Assembly Led by SF Y5 - The Ivory Bangle Lady - Coombeshead
06.03.25	World Book Day - Come dressed as your favourite book character or snuggled in your PJs to listen to an amazing book	04.04.25	Break up for Easter Holiday
07.03.25	Celebration Assembly Led by SVdP	22.04.25	Summer Term Begins World Earth Day

The Midnight Panther by Poonam Mistry

Panther is not like the other cats. Leopard has beautiful spots, Tiger has impressive stripes and Lion has a magnificent mane. Panther is small, shy and dark.

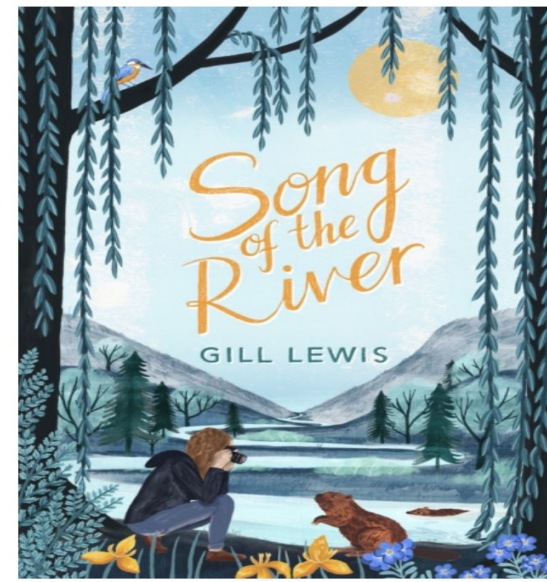
One night he decides to go and find out where in the jungle he really belongs. Finally summoning the courage to scale the treetops, he answers the call of moonlight and ink-black night. Perhaps up among the stars he will find out something about his own strength and beauty.



BOOK RECOMMENDATIONS

**‘ If you don’t
like to read,
you haven’t
found the
right book. ’**

J.K Rowling



Song of the River by Gill Lewis

This environmental story, with short chapters is accessible – with a reading age of 8 – and compelling. Can Cari find a way to save the landscape, prevent flooding and bring back the beavers? Not just a story, but a call to action – this is a rousing tale to inspire young people to think about conservation and the equilibrium of the natural environment. With emotive and debate-worthy themes, this story is ideal for guided reading



SAFEGUARDING

Safeguarding at St. Joseph's is always a priority. Should you have any enquiries or concerns, please contact our Designated Senior Lead for Child Protection: Mrs Day or Mrs Pascoe on 01626 352559. Our governor for child protection is Tim van Kroonenburg.

WELFARE

Our Family Support Worker is Rachel Ripley. Please let us know if you would like her to contact you for ANY support. Everyone needs a Rachel in their lives!



ATTENDANCE

Hi, my name is Steph, I'm the Attendance and Welfare Officer here at St Joseph's. I monitor attendance regularly to ensure that, where possible, every child is in school on time every day. If you have any concerns around your child's attendance, please leave a message with the office and I will contact you.



CPOMS and Operation encompass

At St. Joseph's we use CPOMs as our system for recording information that we consider to be safeguarding information. Further information about the programme can be found here -

<https://www.cpoms.co.uk/privacy-statement/>

Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has exposed to, or involved in, any domestic incident.

Operation Encompass will ensure that a member of the school staff, known as a Key Adult, is trained to allow them to liaise with the police and to use the information that has been shared, in confidence, while ensuring that the school is able to make provision for possible difficulties experienced by children, or their families, who have been involved in, or exposed to, a domestic abuse incident.

COMMUNITY EVENTS & ACTIVITIES



MFTS PRESENTS...

Moana Inspired workshops



Let's bring some sunshine into February Half term with our two fantastic workshops!
Inspired by the family favourite films Moana and Moana 2, come and join Lucy for a day of dancing, singing, crafts, drama AND themed games!
Snack included*

Email Lucy at madeforthestage@outlook.com
or call 07584e25473 to book!

FEBRUARY 19TH
ULLACOMBE FARM-BOVEY

MOANA: 1030AM-1230PM
MOANA 2 - 1:30PM-3:30PM

£12 PER SESSION
DISCOUNT IF YOU BOOK THE
WHOLE DAY!



FEBRUARY
STAY & PLAY
17, 18, 19th
February
Paignton Sports Hub



Mane Events

★ £9 per child
★ £1 per adult
★ £4 under 3

COMMUNITY EVENTS & ACTIVITIES



Mane Events

AGES
3-7

£7 PER CHILD
3 SESSIONS:
10AM-1130AM
12PM-130PM
2PM-330PM



INCLUDES INFLATABLE CASTLES & SLIDES WITH A MINI PLANT
WORKSHOP AND A PLANT TO TAKEAWAY!

ULLACOMBE FARM: THURS 20TH & FRI 21ST FEB

LIMITED
TICKETS!



February 2025

Newsletter

Thursday
20th Feb
19:00 - 20:00
FREE



FREE SESSION
Supporting Healthy Screen Use
A range of steps that can help minimise the harms from screens

Monday
3rd Feb
10:00 - 11:30
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb
19:00 - 20:30
£24



Facing Defiance
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb
19:00 - 20:30
£24



Cannabis & Ketamine Awareness
Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb
19:00 - 20:30
£24



Understanding the Teenage Brain
A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

ONLINE SAFETY TIPS

At the National College, our WakeUpWednesday empowers and equips 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.

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's normal to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

- ### 1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always engage others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people to help them to handle their own conflicts in a healthy way.
- ### 2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can "agree to disagree", living active, interesting lives when doing this can often help to build empathy and understanding of others.
- ### 3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This enables people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own options to them.
- ### 4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.
- ### 5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused the upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You are so rude". This can help children avoid hurting someone's feelings, which is likely to influence the situation.
- ### 6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's okay to continue it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.
- ### 7 START CONVERSATIONS ABOUT RESPECT

Take openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of conversations or incidents from books, films or TV to open discussions about the importance of giving someone else regard.
- ### 8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.
- ### 9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, insulting or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.
- ### 10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What do they think would have helped improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical scenarios to further develop their skills in becoming engaged during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinates Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. Their welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



Source: See full reference on guide page 01

At the National College, our WakeUpWednesday equips and empowers 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

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 more than a typical cup of coffee or fatty 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, in some cases, a 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 mood swings, irritability and 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 drink's stimulants 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 consumption. Encourage healthier alternatives like water, herbal tea or natural fruit juices. You can model healthy behaviour 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 in 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. Encourage open communication with children and young adults about the reasons for limiting a energy drink consumption – underlining the importance of adequate hydration, 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 has shared his own Association's prestigious food Catering Menu. 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 Taster!, a sensory food education charity.



Source: See full reference on guide page 01, nationalcollege.com/guides/energy-drinks

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024