



Allanson Street News

26th April 2024

This Week's Highlights

In **Nursery** we have sequenced the story of "Farmer Duck, using words beginning, next, then and end. We have been learning about Mother and baby animals, using the correct names when matching. Today, we have learned about shapes, looking at how many sides and corners each shape has.

In **Reception** we have been reading Jack and the Jellybean Stalk. We have been writing down what flavour Jellybean we think we have before trying it. Some of us were lucky with a cherry flavour, some of us were unlucky and got garbage! We have been looking at numbers which total to make 5 or 10. We have been talking about healthy eating and why it is important to have a balanced diet. We chopped up some fruit and vegetables to create the Giant a delicious healthy stew for him to eat.

In **Year 1** we have been introduced to our new artist William Morris. We cannot wait to explore printing just like him. In English we have created amazing nature poetry. In maths, we have enjoyed comparing mass, volume and capacity. We have become meteorologists while learning about weather in Geography.

Year 2 have investigated different kinds of joining techniques in DT this week, seeing how many structures are joined together in a specific way before then using an adhesive material to secure and reinforce the join. They worked hard in English to write a biography about Sir David Attenborough and enjoyed a PSHE work shop on using 3 steps to calm down when feeling the uncomfortable emotion of anger.

In **Year 3** we have taken part in a PSHE workshop, which focussed on our emotions, in particular anger. We learned useful strategies to help us calm down, including the 'hot chocolate breathing' technique! In maths, we are continuing our learning about fractions and in science we have been exploring the durability of different rocks.

In **Year 4** we have been working hard to develop our PHSE skills and enjoyed different workshops focusing on our mental health and how we can take positive steps to improve this. We have also completed our work on fractions in Maths and started to learn about decimals in addition to beginning our new Science topic on states of matter in which we will be learning about the differences between solids, liquids and gasses.

In **Year 5**, we have had a wonderful week! We have continued to explore our text 'The Highway Man' in English. We have been learning old 18th century vocabulary to help us to understand the text. Our cultural trip to the World Museum and Walker Art Gallery was such a lovely day. We even spotted a L.S Lowry painting which we had learnt about last half term. It was displayed in the modern art exhibition.

This week in **Year 6**, we have conducted a historical enquiry into why Alfred the Great was actually considered to be so great. We have also been writing our final drafts of our non-chronological reports on Anne Frank and her inspirational yet tragic life.

Dates for your diary

- **Tuesday 23rd**- Barnardos workshops for all children which will focus on the children's social and emotional development.
- **Thursday 25th**-Year 5 Walker Art Gallery Trip
- **Neurodiversity Wellbeing Webinar**- 26th April, 4pm (see below)

Reminders

Please make sure your child is wearing the correct school uniform. Complete guidance can be found on the school website. If you have any questions regarding uniform, please speak to your child's class teacher.

Remember that we have plenty of pre-loved uniform in our Unicycle centre. If you'd like to access this service, please contact Mrs Browne or Mrs Tyrer via Class Dojos.

**Year 5 Maths Whizz
After School
Tutoring**

**Thursdays @3:15-
4:15pm**

Our value this month is:

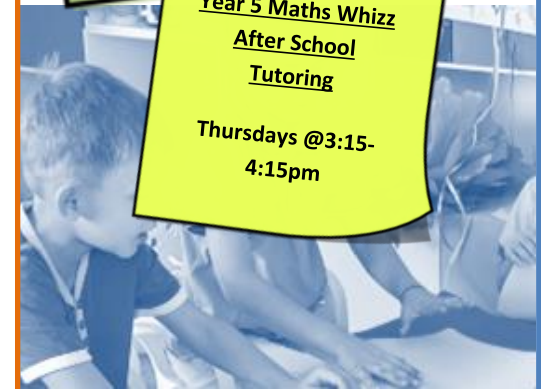
Resilience



Reading

Please make sure you listen to your child read at least 3 times a week and record this in their reading records.

For those children not yet bringing a reading book home, please make sure you are reading to them as frequently as possible.



This Week's Value Stars!!

	Reception: Sophie D, Aodhan C, Sophie L, Ollie M
Year 1: Michael, Anna-Rae, Caleb, Logan W	Year 4: Bianka L, Kayla H,
Year 2: Lottie P, Harvey H, Jackson F, Zackary B	Year 5: Drake, Eve, Leon and Madison
Year 3: Lila W, Lee H, Blake T, Oscar P	Year 6: Reuben L, Emily S, Madison K, Archie MD

Attendance

Early Years –	Nursery am 87.1%	Nursery pm 96.8%
	RKL 94.1%	RMC 93,2%
KS1 –	Y1CS 95.3%	Y1TE 88.3%
	Y2GW 90.3%	Y2LB 95.8%
LKS2 –	Y3LA 94.8%	Y3LC 81.7%
	Y4MC 90.6%	Y4MM 96.6%
UKS2 –	Y5EK 96.5%	Y5NO 94.6%
	Y6JM 96.5%	Y6KK 88.9%

(This week's winners are highlighted in yellow)



This Week's Learning at Home

Word of the Week:

- | | |
|-------------------------------|------------------------------|
| Nursery – teamwork | Year 3 – igneous rock |
| Reception – aspiration | Year 4 – bond |
| Year 1 – villain | Year 5 – breeches |
| Year 2 – suitability | Year 6 – persecution |

Weekly Winners



Numbots. Nursery - Year 2: How many coins can you earn?

The highest number earned over the week will get 3 dojos. **Last week's winner= Olivia S Y3**



Mathswhizz. Years 2-6: The class with the most time spent on MathsWhizz that week will get 3 dojos each. **Last week's winners= Y6KK**



Times Tables

Rockstars.

Years 3-6: Here are your group battles where the winning classes of these battles get 3 dojos each.

Last week's winners were =

Y4

Next week's battles...



26th April - 25 April 2024

All Girls

All Boys

Mental Health Support Team

WELLBEING WEBINARS



Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

TOPICS AND DATES

- Neurodiversity - 26 April
- Parent Skills for Behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional Regulation - 19 July



WHEN

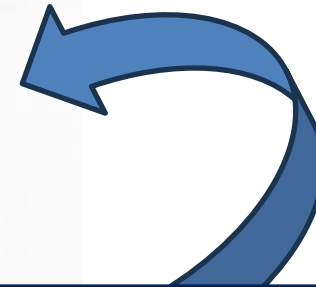
4pm to 4:45pm



WHERE

Zoom

(link will be emailed)



To register please email which webinar you want to attend to **events@merseycare.nhs.uk**

Webinars will be recorded.
No chat function will be available
for safety purposes.

Please see the attached poster for details of free mental health webinars run online by the Mental Health Support Team.

With so many children now suffering with poor mental health, I think these sessions will be invaluable for many of our parents and staff.

If you can make the time and you are at all worried about your child's mental health, please do sign up.

Take care,
Mrs Dingsdale

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.



#WakeUpWednesday

The National College

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

Energy drinks are not suitable for children and pregnant or breastfeeding women.

Why children should not drink energy drinks

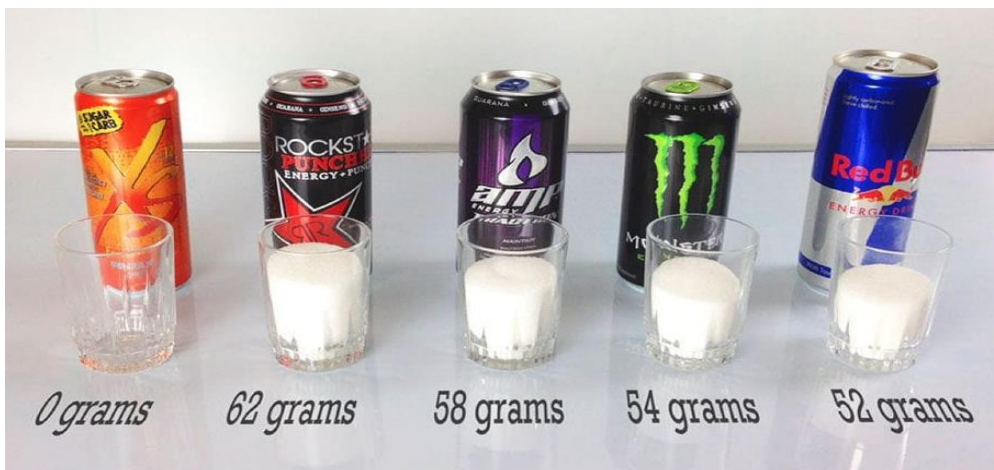
- High doses of caffeine are unsafe to children, and can result in dangerous side effects and cause anxiety in children and adolescents.
- Most energy drinks contain a large amount of sugar and calories, but no nutritional benefit.
- Sugary energy drinks can cause weight gain and contribute to childhood obesity.

Why pregnant and breastfeeding women should not drink energy drinks

- It's a good idea for pregnant and breastfeeding women to restrict their caffeine intake to less than 200mg a day. This is about the same as two mugs of instant coffee.
- Too much caffeine can increase your risk of miscarriage.
- It can also increase your baby's risk of being small or growing slowly.
- Caffeine can reach your baby through your breast milk and may keep them awake.
- Caffeine is a stimulant and can make your baby restless.



<https://www.safefood.net/Healthy-Eating/Healthy-food-and-you/Drinks&energy-drinks>



(Sugar content)