

# NEWSLETTER

FRIDAY 3RD MAY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## FOREST CLUB

The children are really enjoying our Forest Club after school on a Tuesday. This week we worked in teams to make dens. We loved using our imagination and creativity to think about all the different things we may need in our dens!



# NEWSLETTER

FRIDAY 3RD MAY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## WILDLIFE AREA

Here at Swain House, we really value and treasure our outdoor spaces and we are always looking for opportunities to promote and increase outdoor learning. We have been working really hard recently to improve our Wildlife Area into a fun and engaging space for our pupils to learn. We are extremely excited about our new features and already the children are enthusiastic about their learning in this area. We will be adding more exciting features over the coming months and we will keep you informed as this progresses.



# TALKING BRADFORD



## The Talking Bradford Speech and Language pathway

The talking Bradford website provides lots of useful information about young children's speech and language.

'We want every child under the age of 5 who lives in the Bradford district to have the chance to be the best communicator or talker that they can be' - giving them the best start in life.'

Scan the QR code to access the website



## TINY HAPPY PEOPLE WEBSITE

**TINY Happy PEOPLE**

*Your words build their world*

*Tiny Happy People* is a BBC website full of advice on children's language development, with ideas for how you can help your child to learn, activities to put these into practise and information on the benefits of doing them.

Click on the QR code to access the website.



# HARRY'S 5KM CANCER RESEARCH RACE

**H** Harry Thompson



Proud Partner  
**Standard Life**  
Part of Phoenix Group



## Harry's Race for Life

Harry in Year 1 will be running a 5km race on Saturday 11th May to raise money for Cancer Research. We would like to wish him good luck and are incredibly proud of him!



Scan the QR code to access Harry's fundraising page, where you can donate if you wish.

Thank you!

# RECEPTION PLACES SEPTEMBER 2024

We are really looking forward to meeting our new Reception starters soon. If your child has been offered a place at Swain House Primary School for September 2024, please return your acceptance slip in person to school or via email as soon as possible.

Office email - [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)

We still have a few places available for September 2024, if you are interested in your child having a Reception place at Swain House Primary School please contact the office on 01274 639 049 to come and visit our fantastic school!



## COMMUNITY LIBRARY



Just a reminder that our wonderful community library is up and running. Please help yourself to any books you wish to borrow. Donations of children's books are also gratefully received—Thank you!



# READING PLANET REVIEWS!

As part of our Key Stage 2 reading scheme, we would like to use our weekly newsletter to help promote and share some of your children's favourite stories that they have read. Each week, we will be sharing book reviews that have been written by your children. Hopefully these reviews will inspire our children to read one of the books when they choose their next one.



I am reading **The Little Mermaid by Pippa Goodhart**. It is about a mermaid who makes friends on an island. For her 8<sup>th</sup> birthday the mermaid's dad gifts her a day with legs so that she can play with her friends. I loved this story and the meaning behind it. I would definitely recommend this story to my friends.

**Jannat—Year 3**



**Hareem Hussain - Forbidden Classroom by Tony Bradman**

This book is about a school called Rockhead Primary, which has a portal in their science lab. A group of children are chosen to join 'The Junior Sentinals', who have to deal with an alien that comes through this portal with the task of making our Earth more futuristic. I enjoyed this book because it was packed full of plot twists. I would recommend this book to children in Year 5

## SHARING YOUR NEWS!

Emelia in Year 3 has been working hard during her swimming lessons. She has achieved two certificates and we are really proud of her. Well done Emelia!

If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!



**CLICK THE ICON TO SEE REGULAR UPDATES ON OUR FACEBOOK PAGE!**



# ADDITIONAL BENEFITS AT SCHOOL

Do you think your child may be entitled to additional benefits at school?

They could receive:

- A 2 course school meal—free of charge
- School Uniform Voucher/ free school jumpers
- subsidised school residential
- places for extra curricular clubs
- priority places for any holiday schemes

Check your eligibility now

<https://www.bradford.gov.uk/benefits/applying-for-benefits/free-school-meals/>



Please speak to Mrs Broadbent or Miss Armitage if you need any help or advice

# THE GATEWAY TAKE OVER!

COMING TO A SCHOOL NEAR YOU!

COFFEE MORNING

# The Gateway Take over



Swain House Primary School  
Friday 10<sup>th</sup> May 2024  
from 8.45am - 10am

**Games/Quizzes/activities  
Raffle/Tombola  
Information**

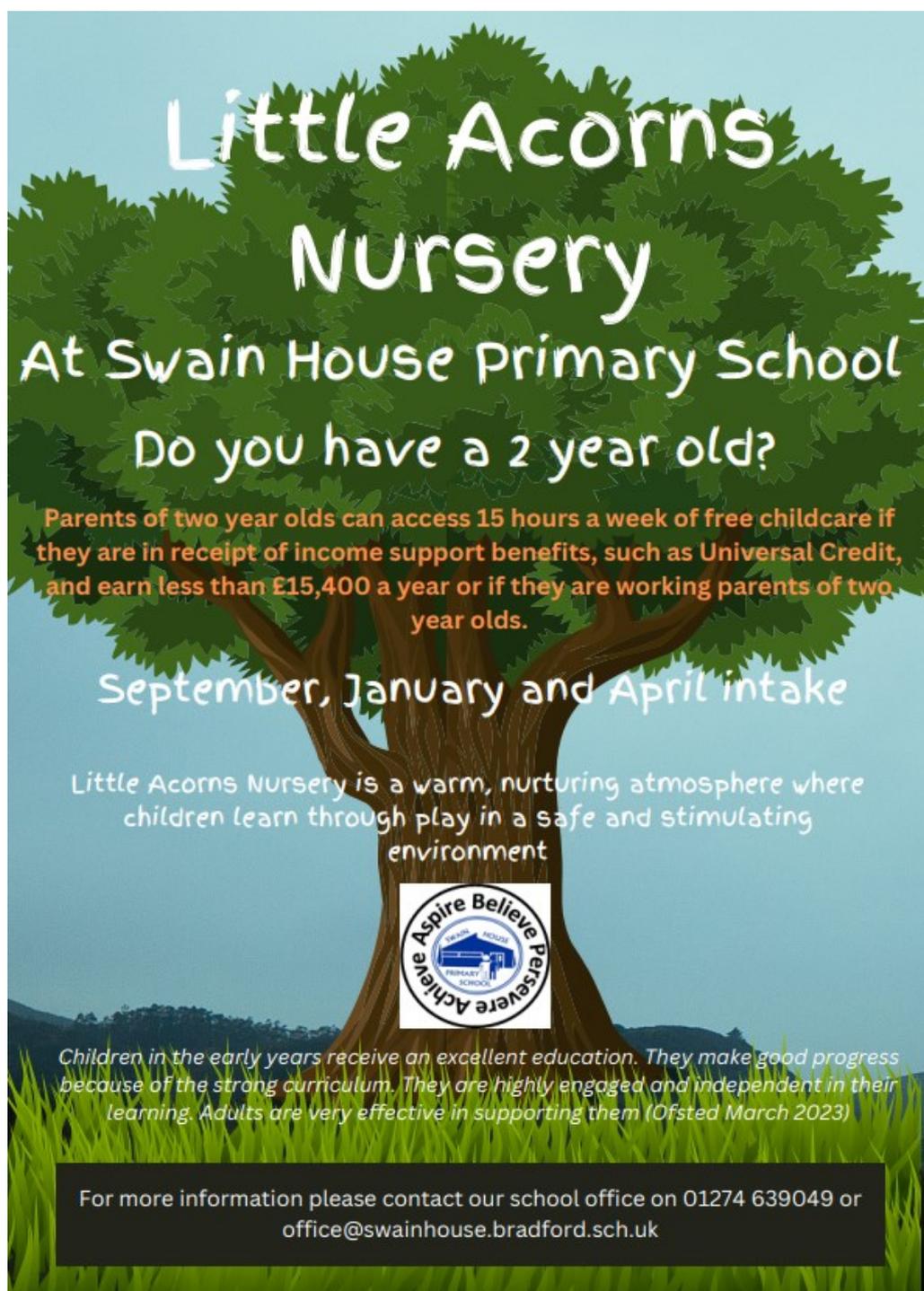
Ebony@ravenscliffe.org.uk 01274 636602

# 2 YEAR OLD FUNDED PLACES

WORKING FAMILIES 2 YEAR OLDS FUNDED EARLY EDUCATION AND CHILDCARE.

Did you know that working families are now eligible for 15 hours free childcare for 2 year olds?

We have places in our Little Acorns Nursery for 2 year olds. Please click on the link below to access the working families funded hours application form and contact us to book a place for your child. <https://fyi.bradford.gov.uk/information-advice/childcare-free-funding/funded-early-education-and-childcare/>



**Little Acorns  
Nursery**  
At Swain House Primary School  
Do you have a 2 year old?

Parents of two year olds can access 15 hours a week of free childcare if they are in receipt of income support benefits, such as Universal Credit, and earn less than £15,400 a year or if they are working parents of two year olds.

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



*Children in the early years receive an excellent education. They make good progress because of the strong curriculum. They are highly engaged and independent in their learning. Adults are very effective in supporting them (Ofsted March 2023)*

For more information please contact our school office on 01274 639049 or [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)

# MYHAPPYMIND APP

The myHappyMind app has been updated and now includes some new features—kids zone, myHappyMind games and mini master classes for parents .



## Download your FREE myHappyMind Parent App

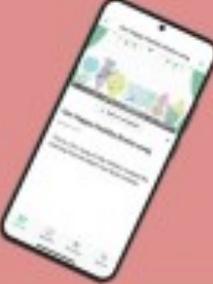


...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



**myHappyMind for Parents**

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



**YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP**

**107220**

---

# Great Oak Nursery

at  
**SWAIN HOUSE PRIMARY SCHOOL**

Now enrolling for our September,  
January and April intakes!



**IS YOUR CHILD 3 OR 4 YEARS OLD?**

We have full & part time places available in our well-equipped Nursery class run by an experienced, fully qualified teacher and Early Years Practitioners.

**CALL NOW TO SCHEDULE A TOUR!**

01274 639049

[office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)

# CLUBS AT SWAIN HOUSE



## STREET DANCE

EXTRA CURRICULAR

**SWAIN HOUSE PRIMARY SCHOOL**  
RADCLIFFE AVE,  
BRADFORD  
BD2 1JL

**EVERY TUESDAY**  
3.00PM-4.00PM

**FUN | ENERGETIC  
CREATIVE SPACE**

**£3.00 PER SESSION**  
CONTACT [INFO@YACAD.ORG](mailto:INFO@YACAD.ORG)





Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



## CONTEMPORARY DANCE CLASS

**A SAFE, ACTIVE  
CREATIVE SPACE  
LET'S DANCE!**

**£3.00 PER SESSION**

**TUESDAYS**  
4.00PM-5.00PM

**SWAIN HOUSE PRIMARY SCHOOL**  
RADCLIFFE AVE, BRADFORD, BD2 1JL

TO ENROL CONTACT [INFO@YACAD.ORG](mailto:INFO@YACAD.ORG)  
TEL 01274 955130





Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership



## Drama Club

EXTRA CURRICULAR

**Thursdays**  
3.00pm-4.00pm

**Swain House Primary School**  
Radcliffe Avenue  
Bradford  
BD2 1JL

**£3.00**  
Per Person Per Session

**HAVE FUN  
CREATE  
PERFORM**

**YEAR GROUPS  
1-6**





Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



## MUSICAL THEATRE

Learn the best moves from your favourite musicals

Every Thursday 4.00pm - 5.00pm  
£3.00 per session

**Swain House Primary School**  
Radcliffe Ave, Bradford BD2 1JL

Contact [Info@yacad.org](mailto:Info@yacad.org)  
Tel | 01274 955130





Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership

# COMMUNITY NEWS

THE BOLTON WOODS  
**YOUTH CLUB**  
Wednesdays  
4pm till 5:30pm

Ages 8 -16 years  
ARTS AND CRAFTS, SPORTS, BAKING,  
FILMS, MUSIC LESSONS, DANCE, GAMES

**BEE WELL** Connected C.I.C. **ALLSTAR** The Bolton Woods Centre "The place Where Everybody's Welcome"

SEARCH JOIN US MOVE PLAY ON FACEBOOK

**ju:MP DANCE**

JU:MP IS HERE TO INSPIRE, ENERGISE AND SUPPORT OUR CHILDREN WITH FUN DANCE SESSIONS. WORKING ON A DIFFERENT RANGE OF DANCE STYLES TO GET YOU GROOVING!

**Saturday Mornings During Term Time Only**

WHERE: Bolton woods Community Centre, 71 Livingstone Rd, Bradford, BD2 1BD  
TIME: 10.00am - 11.00am AGES: 5 - 14  
FIRST SESSION IS FREE, £2 per session after  
WEAR COMFORTABLE CLOTHING, bring your own WATER BOTTLE  
For More INFO call LAURA LIDDON on 07719801013 or email LAURA.LIDDON@BRADFORD.GOV.UK

Follow us on Facebook @JUMPANCEBRADFORD, Instagram @2021JUMPANCE, Twitter @JUMPANCE2021

**WISE OWLS (APR/JUN 2024)  
LANGUAGE DEVELOPMENT  
ADVICE DROP IN  
TERM-TIME ONLY**

Find out more here →



**KEIGHLEY & SHIPLEY**

Monday, 9.00- 10.00am  
Keighley Library, North Street, Keighley, BD21 3SX

**BRADFORD WEST**

Friday, 9.00 – 10.00am  
Abbey Green Nursery, Green Lane, Bradford, BD8 8HT

**BRADFORD EAST & BRADFORD SOUTH**

Our Language Development Workers will be dropping into playgroups around the rest of the Bradford District.



If you have concerns about your child's speech and language development, drop in and have a chat with us – we can help!



# COMMUNITY NEWS

## Come and join a new Adventure?



We are looking for young people aged 6 - 14 to join our scout group, in Beavers, Cubs or Scouts!  
Want to make new friends, learn new skills and have fun?

If you answer YES! Then we could be the choice for you!



Beavers - Age 6 - 8 - Thursday 6:15pm - 7:30pm

Cubs - Age 8- 10.5 - Monday 6:30pm - 8pm

Scouts - Age 10.5 - 14 - Friday 7:30pm - 9pm

Our group meets at St Andrews Church Undercliffe on above nights, please contact us for more information via  
email - [Group29thbradfordnorth@hotmail.com](mailto:Group29thbradfordnorth@hotmail.com) or just turn up on the night relevant to you.



  
Scouts

# COMMUNITY NEWS



## Parent/Carer Support Group

### About Us:

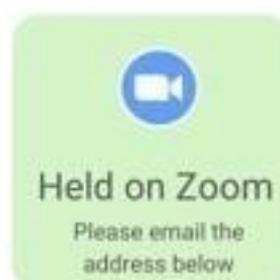
The Parent Support Group is an online support group, facilitated by NHS mental health practitioners. The group is a safe space for parents to get together, share their experiences and build positive relationships. A different subject is discussed each month and parents will receive useful information and strategies around the chosen monthly topic. For an invite, please email: [mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)

**Next Parents Support Group details: Tuesday 21st May 2024**  
**Topic: "Supporting your child: Anger & Frustration".**

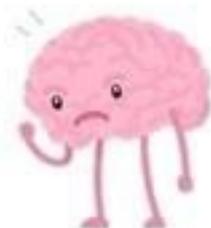


## Parent/Carer Support Group

Supporting Emotional and Mental Health



### THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: ANGER AND FRUSTRATION



In this months Parent Support Group, we will be discussing supporting children and young people when they experience anger and frustration. Within the session, we will think about helpful strategies that can be used to support with these feelings.

✉ [mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)

# COMMUNITY NEWS



## Bradford Active Dance Timetable 2023/2024

Sessions run term time only and break for school holidays.

| Day       | Location   | Times                      | Ages                        |
|-----------|--|----------------------------|-----------------------------|
| Monday    | Cafe West, Wanstead Cres,<br>BD15 7PA  | 5.00 - 5.45<br>6.00 - 6.45 | 4 - 7 years<br>8 - 14 years |
| Tuesday   | The Gateway Centre,<br>Thackeray Rd, BD10 0JR                                      | 4.00 - 4.45<br>5.00 - 5.45 | 4 - 7 years<br>8 - 14 years |
| Tuesday   | Cafe West, Wanstead Cres,<br>BD15 7PA  | 6.30 - 7.30                | Adults Dance<br>Fitness     |
| Wednesday | St James Community Hall,<br>Beaufort Grove, BD2 4LG                                | 4.00 - 4.45<br>5.00 - 5.45 | 4 - 7 years<br>8 - 14 years |
| Thursday  | St Bede's & St Joseph's Catholic<br>College (Ignis Site)<br>Cunliffe Road, BD8 7AP | 5.00 - 6.00                | 4 - 14 years                |
| Saturday  | Bolton Woods Community<br>Centre,<br>Livingstone Road, BD2 1BD                     | 10.00- 11.00               | 4 - 14 years                |
| Sunday    | Zara Sports Centre, Thorn Lane,<br>Bingley Road, BD9 6NA                           | 12.30 - 1.30               | 5 - 14 years                |

First session is **FREE** £2 per session after

For more information contact Laura -

[bradfordactivedance@gmail.com](mailto:bradfordactivedance@gmail.com) / 07719801013

JOIN US:  
MOVE. PLAY.

BE

BOLD.

BE

B.A.D

# WEEKLY UPDATES

## ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **03/05/2024**

### Early Years and Key Stage 1:

| CLASS     | PERCENTAGE % | LATES |
|-----------|--------------|-------|
| Elm       | 95.8%        | 1     |
| Willow    | 100%         | 0     |
| Kandinsky | 94.1%        | 1     |
| Matisse   | 97.3%        | 3     |
| Lowry     | 95.3%        | 2     |
| Van Gogh  | 96.1%        | 3     |

### Key Stage 2:

| CLASS      | PERCENTAGE % | LATES |
|------------|--------------|-------|
| Anne Fine  | 95.1%        | 1     |
| Roald Dahl | 100%         | 0     |
| JK Rowling | 97.5%        | 1     |
| J Wilson   | 96.3%        | 0     |
| Elgar      | 98.3%        | 0     |
| Mozart     | 93.9%        | 1     |
| Beethoven  | 95.1%        | 1     |
| Vivaldi    | 97%          | 1     |

Congratulations to **Willow Class, Matisse Class, Van Gogh Class, Roald Dahl Class, JK Rowling Class, Jacqueline Wilson Class, Elgar Class and Vivaldi Class** for having the **best attendance** this week.

Well done to **Willow Class, Roald Dahl Class, Jacqueline Wilson Class and Elgar Class** for having no lates!

Our whole school attendance this week:

**96.5%**

## COMMUNICATION SINCE THE LAST NEWSLETTER

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

|                                 |   |
|---------------------------------|---|
| <b>WEBSITE UPDATES:</b>         | National Online Safety - Stay Safe on new Devices                               |
| <b>LETTERS:</b>                 | 02.05.24 - Van Gogh Class Wesak Assembly<br>03.05.24 - Parent Governor Election |
| <b>MESSAGES VIA PARENTAPPS:</b> | 03.05.24 - Breakfast Club<br>03.05.24 - Year 5 Homework                         |

# COMING UP IN SUMMER TERM

## SUMMER TERM ASSEMBLY SCHEDULE

| DAY      | DATE     | TIME   | EVENT                         |
|----------|----------|--------|-------------------------------|
| Thursday | 09.05.24 | 2.30pm | Van Gogh Class Wesak Assembly |
| Thursday | 16.05.24 | 2.30pm | Year 3 Residential Assembly   |
| Thursday | 06.06.24 | 2.30pm | Year 4 Residential Assembly   |
| Thursday | 13.06.24 | 2.30pm | Matisse Class Assembly        |
| Thursday | 20.06.24 | 2.30pm | Willow Class Assembly         |
| Thursday | 27.06.24 | 2.30pm | Elm Class Assembly            |
| Thursday | 04.07.24 | 2.30pm | Kandinsky Class Assembly      |
| Thursday | 18.07.24 | 1.45pm | Year 6 Leavers Production     |



### YEAR 4 RESIDENTIAL

Children in Year 4 will be attending their residential to Nell Bank. They will be going on 8th May—10th May. Any questions, please speak to your child's class teacher.

Children can come to school wearing something green on Thursday 16th May—Let's turn the world green for good mental health!

More details to follow



# REMINDERS

## BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.50 each per day or at 7.45am at the cost of £2.00 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

## AFTER SCHOOL CLUB

Our After School Club is available until 4pm at a cost of £2.00 each per day.

If you would like to book your child into After School Club, please use ParentPay.

## EXTRA CLUB

We also offer an Extra Club service that runs until 5.30pm at a cost of £4.00 per day.

If you would like to book your child into Extra Club, please use ParentPay.

**Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.**

**If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.**

## COMING UP THIS HALF TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

| DAY                | DATE                | TIME                                 | EVENT                                     |
|--------------------|---------------------|--------------------------------------|---|
| Wednesday - Friday | 08.05.24 - 10.04.24 | N/A                                  | Year 4 Nell Bank Residential              |
| Tuesday            | 07.05.2024          | 10.30am - 11.15am<br>2.00pm - 2.45pm | Little Acorns Nursery Stay & Play Session |
| Wednesday          | 08.05.2024          | 10.30am - 11.15am<br>2.00pm - 2.45pm | Great Oak Nursery Stay & Play Session     |
| Thursday           | 09.05.2024          | 9.00am - 9.45am<br>2.00pm - 2.45pm   | Reception Stay & Play Session             |

# MENU 06/05/24

## Swain House Primary School WEEK 2

W/C  
15th Apr, 6th May,  
27th May, 17th June,  
8th July

# MENU

For full allergen & nutritional  
information head to  
<https://schoolmeals.bradford.gov.uk>



the food quarter

### Choose from...

MON

- Cheese Pasta Bake
- Soya Pasta Bolognaise
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Garlic Bread
- Assorted Individual Salads

### Desserts...

- Oat Cookie
- Freshly Prepared Fruit

### Choose from...

TUE

- Mild Chicken Curry
- Halal Chicken Doplaza
- Quorn & Veg Fried Rice
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Rice, Naan Bread
- Seasonal Vegetables, Assorted Individual Salads

### Desserts...

- Individual Ice Cream Tub
- Freshly Prepared Fruit

### Choose from...

WED

- Savoury Mince in Yorkshire Pudding
- Halal Chicken Roll
- Cheese Roll
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Creamed Potatoes, Yorkshire Pudding
- Seasonal Vegetables, Assorted Individual Salads

### Desserts...

- Cornflake Tart
- Freshly Prepared Fruit

### Choose from...

THUR

- Cheese & Tomato Pizza
- Assorted Sandwiches

- Chips
- Baked Beans, Assorted Individual Salads

### Desserts...

- Flapjack
- Freshly Prepared Fruit

### Choose from...

FRI

- Fish Fingers
- Quorn Sausage in a Bun
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Jacket Potato Wedges
- Seasonal Vegetables, Assorted Individual Salads

### Desserts...

- Chocolate Sponge
- Freshly Prepared Fruit

Suitable for...



VEGAN VEGETARIAN

FM  
CATERING  
SERVICES



City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL

# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is all about 'Energy Drinks'.

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.

#### 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](https://nationalcollege.com/guides/energy-drinks)

X @wake\_up\_weds

f /wuw.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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