



# Thames View Primary School Newsletter



*Responsibility*  
*Resilience*  
*Respect*

## Special events coming soon

### February

- 3<sup>rd</sup> - 7<sup>th</sup> - Mental Health Week
- 3<sup>rd</sup> & 4<sup>th</sup> - Twist & Pulse KS2 w/shop
- 6<sup>th</sup> - MYG \_ Table Tennis Yr4-6
- 7<sup>th</sup> - NSPCC Number Day (see below)
- 10<sup>th</sup>-14<sup>th</sup> - Enterprise Week
- 12<sup>th</sup> - Enterprise Day (see page below)
- 13<sup>th</sup> - Class Photos in School with Kittle (see below)
- 13<sup>th</sup> - PTA Disco (see PTA page)
- 14<sup>th</sup> - end of term
- 24<sup>th</sup> - Back to School
- 25<sup>th</sup> - Hook Day
- 27<sup>th</sup> - Yr R Theatre Trip

## Advance notice:

- 28<sup>th</sup> March - PTA Mothers Afternoon Tea (see PTA page)
- 29<sup>th</sup> April - PTA Circus Event (see PTA page)

## Mrs Rogers Message

This week we have been continuing our learning of key topics for this term. For any parents or carers that would like to see the learning journeys and knowledge organisers for their children's year groups, please do go on our school web page. The information sits in their year group areas, with relevant information to each year, including trip and visitors' information.

We will be soon be at NSPCC Number Day, when children can come in to school in non-uniform with a number and we will be doing maths activities and challenges during the day. Also, we have Enterprise week coming soon. This is one of our most exciting events of the school calendar, as each class make their own businesses. They have to plan their business, including costings and estimate revenue. They then attend our Enterprise Fayre where they sell their products and try to ear the most profit!

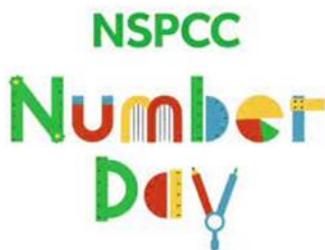
Also, a couple of key dates for you to be aware of. Class photos are on the 13<sup>th</sup> February, then school discos are in the evening. The next parents evening is on the 1<sup>st</sup> April, so please save the date. More information will come to you nearer the time. The SATs exams for year 6 are the 12<sup>th</sup>-15<sup>th</sup> May. Please ensure your child is in school for these tests, so that they can earn their place on their reward trip.

Twist and Pulse workshops will be happening this Monday and Tuesday for the juniors and the infants will be having their workshops soon, information will be coming to parents! Swimming for years 3,4 and 5 continue until February half term and the 13<sup>th</sup> will be our fun day session. During this session the children are allowed to use the flume, these happen in the session before each school holiday and are always fun!

I hope you all have a lovely weekend and stay safe, Mrs Rogers.

## Quote of the week

“ Failure is simply the opportunity to begin again, this time more intelligently. ”  
- Henry Ford





Golden Ticket is every Friday and a child in each Key Stage 2 class can win the golden ticket for outstanding effort, behavior and for showing our 3 school values, Respect, Responsibility and Resilience.



**STARS OF THE WEEK**



**Attendance Stars**  
**KS1:** Fortune  
**KS2:** Victory



**PE Champions:**  
 KS2 : Charlie O



Class	Star of the week	Star Reader	Star Writer	Maths Champion
Sparkles Nursery	Ella			
Pippin	Rae	Arabella	Amelia	Tommy
Sunrise	Luelle	Koby	River	Nataniel
Elstar	Ho-Shun	Rex	Callie	Willow
Kanzi	Lyla	Abigail	Stefan	
Fortune	Asher	Jamie C	Millie A	Mille T
Liberty	Nathan	Michelle	Emma	Oscar T
Opal	Mila	Ava	Aavya	Harry
Topaz	Buddy	Freddie	Ava	Isabella
Enterprise	Penny	Lola	Warren	Jude
Victory	Rosebelle	Lacey	Maria	Evelyn
Blenheim	Lily	Louie	Maisie	Olivia
Windsor	Lacey K	Logan	April	Polly
Discovery	Leighton	Dylan	Zachary	Bella-Rose
Pioneer	Eliza	Parker	Scarlett	Ashanti

## .... Future dates ...

### Friday 7<sup>th</sup> February

Children can come in their own clothes today, and to support the two charities we ask if they can also :

# NSPCC



- **Wear a number !** a number(s) incorporated, either they are on the clothes or one that you have created in support of *NSPCC Number Day*

If you would like to make a donation to the NSPCC please see the link below. We are not asking for any donations to be made here at the school.

<https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/number-day>

- **Wear a Scarf !** - they can wear a scarf in support of *Childrens' Mental Health Week*

<https://www.place2be.org.uk/about-us/childrens-mental-health-week>



### ... 12<sup>th</sup> February ....



## Thames View Enterprise Afternoon

Building Entrepreneurs of the future!



Children in **Years R-6** are asked to bring in up to **£5** in small change (and a plastic bag) to be used at the various 'business' stalls on **Wednesday 12th February**.

Thames View Enterprise Afternoon is an opportunity for children in Years 1-6 to develop their business expertise! Each class will create a 'business' designed to make a profit. Any money raised will be theirs to use for class trips or classroom resources.

### ... 13<sup>th</sup> February .....

## Years 3, 4, 5 parents

### Class Photo / Swimming

Pupils to come dressed in their school uniforms (**with swim suits underneath**) on Thursday 13<sup>th</sup> February. It is a regular swimming day, but also class photographs. The class photos will be taken before the children go swimming.



## Safeguarding Corner

If you have concerns about you child, please come in and discuss these with Mrs Flynn. Each week there will be safeguarding tips here, let us know if we can help!

Today's focus is on energy drinks! Please do not bring energy drinks in to school!

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)

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#WakeUpWednesday The National College

# ... PTA News ...

Tuesday 1st April

## Willy Wonka Golden Tickets

To celebrate Roald Dahl Day we would like to invite you to find our hidden golden tickets in exchange for some AMAZING prizes

All chocolate bars must be purchased in advance and are priced at £2.00 per bar

All purchased chocolate bars will then be ready to be collected and selected from the KS2 hall on the morning of

Tuesday 1st April

Please email [thamesviewpta@gmail.com](mailto:thamesviewpta@gmail.com) with your name, class and number of chocolate bars you would like to purchase - Thank You

Please email the PTA direct to order your Golden Ticket Bars

Please purchase your gift shop tickets via the links



**Afternoon tea party**

Friday 28<sup>th</sup> March 2025  
2 x sittings available -  
1.30pm – 2.30pm  
3.30pm – 4.30pm

KS2 Hall  
£5 per adult  
Children - FREE

TICKETS INCLUDES:  
Bottomless tea/coffee  
Donuts and cookies  
Scones, jam & cream

1.30pm Ticket Link – <http://buytickets.at/thamesviewpta/1548283>  
3.30pm Ticket Link – <https://buytickets.at/thamesviewpta/1548289>

Thames View Primary School PTA

Parentkind Member Association



HAPPY MOTHER'S DAY

Thames View Primary School PTA  
Wednesday 26<sup>th</sup> March – Friday 28<sup>th</sup> March  
All gifts priced at £2.50

Mother's Day Gift-Shop

<https://buytickets.at/thamesviewpta/1548290>

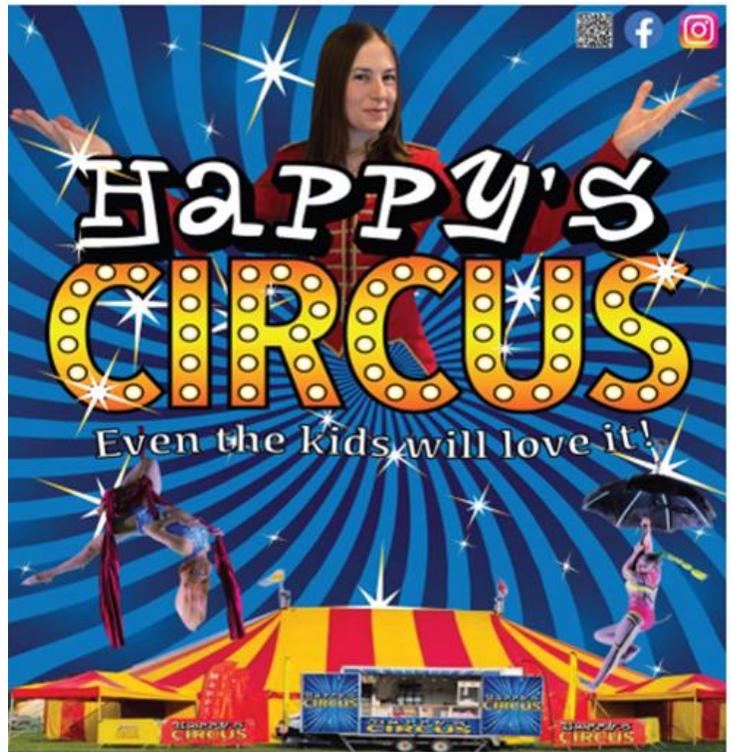
*Please note: EYFS/KS1 children will be collected from class and taken to the gift-shop to select a gift(s). KS2 children will also be collected but are welcome to bring in cash and visit the shop themselves during either their break or lunchtime to purchase their own gift/gift(s)*

Parentkind Member Association

## ..... PTA News continued ....



Please use the links provided to order your tickets



**BACK BY POPULAR DEMAND!**

**SAVE THE DATE**

Tuesday 29<sup>th</sup> April 2025

**TICKETS NOW AVAILABLE**

<https://buytickets.at/thamesviewpta/1530474>

# .... ECO Squad News ....



Recycle all brands of flexible coffee and tea packaging here



### Accepted

All brands:

- ✓ Individual coffee bag sachets
- ✓ Bulk bags of tea bags
- ✓ Loose leaf tea packs



Scan QR code to learn more

### Not accepted

- ✗ Individual coffee bags
- ✗ Coffee capsules
- ✗ Ground coffee
- ✗ Cardboard packaging
- ✗ Individual tea bags
- ✗ Individual tea bag sachets
- ✗ Ground coffee pouches
- ✗ Coffee bean pouches



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- ✗ Coffee bean pouches



"The Earth loves you, so love it back!"