



Dear Parents/Carers,  
Welcome back to the Summer Term and I hope you had a restful and fun Easter.

As you can see from the diary dates, it is already looking busy with fun enrichment activities and learning opportunities for the children. Please keep a close eye on these as I'm sure more dates will be added as we go through the term.

At the end of last term we said goodbye to Mr West and Miss Jasper and on Thursday we said goodbye to Miss Dennis. We wish them lots of luck in their new adventures and thank them for everything they did for the children and school.

As you are aware we joined the AnDaras Multi Academy Trust on the 1st April. From you and your child's perspective you should not see any major changes. I have been asked if uniform is changing—no it isn't. The day to day running of Lewannick will continue as before.

On the note of uniform, unless it is your child's PE day please could all children wear black school shoes and if they are wearing shorts these need to be uniform shorts and not sports shorts.

As the weather (s hopefully) going to continue to improve and the sun keeps on making an appearance, please could sunscreen be applied before the school day and if your child is wearing a cap or sun hat please ensure these are named.

We have lots of spare school jumpers and cardigans, if your child needs a new one, please do not hesitate to ask Mrs Symmons to have a look for your child's size. We also have a small selection of school shoes.

Thank you to everyone who came to the Easter Bingo at the end of last term, it was a great evening and lots of fun (and chocolate) was had by all.

Thank you for your patience and understanding around the change in the hot meals being provided. We are currently waiting for the freezer to be repaired and therefore next week there is likely to be further changes to the menu. Please keep a look out for emails regarding this.

Have a good weekend  
Mrs Sally Cook

If you require this newsletter in an alternative format, for example large print or dyslexia friendly, please email [secretary@lewannick.net](mailto:secretary@lewannick.net). This also applies if you require it in a different language.

### DATES FOR YOUR DIARY

#### April 2024

Thursday 25th—Day of Alternative Sports

Tuesday 30th—Whole School Wild Tribe Day

#### May 2024

Monday 6th—Bank Holiday Monday

Tuesday 7th—Otter Class visit to River Tamar—

Details to follow

w/b 13th—Year 6 SATs

Friday 17th—EYFS/KS1 Trip to Beach details to follow

Monday 20th—Wed 22nd—KS2 Residential

Monday 27th—Friday 31st—HALF TERM

#### June 2024

Monday 10th—Class Photos

Friday 14th—Kestrel Class Trip to Truro Museum—Details to Follow

Friday 21st—Sports Day—details to follow

#### July 2024

Tuesday 23rd—Last day of Term

### Readers of the Week

Amelia L

Seren

Amy



### Stars of the Week

Marine, Isobel, Alfie H

Lewis, Theo P

All of Otter Class



### Weekly Attendance

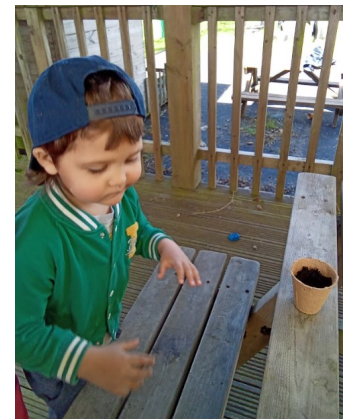
Year Group	% Attendance	Year Group	% Attendance
R	91.21%	4	95.92%
1	98.41%	5	100%
2	100%	6	79.37%
3	79.59%	Whole School	93.08%

**School Menu**  
NEW MENU—week 2



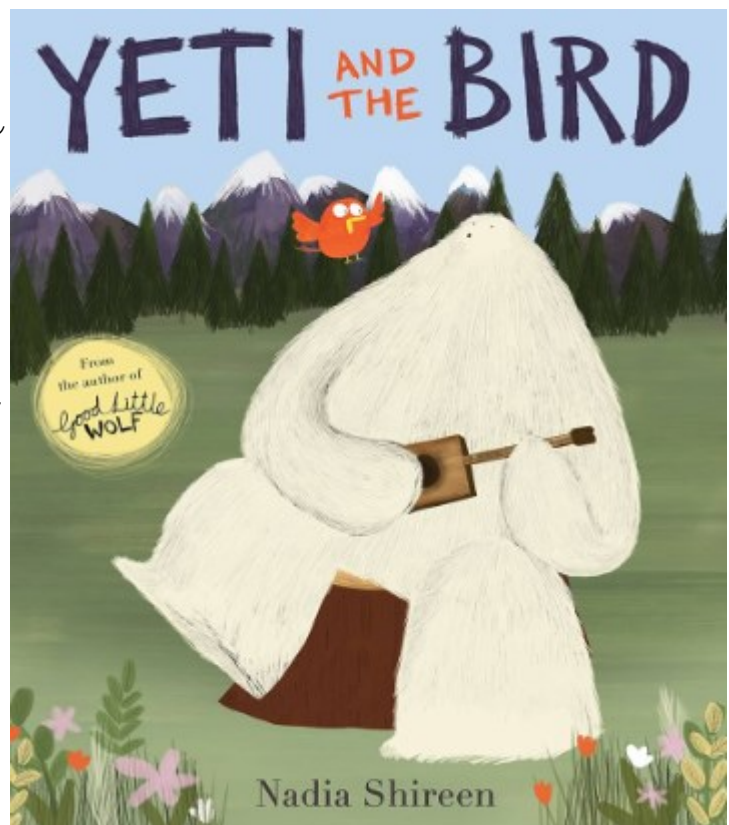

## Fox Class Update

Wow, what a week back for Fox class! We have definitely made the most of the dry weather this week and have been doing lots of our learning outside. As you can see from the pictures, we joined together with Owl class in Wild Tribe this week. We planted some wild flower seeds and we cannot wait to see how they grow over the next term. This is linked to our book of the week, "The Extraordinary Gardener". We have also been using the chalks outside to make roads, animals, games and much more.



## Owl Class Update

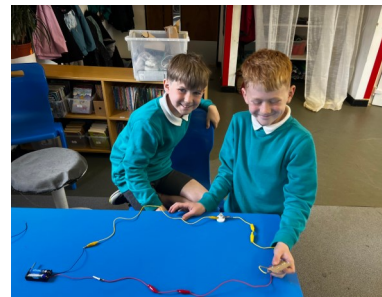
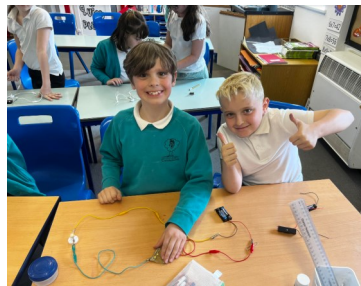
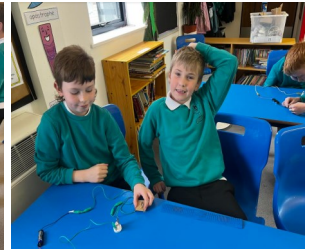
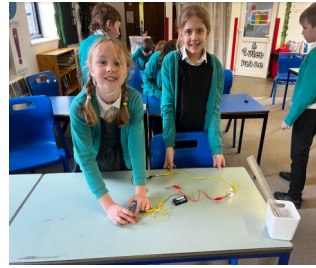
We are having a fantastic start to the Summer term. We are fully engaged in our new story *Yeti and The Bird* by Nadia Shireen and have been working on our writing skills, including using conjunctions, suffix -est, and capital letters. We are looking forward to PE this term, focusing on athletics. This week, we practiced running fast. In Science, we had a great time planting a seed and will be observing its growth. Please could any Read Write Inc books that are not currently being read by your child be returned to school. These books cost the school £5 each and they are a valuable resource for other pupils.



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## Otter Class Update

We've had a fun first week back in Otter Class! We have been learning how to put together an electrical circuit and created our own switches to turn the lightbulb on and off in DT and Science. We received a very special package containing fossils, delivered all the way from China to start off our learning in literacy! We have also been reading all about the great fossil hunter Mary Anning. In geography, we have created our own water cycles in bags and have learnt a very catchy song to help us remember it!



## Kestrel Class News

This week, Kestrels have started our new topic called, "Is it Creepy, Is it Crawly?" We've begun by diving into the fascinating world of animal classification in science. Additionally, we've ventured into geography to study deserts, including the Mojave Desert in America, discovering what truly defines these arid landscapes. Meanwhile, in literacy, we've kicked off a new narrative journey with "The Lost Happy Endings" by Carol Anne Duffy, sparking creativity and imagination in our students by writing some poems and making predictions about the text.



it's  
**Learning  
TIME!**



Respect

Happiness

Creativity

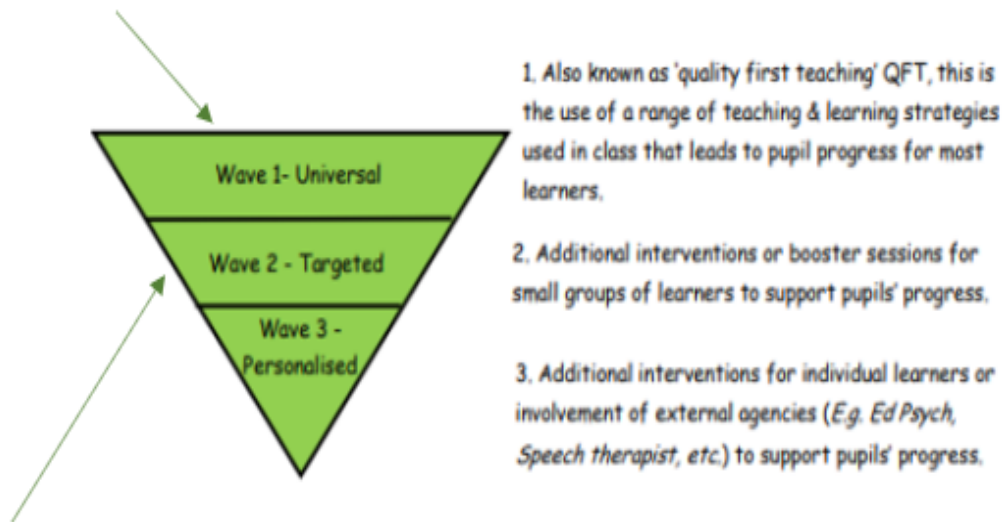
Friendship

Perseverance

## SEN Corner

This month I wanted to share some information on the provision we offer and explain the different levels of support.

This is for all of our children



Some children will need wave 2 and will be in intervention groups.

Children who require a significant level of support from wave 2 and some wave 3 support which may include external professional support will be on the SEN register and part of the Assess, plan, do, review cycles which happens termly.

Information on support that we provide at each wave is on the school website in the SEN section.

# 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



Cornish Seal Sanctuary



# SPRINT FOR SEALS



## RUN FOR (MORE THAN) FUN



Cornish Seal Sanctuary,  
or join us remotely!



19th May 2024



# SCAN ME



PROUDLY SPONSORED BY



'THE' PASTY MAKERS



Registered with  
FUNDRAISING  
REGULATOR

TO FIND OUT MORE!

Respect

Happiness

Creativity

Friendship

Perseverance