

**8th May 2026**

# **Saint Mary's RC Primary School Weekly Newsletter**



## **Our week...**

What a wonderful day we have had celebrating the 100th birthday of Sir David Attenborough! Pupils have all learnt lots of facts and we gave thanks in prayer for the work he has done for God's world.

Thank you to everyone who has already donated books for our library. If you still have some books at home or know someone who might and would like to donate them we would be very grateful!

This week I wrote to you about a vacancy for one Parent Governor role. Please read the information sent home carefully and if you feel you would like to take on this role then complete the nomination form and return this by 12pm on 19<sup>th</sup> May.

Wallabies Class enjoyed a great trip to Legoland yesterday! They all had a lot of fun and their behaviour in representing our school was a credit to them.

Next week is SATs week for pupils in Year 6. We know they will all do their very bests and they have worked so hard to get here. We wish them all the very best of luck and hope they remember they are much more than the tests. We'll see them all bright and early on Monday for a good breakfast before we begin!

### **This month's worship newsletter for families:**

This newsletter gives a great overview of what our school assemblies will cover this April and prayers for you to say together at home:

<https://www.tentenresources.co.uk/prayers-for-home/parent-newsletter/>

### **This week's Bible Scripture:**

**John 14: 15-21**

**"I will ask the Father  
and he will give you  
another helper"**



8th May 2026

## Attendance

Meerkats- 90%  
Ladybirds-92%  
Wallabies-95%  
Rhinos- 93%  
Wolf Cubs-99%  
Eagles- 100%  
Dolphins- 96%  
Quackers-88%  
Lobsters- 96%  
Whole School- 95%



## Stars of the Week- for being ready by showing resilience

Meerkats- Tyson  
Ladybirds- Dougie  
Wallabies- Cooper  
Rhinos- Reuben  
Wolf Cubs- Elliot  
Eagles- Elijah  
Dolphins- Rosie  
Quackers- Nancee  
Lobsters- Noel



## Team Points

  
Arrowsmith

3915

4515

  
Campion

  
Barlow

3617

3875

  
Southworth

**8th May 2026**

## **Wraparound Care**

We now have full wrap around care led by Play and Learn Scheme.

Times are as follows:

- Breakfast Club 7.30am-8.35am £7 per day including breakfast
  - Breakfast Club 8am- 8.35am £4 per day including breakfast
  - Afterschool Club 3.15-5.30pm £11 per day including a snack
  - Afterschool Club 3.15-4.30pm £7 per day including a snack
  - Afterschool Club 4.30-5.30pm (if pupils have already been in a club e.g. choir and wish to join afterschool club after this) £7 per day including a snack
- To book, please click the link: <http://www.pals.schoolipal.co.uk/>

For any questions, please email [playandlearnscheme@gmail.com](mailto:playandlearnscheme@gmail.com) or call 07930924993

Play and Learn Scheme have begun the running of the breakfast and after school club provision in school and this is going really well! Pupils who have attended this week have thoroughly enjoyed their sessions. Don't forget to register to use the service using the link so that you can book your child on at any time (more details below). If you are dropping pupils off at breakfast club or collecting from after school club please ring the black doorbell rather than the school doorbell.



## **School Uniform**

At Saint Mary's we take pride in our appearance and know that first impressions count. We strive for all pupils to look smart and tidy when in school.

Our uniform policy can be found here:

Any pupil not wearing correct uniform will be asked to wear spare uniform from school until this can be rectified. Parents and carers will also be informed.



## **Safe Parking**

Please respect that 260 children must enter and exit school safely each day. This partly relies upon everyone parking safely and with due regard for others, including our neighbours. Please do not park across drives or in restricted areas.

Please can we ask that the staff car park is kept clear for staff cars ONLY. Some parents/Carers are pulling into the entrance to the carpark, especially in a morning and this is preventing staff from parking and is causing traffic on Mayfield Avenue.

**8th May 2026**

**PE Days**  
**13<sup>th</sup> April- 22<sup>nd</sup> May**



**Meerkats- Thurs and Fri**  
**Ladybirds- Tues and Wed**  
**Wallabies- Tues and Wed**  
**Rhinos- Mon and Thurs**  
**Wolf Cubs- Tues and Wed**  
**Eagles- Wed and Thurs**  
**Dolphins- Thurs and Fri**  
**Quackers- Mon and Fri**  
**Lobsters-Friday (swimming)**

## **Upcoming Dates**

**11-14<sup>th</sup> May- KS2 SATs  
Week**

**12<sup>th</sup> May- Dolphins'  
Stay and Learn  
(letter to follow)**

**14<sup>th</sup> May- Mass in  
Church for the feast  
of the Ascension  
10am**

**20<sup>th</sup> May- Crowning  
Our Lady (letter to  
follow)**

**24<sup>th</sup> June- Sports Day  
(letter to follow)**

## **Church News**

**Saturday Mass 6.30pm**

**Sunday Mass 10am**

**Baptisms by appointment**

**If you have a child wishing  
to make their First Holy  
Communion please speak  
to Father O'Brien**



# 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)

*We love, learn and grow together with Jesus*

## HOLIDAY LIST 2025/2026

### AUTUMN TERM 2025

Re-open	Wednesday 3 <sup>rd</sup> September 2025
Closure after school on	Friday 24 <sup>th</sup> October 2025
Mid-term closure	Monday 27 <sup>th</sup> October- Friday 31 <sup>st</sup> October
Closure after school on	Friday 19 <sup>th</sup> December 2025

### OPENINGS 73

### SPRING TERM 2026

Re-open	Monday 5 <sup>th</sup> January 2026
Closure after school on	Thursday 12 <sup>th</sup> February 2026
Mid-term closure	Friday 13 <sup>th</sup> February – Friday 20 <sup>th</sup> February
Closure after school	Friday 27 <sup>th</sup> March 2026

### OPENINGS 54

### SUMMER TERM 2026

Re-open	Monday 13 <sup>th</sup> April 2026
May Day closure	Monday 4 <sup>th</sup> May 2026
Closure after school on	Friday 22 <sup>nd</sup> May 2026
Mid-term closure	Monday 25 <sup>th</sup> May – Friday 29 <sup>th</sup> May
Closure after school on	Thursday 16 <sup>th</sup> July 2026

### OPENINGS 63

**Total openings 190**