

# Newsletter

Friday 19<sup>th</sup> April 2024



Dear Parents/Carers,

Welcome back to the start of the summer term! I'm not sure the weather is aware that we have now entered summer, but hopefully some sunshine is around the corner!

It has been lovely seeing children and families return to school this week. Children are now able to wear the summer uniform, should they wish - please do see the checklist enclosed as a reminder of what this looks like. If children do not wish to wear the summer uniform, a shirt and tie continues to be fine.

Kiiwii (our uniform provider) are currently running an early bird offer on school uniform for next year - please do take look at the information enclosed.

As you can see from the upcoming dates list - we are at the start of a very exciting and busy term. We have added some times to key dates listed and look forward to having you join us for these events.

Next week we have some science workshops running in school, which promise to be very exciting. We look forward to sharing some photos of these in next week's newsletter.

Special well done to the football team, who played this week at New Cangle, who demonstrated the PROUD values beautifully in working well as a team - great to start the term with a win!

If you have any questions relating to your child, or key messages for your class teacher, please do contact them via a message on Class Dojo, or using [admin@placefarm.org.uk](mailto:admin@placefarm.org.uk).



Mrs McConnell  
Head of School

## Upcoming dates:

### April

- 22<sup>nd</sup> April: Science Week  
23<sup>rd</sup> April: Year 2 Local walk trip  
STEM Science Workshop – Rocket Launch  
25<sup>th</sup> April: 3SJ Reading Café  
4RG visit to Haverhill library  
4KM visit to Haverhill library  
STEM Science Workshop – Kinetic Science  
26<sup>th</sup> April: STEM Science Workshop – Curiosity Cube (Year 4)

### May

- 2<sup>nd</sup> May: 3KM Reading Café  
5JG visit to Haverhill library  
5CM visit to Haverhill library  
3<sup>rd</sup> May: Year 3 trip to Colchester Castle  
Purple Day (further information below)  
8<sup>th</sup> May: EYFS trip to Boydells Farm  
9<sup>th</sup> May: 4RG Reading Café  
1ED visit to Haverhill library  
13<sup>th</sup> May: Start of Y6 SATs (Monday to Thursday)  
23<sup>rd</sup> May: Class photos  
**27<sup>th</sup> May – 31<sup>st</sup> May – Half term break**

### June

- 3<sup>rd</sup> June: PD Day**  
6<sup>th</sup> June: Year 2 trip to Felixstowe  
5CM Reading Café  
10<sup>th</sup> June: Years 1 & 2 Sports Day (9 – 10:30am)  
11<sup>th</sup> June: EYFS Sports Day (9 – 10:30am)  
Years 5 & 6 Sports Day (1:30 – 3:00pm)  
12<sup>th</sup> June: Years 3 & 4 Sports Day (9 – 10:30am)  
13<sup>th</sup> June: OAP and OLP Reading Café  
3KM visit to Haverhill library  
3SJ visit to Haverhill library  
20<sup>th</sup> June: 5JG Reading Café  
2LA visit to Haverhill library  
2SA visit to Haverhill library  
24<sup>th</sup> June: Year 5 Residential trip – Kip on a Ship (25<sup>th</sup> – 26<sup>th</sup> June)  
27<sup>th</sup> June: 6EJ and 6SL Reading Café  
1ES visit to Haverhill library  
**28<sup>th</sup> June: PD Day**

### July

- 3<sup>rd</sup> July: Y6 trip to Gulliver's Land  
4<sup>th</sup> July: 4KM Reading Café  
11<sup>th</sup> July: Summer Disco  
12<sup>th</sup> July: Y6 Graduation  
Reports sent to parents  
17<sup>th</sup> July: Year 6 transition days 17<sup>th</sup> – 19<sup>th</sup> July (Castle Manor and Samuel Ward Academy)  
**19<sup>th</sup> July: Last day of term**

## Events and Trips this week

### Year 6 Library Visit

On Thursday, Year 6 visited Haverhill library. Please see a selection of photos from the trip.



### Place Farm Football Fixture



On Tuesday, Place Farm played against New Cangle.

Mr Jones, who accompanied the team, had this to say: A great way to start the term with a 6-2 win today. Some great goals and the win moves them up into second place in the league! Well done boys! ⚽

### Easter Reading Challenge

125 children took part in the Easter Read. The class teachers counted up how many times each child read and then sent this information to Miss Jenkins. Miss Jenkins input all of the information, and the winners/runner ups were selected at random.

Two children in the school read 20 times! They also won an Easter Egg.

Well done to everyone who took part, and congratulations to our winners!





## 2SA Reading Café

On Thursday, we held a very busy Reading Café for 2SA. The children loved sharing books with their families, we even had some younger siblings joining us! We are trying something new this year, and giving the children a question or statement to think about when they are sharing stories. We had some lovely responses to "If you could go into any story for a meal, which would you choose and why?". I hope you enjoy reading their thoughts.

Thank you to everyone who has supported our Reading Cafes, and we look forward to seeing more of you very soon 😊



## Place Farm Sports Captains



Sports Captains are new this year to Place Farm and will have a vital role within sport and PE moving forward. The 8 children (soon to be 10 with Year 2 representatives joining soon) were chosen through an interview process where they were asked why they would like to become a Sports Captain and what they would bring to PE at Place Farm.

Their new roles will include:

- Assisting the coaches in PE with equipment and warm ups.
- Keeping the PE cupboard tidy
- Being trained and running sporting activities on the field at lunch time for the other children.

## Celebration Assembly

Congratulations to everyone who received a certificate in celebration assembly this week. We had lots of children receiving their coloured certificates today. We also had children receiving their PROUD certificates.



We are also continuing to celebrate maths achievements on tt rockstars. This term, we are presenting certificates to the child in Years 2, 3, 4, 5 and 6 who achieved the most coins in their year group, as well as certificates for the three children who had the biggest increase in their times table recall speed.

Times table knowledge and fluency are so important in many areas of maths. Please continue to encourage your children to use tt rockstars at home. Thank you for your ongoing support with this.



## Go Purple Day



### Go Purple Day 3<sup>rd</sup> May in support of Cancer Research

We would like to show our support for Cancer Research by supporting Go Purple Day this year.

Pupils should come to school wearing school uniform, but are able to wear an item that is purple in support of Cancer Research. This could include, for example: a hair band, socks, t-shirt or jumper over the usual school uniform.

Please note that the £1 donation is a voluntary contribution.

## Uniform expectations for the summer term

### Summer Uniform

Children may continue to wear their shirts and ties, skirts and trousers for the summer months, or alternatively, they may wear the summer uniform:

#### **White polo shirt with school logo**

Grey tailored shorts/trousers Blue/white check summer dress or grey skirt

Black school shoes/white or grey socks (Please note that from September 2023 we will also allow pupils to wear [plain black trainers](#)).

Pupils may continue to wear their summer uniform up until October half term. After this point, shirts and **ties** should be worn.

### PE Kit – All Year Groups

Either a plain white polo shirt/plain white t-shirt or **polo shirt with school logo** from supplier.

Blue shorts

Blue jogging bottoms (optional)

Trainers

Blue socks (optional)

## Purchasing uniform for next year

<http://www.cpat.kiiwiiclothing.co.uk/>

Please see the email below from Kiiwii clothing:



Dear Parent or Carer,

KiiWii are very proud to support many local schools with the "Online" supply of school uniform. You may have purchased uniform from us previously, so it's important we share with you information about the ordering process to ensure a smooth back to school period whilst giving you a "Stress Free" summer.

### **The reasons this ordering process will benefit you:**

1. Reduce & hopefully eliminate the previous delays from manufacturing & supply.
2. Eliminate the "last minute" rush of orders which impacts our supply to you as parents.
3. Stop children starting the new school year without the full uniform.
4. Benefit from a **10% "Early Bird" discount** if you place your order between **2<sup>nd</sup> April & 31<sup>st</sup> May**.
5. Giving you the opportunity to collect your uniform order Free of Charge before the end of the Summer Term, avoiding shipping charges during school holidays.
6. Giving you time to Pre-Arrange swaps if needed.
7. Our collection events will not impact your family time over the holidays, leaving you to enjoy a well-earned rest....
8. Saving you money & stress.

### **How to get your "Early Bird" Discount**

1. Orders **MUST** be placed between **2<sup>nd</sup> April & 31<sup>st</sup> May** to receive the discounted prices.
2. On the **2<sup>nd</sup> April** the uniform website will be updated to show the **"Early Bird" REDUCED PRICES**. The reduced prices will remain live until **31<sup>st</sup> May**.
3. **On the 1<sup>st</sup> June the website will revert back to Full Prices.**

### **How to order**

1. Visit [www.cpat.kiiwiiclothing.co.uk](http://www.cpat.kiiwiiclothing.co.uk) to place your order, this is the web address to purchase your "Place Farm Primary Academy" school uniform (Not the KiiWii website)
2. If you haven't bought school uniform from us before, then you'll need to register to place your first order. You can find this in the top right-hand corner of the homepage. Future orders can then be placed using your chosen login details.
3. Measuring Guides – You're able to view a measuring guide for each item of uniform via the home page. To do this, click on the Place Farm logo with uniform measuring guides underneath in red (a copy of these measuring guides are attached to this letter to help). For any assistance with measuring please feel free to call us on 01440 730 330 & we'd be happy to help.
4. To Order – Click on the "Place Farm" logo to view the uniform we offer.
5. Click on the picture of the item you need & add the quantities to the sizes you require, then add them to the cart.
6. Once your order is complete, Click "Check Out"

7. Enter your "Billing Address" & tick to agree to the "Terms & Conditions" to be able to proceed to the "Shipping Methods" page.
8. From the "Shipping Methods" page you can either choose to collect your order from one of our Free Collection Events (**All events are held at Castle Manor Academy main entrance**) or have your order shipped home/work (CPAT Carriage costing £7.50). All orders for home/work shipping will NOT start being despatched until the **1<sup>st</sup> week of July onwards**.
9. You'll receive an email from us to let you know your order has been packed & will be available to collect from your chosen collection event or with details of your home/work delivery.

### **IMPORTANT - Dates for your diary**

2<sup>nd</sup> April            The Uniform Website will go into "Back to School" mode. Any small Top-Up / Replacement orders for lost or outgrown items **MUST** be placed with us by phone only **01440 730330**.

This way we can still offer delivery to the school office for free as we normally would.  
**Any web orders placed will only follow the processes outlined in this letter.**

2<sup>nd</sup> April – 31<sup>st</sup> May – Prices are reduced on the website

|                         |  |
|-------------------------|--|
| 1 <sup>st</sup> June    | Full Prices will apply.  |
| 28 <sup>th</sup> June   | 5:30pm cut off to place orders to be picked up from the 6 <sup>th</sup> July First Collection Event.   |
| 1 <sup>st</sup> July    | Orders which have paid for Home/Work shipping will start to be dispatched.   |
| 5 <sup>th</sup> July    | 5:30pm cut off to place orders to be picked up from the 13 <sup>th</sup> July Collection/Swap Event.   |
| 6 <sup>th</sup> July    | First Collection Event – At " <b>Castle Manor Academy / Eastern Avenue, CB9 9JE</b> " Main entrance 9am – 11am<br>(This is a <b>COLLECTION EVENT ONLY</b> for pre orders)                      |
| 13 <sup>th</sup> July   | Collection/Swap Event - At " <b>Castle Manor Academy / Eastern Avenue CB9 9JE</b> " Main entrance 9am – 11am<br>(This is a <b>COLLECTION / SWAP EVENT</b> for pre orders & pre-arranged swaps) |
| 19 <sup>th</sup> July   | 5:30pm cut off to place orders to be picked up from the 10 <sup>th</sup> August Collection / Swap Event  |
| 24 <sup>th</sup> July   | From this date onwards, ALL ORDERS will be shipped to home/work at a cost of £7.50   |
| 10 <sup>th</sup> August | Collection/Swap Event - At " <b>Castle Manor Academy / Eastern Avenue CB9 9JE</b> " Main entrance 9am – 11am<br>(This is a <b>COLLECTION / SWAP EVENT</b> for pre orders & pre-arranged swaps) |
| 3 <sup>rd</sup> Sept    | Orders placed from the 3 <sup>rd</sup> September will have the option to choose "Collection from school office" once your confirmation email is received.<br>(Subject to stock availability)   |



## Swaps & Exchanges

We have provided measuring guides to help you size your child which are available on the uniform website & attached to this letter. We understand that some swaps / exchanges will still be needed. The earlier your order is placed, the more time we will have to arrange this with you. All swaps & exchanges need to be pre-arranged by calling our office on 01440 730 330 or emailing [sales@kiiwiiclothing.co.uk](mailto:sales@kiiwiiclothing.co.uk) we can then check stock & offer you the available dates to make your swap.

We understand that some children can have a last-minute change of school/circumstances & may no longer require the uniform purchased. Rest assured, we will happily refund you at the prices you paid when the order was placed for any unwanted items.

**All items being returned or swapped must be in original condition with any labels and tags remaining. We are not authorised to refund or swap any items that have been washed or worn.**

Looking forward to helping you in any way we can.

The KiiWii Team

## 2024 Uniform Pricelist

| 2024 Pricelist   |            | Early Bird Price (-10%)      |                         |
|--|------------|------------------------------|-------------------------|
|  | Full Price | Between 2nd April - 31st May | EARLY BIRD<br>YOU SAVE! |
| Compulsory Uniform                                       |            |                              |                         |
| Junior V-Neck Jumper - Sizes: 3/4 yrs - 13/14 yrs        | £12.25     | £11.03                       | £1.23                   |
| Senior V-Neck Jumper - Sizes: XS - Medium                | £13.25     | £11.93                       | £1.33                   |
| Junior Cardigan - Sizes: 3/4 yrs - 13/14 yrs             | £13.75     | £12.38                       | £1.38                   |
| Senior Cardigan - Sizes: XS - Medium                     | £15.45     | £13.91                       | £1.55                   |
| Junior Summer Polo - Sizes: 3/4 yrs - 13/14 yrs          | £6.75      | £6.08                        | £0.68                   |
| Senior Summer Polo - Sizes: XS - Medium                  | £7.50      | £6.75                        | £0.75                   |
| Tie - Classic, Elastic & Clip-On - (From Year 1 onwards) | £5.75      | £5.18                        | £0.58                   |

|   |        |        |       |
|---|--------|--------|-------|
| Optional Items                                    |        |        |       |
| Junior Jogging Pants - Sizes: 3/4 yrs - 13/14 yrs | £9.50  | £8.55  | £0.95 |
| Senior Jogging Pants - Sizes: XS - Medium         | £11.25 | £10.13 | £1.13 |
| Junior P.E Shorts - Sizes: 22" - 28/30"           | £5.90  | £5.31  | £0.59 |
| Senior P.E Shorts - Sizes: 32" or 34"             | £6.90  | £6.21  | £0.69 |
| P.E Socks - Sizes: Small (9-12) - Medium (1-5.5)  | £5.25  | £4.73  | £0.53 |
| Book Bag  | £7.20  | £6.48  | £0.72 |

## V-Neck Sweatshirt and Cardigan's Measuring Guide

### How to measure your chest

Measure around the fullest part of the chest, making sure that the tape is level under the arms and across the shoulder blades. Make sure you are relaxed when measuring to get a true measurement.

### V-Neck Sweatshirts and Cardigans

| Chest size to fit (Inches) | 24"    | 26"    | 28"    | 30"     | 32"      | 34"      | XS    | Small | Medium |
|----------------------------|--------|--------|--------|---------|----------|----------|-------|-------|--------|
| Size to order              | 24     | 26     | 28     | 30      | 32       | 34       | 35-36 | 36-38 | 38-40  |
| Rough conversion to ages   | 3-4yrs | 5-6yrs | 7-8yrs | 9-10yrs | 11-12yrs | 13-14yrs |       |       |        |



### Ordering Junior sizes

Please order the normal size (Age) that you would normally buy for your child. If you normally buy a larger size than their actual age from High Street stores, please apply the same process when ordering these garments.



### Summer Polo shirt - Can be used in the Summer as an alternative to Shirt & Tie. Can be worn for P.E., but this isn't compulsory.

| Chest size to fit (Inches) | 24"    | 26"    | 28"    | 30"     | 32"      | XS    | Small | Medium |
|----------------------------|--------|--------|--------|---------|----------|-------|-------|--------|
| Size to order              | 24     | 26     | 28     | 30      | 32-34    | 35-36 | 36-38 | 38-40  |
| Rough conversion to ages   | 3-4yrs | 5-6yrs | 7-8yrs | 9-10yrs | 11-13yrs |       |       |        |

## Jogging Bottoms & Shorts Measuring Guide

### How to measure your waist

Measure around the waist at the natural waistline (smallest part). In younger children this is usually midway between the bottom rib and the hip bone.

### Junior & Senior - P.E Shorts

|               | Junior Sizes |         |         |        | Senior Sizes |     |
|---------------|--------------|---------|---------|--------|--------------|-----|
| Child / Adult | 22"          | 24"/26" | 26"/28" | 28/30" | 32"          | 34" |
| Size to order | 22           | 24/26   | 26/28   | 28/30  | 32           | 34  |



### Junior Jogging Bottoms

| Waist size to fit (inches) | 3-4yrs | 5-6yrs | 7-8yrs | 9-10yrs | 11-12yrs | 13-14yrs |
|----------------------------|--------|--------|--------|---------|----------|----------|
| Size to order              | 24     | 26     | 28     | 30      | 32       | 34       |

### Senior Jogging Bottoms

| Waist size to fit (inches) | XS | Small | Medium |
|----------------------------|----|-------|--------|
| Size to order              | XS | Small | Medium |

# Unity Nursery

## Unity Stars Nursery - Haverhill



### Why Choose Us?

- Open 51 weeks of the year from 7.30am to 6.00pm
- Age range 0-3 years full or part-time sessions available
- Small, nurturing and safe environment
- Trained staff to support care, learning and play
- Strong partnerships with parents
- Funded hours
- Please email [info@unitystars.org.uk](mailto:info@unitystars.org.uk) for more information



## Parent Workshops

Small Changes

Big differences



### Virtual Triple P - Family Transitions

From 12.30 pm to 2.30 pm via Microsoft Teams

Family Transitions Triple P is a programme aimed at parents who have been or are going through separation and divorce where there are unresolved conflicts causing difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children, or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents who do this course may have ongoing concerns about their child's behaviour. Parents learn to recognise the parent traps during separation and divorce, to how talk to their children about separation and divorce and to help children manage their emotions. **Note: These 5 sessions can be followed by Group Triple P, Group Teen Triple P, or Group Stepping Stones Triple P. We would recommend parents continue after completing Triple P Family Transitions with these programme(s).**

#### COURSE DATES

- Session 1** Tuesday 16 April 2024
- Session 2** Tuesday 23 April 2024
- Session 3** Tuesday 30 April 2024
- Session 4** Tuesday 7 May 2024
- Session 5** Tuesday 14 May 2024



#### Important information and how to book onto a course

- For further information call the Area Parenting Co-ordinator, Emma Remblance 07514 721 874 or Dominique Scanlan 07707295176
- Bookings to the County Parenting Team can be made through Suffolk's online Portal: <https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/home>. Or use your mobile phone to scan the QR code to book your place.
- If you experience difficulties with the Portal or have any questions, please email [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk)
- For all our parenting groups, programmes and seminars, visit [Parenting programmes overview - Suffolk County](#)

[www.triplep.net](http://www.triplep.net)




## Parent Communication



As you may be aware we are currently updating our systems.

Please complete the form below, as soon as possible, to ensure that we hold the most up to date information.

<https://forms.office.com/e/q4W9Dbwi9a>

Please also see the poster below regarding the upcoming changes - further information will follow. Please await a confirmation email before trying to log onto Arbor.

**Arbor**



## We're using Arbor's free Parent Portal and Parent App

**We've chosen Arbor to help us manage our school.**

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Parent App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Parent App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

### How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic  
W10 5BN, London, GBR

Enter your password

Log in

Forgotten password?

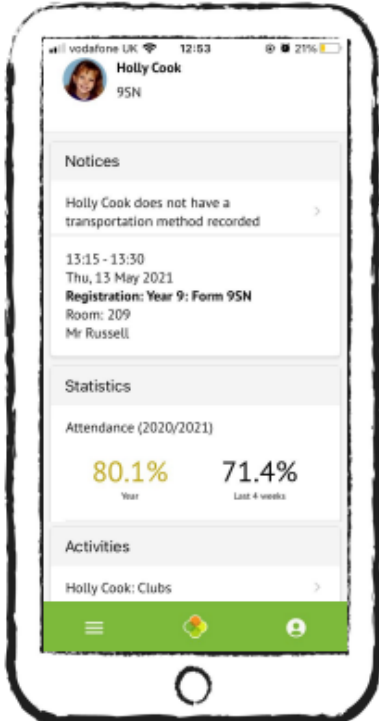
### Need help using Arbor?

**Contact the school office if you have questions about Arbor, the App or Parent Portal.** Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

**Some tips to try:**

1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask us to send it again.
4. Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
5. **Enter the birthday** of one of your children to log in.
6. Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.





# 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 Washborough 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)

#WakeUpWednesday

The National College

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@wake.up.weds

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