



FRIDAY NEWS

14TH
NOVEMBER
2025

The official newsletter of St James CE Primary School



CHILDREN IN NEED

This week, our whole school community has been taking part in Anti-Bullying Week, focusing on the theme of kindness, respect, and standing up for one another.

Children took part in class discussions, creative activities, and team-building tasks that reminded us all of the importance of making everyone feel safe and valued. It has been wonderful to see pupils reflecting on how small acts of kindness can make a big difference.

We ended the week on a high by supporting Children in Need, with pupils and staff coming to school dressed in their brightest and spottiest outfits. The excitement around the school was fantastic, and it was lovely to see everyone joining in for such a special cause.

A heartfelt thank you to all our parents and carers for your generous donations. Your support helps us make these events meaningful for the children while contributing to important charities that support families.

STARS OF THE WEEK

Class 1 - Harrison HF

Class 2 - Esme A

Class 3 - Grayson R

Class 4 - Jaxson T

Class 5 - Stella C

Class 6 - Eshaal M

Class 7 -

Class 8 - Hammad I

Class 9 - Alexa W

Class 10 - Amelia T

Class 11 - Jenson O

Class 12 - All of Class 12



VISION AWARD

Class 1 - Kingsley Q

Class 2 - Teddy W

Class 3 - Aurora A

Class 4 - Gavin O

Class 5 - Freddie D

Class 6 - Moeed I

Class 7 -

Class 8 - Markela N

Class 9 - Sarosh A

Class 10 - Praya H

Class 11 - Dawson F

Class 12 - Alicia L

"With God, there is no limit to what you can do. There is no obstacle you can't overcome. Through Him all things are possible."

(Matthew 19:26)

Reminders

SCHOOL TIMES

The day should go as follows:

- The bell rings at 8:40am and teacher should be outside ready to greet children & parents.
- At 8:45am, children will be taken into the building to begin their learning.
- Children should be dismissed at 3:15pm.

Please appreciate that these times are often very busy parts of the day, and on occasion, things may not always go exactly to plan. We appreciate your patience and understanding during these times.



POPPY APPEAL

Thank you to all our families for your generous support of this year's Poppy Appeal. Your kindness helps us honour those who have served and continue to serve, and it makes a real difference to the Royal British Legion's important work. We are grateful for your continued support and community spirit.

And a massive well done to Class 12 for delivering a reflective and informative remembrance assembly.



PARENT CONSULTATIONS

Thank you to everyone that attended their telephone consultations this week. If you have not managed to speak to your child's teacher this week, please speak to the teacher to arrange a meeting or phone call.



WINTER MARKETS

Don't forget our Winter Markets are next Friday at 2pm, where we will be selling a selection of craft made by the children as well as other fun activities.

Remember - school closes at 2pm for all children!



Coming up!

Next week

Friday 21st - Winter Markets - School closes at 2pm.

WC - 24th November 2025

Monday 24th - Cafe Church from 3:30pm - All welcome

WC - 1st December 2025

Monday 1st - Trust Church Service for Year 5 & 6

Tuesday 2nd - Stay & Learn (KS1 @9am/ LKS2 @2:30pm)

Wednesday 3rd - Stay & Learn (UKS2 @9am/ KS1 @2:30pm)

Thursday 4th - Stay & Learn (LKS2 @9am/ UKS2 @2:30pm)

Thursday 4th - Little Saints Stay & Play @10:30am & 2:30pm

WC - 8th December 2025

Tuesday 9th - KS1 Christmas Performance @9 am

Tuesday 9th - Reception Nativity @2:15 pm

Wednesday 10th - Reception Nativity @9:30am

Wednesday 10th - KS1 Christmas Performance @2:30pm

WC - 15th December 2025

Monday 15th - Little Saints & Nursery Pop-Up Nativity @9am & 1pm

Tuesday 16th - EYFS/KS1 Party (PM)

Tuesday 16th - Nursery & Little Saints Nativity (times TBC)

Wednesday 17th - Lower KS2 Party (PM)

Thursday 18th - Upper KS2 Party (PM)

Friday 19th - Carols & Coffee with KS2 @9am

Friday 19th - Finish for Christmas

Gold Scroll

Talia K

Theo S

Pawel B

Milena P

Mirha H

Kyla C

Esme A

Betsy-Blue B

Ebony H

Jerry S

Alexa W

What Parents & Educators Need to Know about ENERGY DRINKS

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