



YEAR 6 PROM - THE END OF YEAR EXTRAVAGANZA!

It has become a school tradition that the Year 6 finish their summer with a range of fabulous events, including the Year 6 Prom. Although it's essentially a send-off for the Year 6 children, everyone from Grainthorpe is invited.

Last year, the event was held in the Village Hall at Grainthorpe and Andy Carr provided the disco entertainment. The PTFA (Parent, Teacher, Friends Association) has secured the venue for 2024 and the celebration will be on 12th July 2024.



As always, there will be a team working behind the scenes to get everything organized, but the team is very small. We need more helpers and it would be great if Year 6 parents would like to join the preparations - you can shape the evening!

NEXT PTFA MEETING

The next PTFA meeting is **Tuesday 21st May at Marshchapel School, starting at 3:45pm.** You can join in person (we'll make sure there are refreshments) or via a Zoom link.

Let's make the Prom as fabulous as last year! We will also be discussing the Summer Fair.

SUMMER FAIR Friday 5th July from 4-6pm

The children at both schools will be completing **The Tenner Challenge** as part of our Enterprise Fortnight (more details coming soon). Their creations will be on sale at the Summer Fair.

The PTFA work hard to organise the event and would be so pleased for you to help in any way you can, however big or small.

We hope to have food, drinks and entertainment as well as lots of fun raffles, tombolas and games to get everyone ready for the summer!

The event will be on Grainthorpe School field and playground. If we have the wet weather we experienced last year, the event will be wholly indoors!

If you can come along to the PTFA meeting on 21st May to share what you can help with, or send a message expressing an interest, we will be so happy to welcome you.

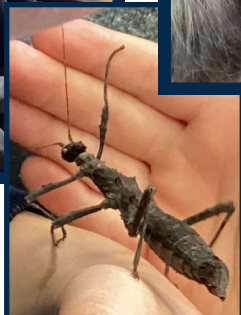
All money raised gets ploughed back into fabulous school events like the Pantomime, Prom and Presents for Year 6 Leavers. Our schools are so grateful for the generosity of time the PTFA give and you can join too (we're not scary at all!)

EXCITING LEARNING EVENTS AT MARSHCHAPEL THIS TERM!

Skylarks started the term with a visit from a giant land snail, millipedes, centipedes, and all manner of animals!

What a great way to kickstart the project about Wriggle and Crawl. As the weeks have progressed, the children have been investigating bees and were delighted when Emma from Stax of Wax appeared with a portable beehive! It's starting to look like a miniature creature zoo in the classroom!

I'm looking forward to reading the fact files on bees and also the completed caterpillar to butterfly diaries. I hope I get invited to the butterfly release!



Lapwings have been enjoying the sunshine and it is helping their seeds grow this term. It is fascinating to see the broad beans that make the beanstalks and the ones that won't reach the giant's castle...



Outside learning has increased this term with the new project. We have seen super collaborative play, turn-taking, sharing and patience.



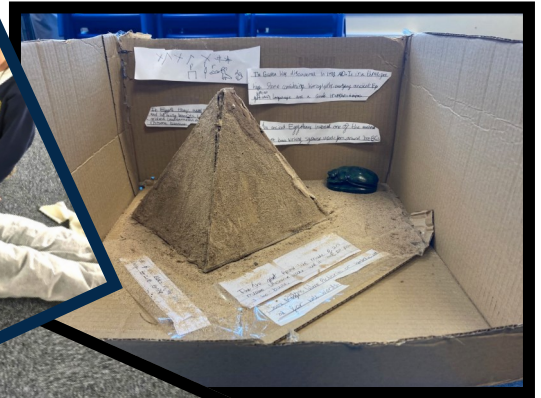
What a fabulous construction group!

Counting and recognising numbers is no problem!

EXCITING LEARNING EVENTS AT GRAINTHORPE THIS TERM!

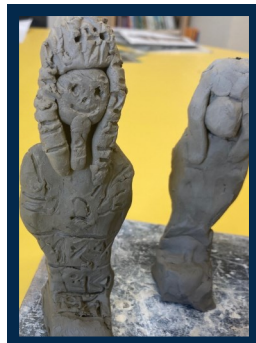
Barn Owls have immersed themselves in the past and are investigating how the Egyptians lived. A trip to Hull brought Ancient Egypt to life with real artefacts and copies to touch. Oscar even went through the process of mummification. (No children were harmed during this exercise!)

Before the trip, we were overwhelmed by the quality of home learning: tombs, mummies, Top Trump cards, fact files, maps and heaps of research. Thank you all for making this project so meaningful.



Power 20	Power 30	Power 40	Power 30
Importance 10	Importance 50	Importance 30	Importance 20
Likeability 40	Likeability 10	Likeability 10	Likeability 40
Popularity 30	Popularity 10	Popularity 20	Popularity 10

Here is the start of the clay work inspired by the drawings made from the visit.



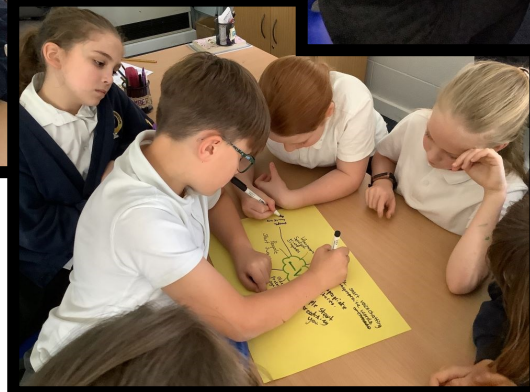
KESTRELS LEARNING AT GRAINTHORPE THIS TERM!

Our Year 6 Kestrels have made us so proud with the way they have prepared themselves for next week's SATs tests. We have eleven determined children who will try their best and demonstrate how competent they are with their English and Maths work. They have worked super hard all year along with the dedicated staff team. Next week will be a celebration of where they are now and a great preparation for secondary school.

I know everyone is looking forward to the SATs breakfast, so please arrive on time and get settled for the day ahead. Make sure your weekend is relaxed and you're ready to go!

Here is a round up from the Kestrels learning this term (clockwise):

- 1: Investigating dissolving as part of science on "Properties and Changes in Materials"
- 2: Discussing reincarnation and karma as believed by Hindus in R.E.
- 3: Investigating what materials make the best insulators in science
- 4: Thinking about the positive and negative aspects of being part of an online community
- 6: Practising recorders!





COMING UP

SPORTS DAY Tuesday 11th June 2024 (afternoon) at Grainthorpe

SUMMER FAIR Friday 5th July 2024 4pm-6pm at Grainthorpe

YEAR 6 PROM Friday 12th July 2024 at Grainthorpe Village Hall (evening)

SAFEGUARDING IN OUR COMMUNITY

If you have any safeguarding concerns to do with children in our community and you want to tell someone about them, the Federation has a designated safeguarding lead professional (Mrs Turner) and a deputy designated safeguarding lead professionals, Mrs Manders.

Please telephone school on 01472 869075 (M) or 01472 869035 (G).

If you have a safeguarding issue to discuss, you can contact Children's Services directly on 01522 782111.

If you have time to complete this Childcare Survey, it will help shape the provision offered in Lincolnshire.

Many thanks for your support.

Childcare Parental Survey

We want to hear from Lincolnshire parents regarding your childcare requirements.

Lincolnshire COUNTY COUNCIL
Working for a better future

The survey closes 14 May 2024

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.

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.

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