



EBOR GARDENS
Primary Academy



Weekly News

Friday 26th April, 2024 - Issue 28

A Message from Mrs Wathen and Mr Spink

Good afternoon and welcome to our new look newsletter.

We have had a very busy and productive week here at Ebor Gardens this week. Year 6 are busily working in preparation for their SATs tests which begin on Monday 13th May. More information will follow regarding the timetable and timings of the day in due course.

Please check our Lost Property area for any lost items of clothing as they will soon be put in our Uniform Exchange.

For the rest of this half term, the Community Pantry will only be open on a Wednesday at 2:30pm. If you need to access it at another time, please contact the admin team on our school email to arrange a suitable time.

On Monday we are having a "We are all Super" Day, with a special menu. Children can wear their own favourite clothes or costumes.

Have a wonderful weekend. See you all on Monday.

N - 93%	RBT - 89%	RDO - 93%
1MM - 93%	1RK - 95%	2HW - 95%
2NI - 97%	3JH - 100%	3NB - 93%
4FA - 98%	4RM - 98%	5GA/LW - 99%
5HW - 94%	6LB - 88%	6NP - 94%

Whole School attendance is 95%.

We are aiming for 96%+

Biscuit Bear winners: 2NI & 3JH
Extra Playtime (97%+): 2NI, 3JH, 4FA, 4RM & 5GA/LW
Pizza Party (100%): 3JH



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Spring Term 2024 Dates

Here are some upcoming events for your diary:

Monday 29th April 2024 – **Remaining Clubs start**

Tuesday 30th April 2024 – **Class Photographs**

Monday 6th May 2024 – **School closed – Bank Holiday**

Monday 13th – Thursday 16th May 2024 – **KS2 SATs week**

Tuesday 21st May 2024 – **Y6 RE Trip**

Thursday 23rd May 2024 – **Y5 RE Trip**

Friday 24th May 2024 – **School closes for half-term**

Monday 3rd June 2024 – **School opens for Summer 2**

Thursday 6th June 2024 – **New Reception Parents Meeting 3:30pm**



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If you are missing any uniform or other property, please come to the link corridor (beyond the Year 3 classrooms) to claim it. If not claimed next week, the clothing will be added to our Uniform Exchange.

Please be sure to park very safely and sensibly around school at Breakfast Club, morning drop-off and afternoon pick-up. On some occasions, the main gate has been blocked by parents/carers cars. Parents/carers and visitors must not park in front of the main gate so that cars (including emergency service vehicles) can get in and out at all times.



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New Childline website now live

Childline is the UK's free 24-hour service for children and young people. Run by the NSPCC, Childline gives children and young people up to the age of 19 confidential support with whatever is worrying them. Since the service began in 1986, it has carried out over 5.9 million counselling sessions with young people. Childline supports more than 200,00 children and young people each year. Find out about Childline's unique offer on [NSPCC Learning](#).



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Key Stage 1 Celebration Assembly Gallery



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We Bake A Difference

WOW!



Superhero Day Menu

Monday 29th April

Captain America Special Pizza
Or

Incredible Hulk Green Macaroni Cheese

Served with Batman's Coleslaw and Chips

Wonder Women Doughnuts



BOOM!


WELLSPRING
Catering Team

OneWellspring



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Summer Term 1 **PARENT SUPPORT**
2024 EVENTS

IN THE COMMUNITY HUB

24th April

Parent Drop-In

MISS DOOLEY WILL BE IN THE HUB FOR ANY COMMUNITY SUPPORT NEEDED.

1st May

Parent Drop-In

MR SPINK AND MISS DOOLEY WILL BE IN THE HUB FOR ANY COMMUNITY SUPPORT NEEDED.

8th May

SEND Focus

FIND OUT ABOUT SUPPORT FOR CHILDREN WITH SEND NEEDS IN SCHOOL.

22nd May

Parent Drop-In

MR SPINK AND MISS DOOLEY WILL BE IN THE HUB FOR ANY COMMUNITY SUPPORT NEEDED.

All events will take place in the Community Hub on Wednesdays at 2:30pm. Everyone is welcome to join us.

The Community Pantry will be open between 2:30pm - 3:15pm.



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Train to Teach in one of our schools

Would you like to become a teacher?
Teacher Training places at (***Ebor
Gardens Primary Academy***) are
available for September 2024 and we
are recruiting now!

If you or anyone you know has a
degree and want to pursue a career in
teaching, then you can pick up a
leaflet from reception, our Community
Hub or get in touch by:

Visiting the website at:

jtioe.org.uk/get-into-teaching/

Call us on 01226 720758 or [email
traintoteach@jtioe.org.uk](mailto:traintoteach@jtioe.org.uk) to arrange a
chat.



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Safeguarding Updates

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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.



Source: See full reference below page at nationalcollege.com/guides/energy-drinks



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