

**APPRECIATION** ❤️ **BELONGING** ❤️ **COMPASSION**

*I am the resurrection and the life. Anyone who believes in me will live, even after dying*

## WELCOME BACK!

A very warm welcome back to school! I hope you had a wonderful holiday and are ready for a busy and exciting term ahead. Thank you for all of your kind words and messages of support as I step into the Acting Head role for the summer term. We have had a very busy and positive first week back full of new learning and no wet plays! As we move into the summer term, I would like to reassure you that we will continue to keep Ropley the nurturing, encouraging and positive school it is and I am so proud to be your Acting Head. Ropley is a very special school and one which I feel extremely privileged to lead. I will always make time to talk with parents, so please do not hesitate to contact me if you wish to discuss anything or ask questions. I would like to thank the Staff, Governors and children for their support, hard work and commitment to the school. I will continue to work closely with them, to ensure the children receive the best possible education and a fantastic Summer Term.

Miss Vittle has also asked me to pass on her very big, heartfelt thank you to everyone who gave her a leaving gift, contributed to her vouchers (which she enjoyed spending) and gave her a card. She has spent Easter reading every single message and really appreciated your words.

## NO PARKING!

A plea, yet again, to ask you and all the adults that do the school run on your behalf to **NOT park in the disabled bays** in the entrance to Hale Close. More and more cars are using these bays as a convenient place to park rather than walking the very short distance to school from the village hall. Inconsiderate parking is causing distress to our parents who genuinely need these spaces for their children, and have a legitimate blue badge. This request also applies if you have a blue badge but choose to sit in the car and wait for your child! Older children may walk to the village hall alone if we have your permission and this helps to prepare them for independently walking to senior school in the future.



## MONSTERS COME TO ROPLEY!

Miss Brown was delighted to receive 6 'Worry Monsters' from the charity Knit-4-Nowt who are based in Yorkshire. They are made by a dedicated team of knitters and are sent across the country to help schools to engage with children who may need some support!



Our children love them and they are already proving to be a big hit during ELSA sessions. They all have their own ID badge, too, along with their name. A very big thank you to Knit-4-Nowt!

## UNIFORM UPDATE

An email reminding you about our uniform expectations has been sent to all parents and carers this week.

1. **School shoes** should be black and well fitting so that children can run around safely at break and lunch times.
2. **Sport style** school shoes (including trainers) are acceptable, providing they are **all black - including the sole and there is no visible logo!** There are no exceptions to this rule.
3. **Socks** should be black, grey or white. Girls may wear tights in black, grey or white if they wish.
4. **Long hair** (shoulder length or longer) must be neatly tied back at all times, not just for PE - boys and girls.
5. **Earrings** should be studs or small sleepers. No dangling bits! Your child must cover them with tape supplied from home or take them out for PE. We do not have tape at school.
6. **PE shorts** should be black. No tight fitting, lycra style shorts please!
7. Absolutely **no nail varnish, party tattoos or extra hair colours or extensions** of any kind, please!

***Thank you for your support***

## CARPENTER BEE RAFFLE FUND RAISER

Thank you for everyone who supported this year's Carpenter Bees' fundraiser!

An incredible 1290 tickets were sold, raising **£1,149.36**. We cannot release the list of winners due to GDPR but the 22 lucky winners have been contacted already, notifications were sent by Classlist on 28th March. Special thanks to our very generous sponsors for the prizes!

## PLANTING BEGINS IN NORMA'S GARDEN

We have started to plant up Norma's Garden with all the plants that have been A very big thank

you to **Louisa Corbett**, who lives in the village and is also an ex-parent. She has donated several plants for Norma's Garden. The children in Carpenter Bee Class are in Gardening Club this half term and they are really enjoying putting the plants into their places. We can't wait to see them grow and encourage the bees to visit! Take a look at pick up and watch the progress. More plants are arriving next week thanks to further generous donations from Ropley residents. If you have any plants you are willing to donate, please see the list in the entrance lobby or at the village shop. Plants can be dropped off by Bess the Sheep. More photos on our website in the photo gallery which we will add to as the planting progresses.



## CHILDREN SING BIRTHDAY WISHES

17 of our most enthusiastic singers from years 2, 4, 5 and 6 went to the Coffee Rooms this morning to entertain the villagers who attend the weekly coffee morning there. One of our local residents, Barbara Gorham, turned 85 today, and her family were sadly not able to celebrate her birthday with her. The children sang 'Happy Birthday' and then 'Shine' which is one of our popular songs that the children sing in Worship. The children were absolutely delightful and sang beautifully. Mrs Gorham was so pleased and wore her pom pom that **Oliver M** made her with pride!



## GOOD LUCK!

Good luck to **Miss Richards** (Class Teacher of Nectar Class) who will be running the London Marathon this weekend! She has been training really hard over the last few months and is as ready as she can be! She is raising money for Calvert Exmoor so that people with disabilities can enjoy accessible adventures and feel the thrill of the outdoors. Good luck, **Miss Richards**, we will be watching for you!

## BABYSITTER AVAILABLE

Billy Densham (former Ropley school pupil) is home from university for the next few months and is available for babysitting. Age 23, full, clean driving licence, DBS checked, experience with younger children.

Please contact on WhatsApp 07873 372968

*This week's theme in Worship was the Resurrection. The children learnt about how Jesus appeared to his disciples and how he had to prove who he was to Thomas. The children considered why Thomas doubted Jesus and that, sometimes, it can be hard to believe what other people tell us. Is it OK to say we don't believe something that we are not sure about? Is it easy to believe in something when you can't see it? When we believe without seeing proof, this is called faith. The children were asked if there was anything that they had faith in?*





## BEE RECOGNISED

In our Bee Book and in Celebration Worship this week the following children were recognised:

**Bumblebees:** *Ottillie R* for writing a lovely sentence in English this week about her holiday. She independently remembered to leave spaces between her words too!

**Millie C** for an excellent attitude towards all her learning. Millie is working very hard on her writing skills, practising at home as well. Keep up the great work, Millie!

**Jago M** for excellent manners. I have noticed how Jago always remembers to say please and thank you and is such a polite member of Bumblebee Class. Thank you, Jago!

**Honey Bees:** *Poppy B* for bee-ing a fantastic learner this week. She has been working beautifully with a partner and has had a positive start to the term.

**Ella-Rose W** for always bee-ing a kind and caring member of the class and a positive role model to others. She always tries her best.

**Carpenter Bees:** *Anna H, Ronnie U, Willow S, William R, Olly B and Freddie J* for pushing themselves into their challenge zone in maths and working independently during our learning about fractions. Keep up the super work!

**Zeph S** for bee-ing such a kind and caring member of the class. You work really hard and always have a smile on your face. Keep it up Zeph!

**Year 3:** *Ollie N* for just bee-ing a fabulous learner! He has done an amazing job of learning new words in his reading and has challenged himself with some fantastic fractions! Great work Ollie!

**Eva McC** for having such a positive attitude to the start of the term. She has come back and has already challenged herself to be the best that she can be.

**Year 4:** *Sienna J* for an excellent attitude to her learning. She gets started straight away with tasks and works hard to complete things to a good standard. She has asked for extra home learning tasks and is bring her homework book back regularly - well done!

**Samuel P** for consistently producing high quality work. He always takes care to meet the learning objective and takes great pride in presenting his work beautifully so it's a pleasure to read.

**Year 5:** *The Whole Year Group* deserve a special mention and congratulations for returning to the Summer Term with great maturity, showing focus and concentration. Well done. A special mention to *Oliver M* for excellent maths progress!

**Year 6:** *Sofia M* for having such a positive attitude to school and her learning this week. She always strives to do her best and works hard in every subject leading to super progress being made.

**George S** for his excellent map work in Geography. He used the atlas to confidently label all of the tropical and temperate rainforests of the world.

**Charlie G** for his fantastic writing in English based on our text 'The Wonder Garden'. He used high level vocabulary and ensured that every sentence was powerful and had an effect on the reader.

## EXTENDED DAY BOOKING

### REMINDER

Our after school club is becoming more and more popular and numbers continue to grow. Ideally, all bookings should be made at least 48 hours or more in advance, via your Scopay account, as we can't always guarantee there will be space if you need to book on the day. We have had to disappoint a few parents this week because we have been fully booked.

We will monitor this moving forward and, if necessary, we will make adjustments to staffing levels or to booking requirements. Accounts should also be in credit at all times. You will not be able to make a booking if your account is not in credit. **We will no longer take late bookings over the phone if your account is not up to date.**

Our policy and forms can be found on our website here:

### Extended Day

We must have a completed registration form on file before your child is able to attend Extended Day. The form can be downloaded from the link above or you can ask Sue or Tracy for a hard copy.

### DEBT

There are still a number of lunch, trip and extended day accounts that are in debt. Please can you log into your Scopay account and clear any outstanding amounts. This debt does have a detrimental affect on our budget, as it ends up being paid by the school, and this could mean that we are not able to offer such a wide and varied curriculum enrichment scheme as we do now. If you are having financial difficulties, please let us know so that we can try to support you. You can also apply for pupil premium, if you are a low income family, by checking your eligibility, confidentially, here:

<https://www.cloudforedu.org.uk/ofsm/hants/>



**Happy Birthday** to all the children who have their birthday in this week:

*Chase B*

*Thank you to Niamh B for the fabulous book she has donated to the library and the Hama bead tray she has donated to her class for her birthday. Mrs Howling will put sticker in the front of the book with her name on.*

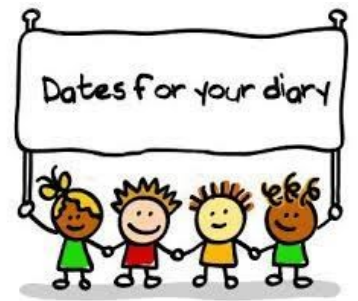
If you would like to donate a book, or something else, for your child's birthday, the link to our wishlist is:

<https://amzn.eu/bXvpSme>



## SUMMER TERM 1

Wed 1st May	Wear Any Shoes of Your Choice for Wacky Wednesday
Sun 5th May	First Sunday Café Church
Tues 7th May	Yr R Summer born - School Nurse - Height, Weight and Vision
Thurs 9th May	Area Sports Perins, 5pm to 7pm
Mon 13th May	Year 6 SATs Assessment Week
Mon 20th May	FROGS Disco and Film Night at Village Hall (TBC)
Tues 21st May	Year 4 & 5 Dress Rehearsal
Wed 22nd May	Year 6 to Archaeological Dig, Colemore, for afternoon
	Wear Any Top of Your Choice for Wacky Wednesday
	Year 4 & 5 Performance 1.45pm 1 of 2
	Year 4 & 5 Performance, 6.15pm 2 of 2
Thur 23rd May	Founders Day
Fri 24th May	INSET Day
	Break for Half Term



## SUMMER TERM 2

Mon 3rd June	Return to School Summer 2
Mon 3rd June	Bikeability for Year 6
Tues 4th June	Bikeability for Year 6
	Egyptian Day—All KS2
Fri 14th June	Class Photos and Individual Year 6 Photos
Mon 17th June	INSET Day
Wed 19th June	Wear Any Bottom of Your Choice for Wacky Wednesday
	New Year R Parents Meeting, 6pm
Tues 25th June	Move On Morning No 1
Fri 28th June	Sports Day, 2pm
Wed 3rd July	Move On Morning No 2
Fri 5th July	Mufti Day for Wacky Wednesday (Even though it's a Friday!)
Tues 9th July	Move On Morning No 3 (New Yr R)
Wed 10th July	Year 6 Leavers Performance (TBC)
Fri 12th July	Thank You Tea Party, 2pm
Fri 19th July	Year 6 Leavers Service, St Peters, 9.30am
Tue 23rd July	Break for Summer



## WINTER TERM 2024/25

Mon 2nd Sept	INSET Day
Tue 3rd Sept	INSET Day
Wed 4th Sept	Return to School for 2024/25
Fri 27th Sept	Individual Photos
Mon 30th Sept	Year 6 to Avon Tyrrell
Fri 25th Oct	Break for Half Term

SEPTEMBER 2024					
M	26		9	16	23
T	27		10	17	24
W	28	4	11	18	25
T	29	5	12	19	26
F	30	6	13	20	27
S	31	7	14	21	28
S	1	8	15	22	29

OCTOBER 2024					
M	30	7	14	21	28
T		1	8	15	22
W		2	9	16	23
T		3	10	17	24
F		4	11	18	25
S		5	12	19	26
S		6	13	20	27

NOVEMBER 2024					
M		4	11		25
T		5	12	19	26
W		6	13	20	27
T		7	14	21	28
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	

DECEMBER 2024					
M		2	9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20*	27
S		7	14	21	28
S	1	8	15	22	29

JANUARY 2025					
M	30	6*	13	20	27
T	31	7	14	21	28
W		1	8	15	22
T		2	9	16	23
F		3	10	17	24
S		4	11	18	25
S		5	12	19	26

FEBRUARY 2025					
M		3	10	17	
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	
S	2	9	16	23	

MARCH 2025					
M		3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

APRIL 2025					
M	31	7	14	21	28
T		1	8	15	22*
W		2	9	16	23
T		3	10	17	24
F		4*	11	18	25
S		5	12	19	26
S		6	13	20	27

MAY 2025					
M		5	12	19	26
T		6	13	20	27
W		7	14	21	28
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

JUNE 2025					
M			9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

JULY 2025					
M	30	7	14	21	28
T		1	8	15	22*
W		2	9	16	23
T		3	10	17	24
F		4	11	18	25
S		5	12	19	26
S		6	13	20	27

AUGUST 2025					
M		4	11	18	25
T		5	12	19	26
W		6	13	20	27
T		7	14	21	28
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

 INSET Day



APPRECIATION ❤️ BELONGING ❤️ COMPASSION

[adminoffice@ropleyschool.hants.sch.uk](mailto:adminoffice@ropleyschool.hants.sch.uk)

[www.ropleyprimary.co.uk](http://www.ropleyprimary.co.uk) Tel: 01962 772381



SCHOOL  
MEMBER





# 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.



Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)





## **PUPIL PREMIUM FUNDING**

Every year, the Government allocates funding to schools to help address the national trend that disadvantaged students do not attain as highly as non-disadvantaged students. This valuable extra money is allocated to schools to provide additional or enhanced provision, so that no child is left behind in their education as a result of financial circumstances. This can include subsidising after school clubs and trips as well as providing additional learning support or resources in class, for example.

### **Eligibility criteria**

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Parents and carers can check eligibility simply and easily by visiting:

<https://www.cloudforedu.org.uk/ofsm/hants/>

and clicking on 'New Application'. Once you have input your details it will return an instant result and notify the school office electronically of your eligibility. If you would prefer us to check on your behalf, please email Mrs Burr with YOUR name, YOUR date of birth and YOUR national insurance number. We would like to reassure you that all applications made are confidential and no child is identified as a Pupil Premium child in any way in their day to day school life. Equally being entitled to free school meals does not mean your child has to eat a meal every day!

**Even if your child is in Year R, 1 or 2 and already entitled to Universal Free School Meals, if you think you might be entitled to this benefit please complete the form. This valuable extra funding ensures that we can offer many different types of support throughout the years your child is at our school and will ensure they continue to receive free school meals as they move into KS2.**

**Just one day of qualifying entitlement = 6 years of funding!  
Current funding = £1455 per child per academic year**