

APPRECIATION ❤️ BELONGING ❤️ COMPASSION

*A kind gesture can reach a wound that only compassion can heal*

## HOCKEY SUCCESS FOR ALTON!

**Rafferty H** who plays for Alton Hockey Club, competed in the South Central Under 10 Boys in two Hockey Area finals last Sunday 21st April.

Alton Hockey Club played Marlow, Reading, Oxford and Winchester in the pools, before finally taking on

Winchester in the semi-finals and Oxford in the final penalty flicks. Putting Alton Hockey Club on the map as the star team winners! Well done Alton Hockey Club and a very big well done to **Rafferty H!**

They are currently recruiting for more team players. If your child is interested in playing hockey or would just like to have a go to see what it is like, please contact them at [hockeyheroes@altonhockeyclub.co.uk](mailto:hockeyheroes@altonhockeyclub.co.uk). Their poster with more details is on page 7.



## ST GEORGE'S DAY CELEBRATION

Bumblebee class learnt all about St George and the Dragon on Tuesday. St George is celebrated for his bravery and courage and is the adopted saint of England. They then created their own shields and flags with glitter, paint, sticking and colouring. They paraded their artwork on the playground and everyone cheered and clapped. Well done Bumblebee's, you are all amazing!



## SWIMMERS AMAZING FUNDRAISING!

Four of our Year 3 and 4 children recently took part in a sponsored swim to raise funds for our swimming pool. They were all exhausted by the end and very cold but all managed to hit their targets. Everyone Active Alton were very helpful in lending them a lane on a busy Saturday afternoon and the duty manager even let them keep using the lane when they had to close the pool to the public unexpectedly. He also presented the children with a medal that Mr Peters had arranged for each of the swimmers. Final total sponsorship for the four children and their distances are:

**Mickey, Yr 4, 1 mile (64 lengths), £100**

**Hattie, Yr 3, 1km (40 lengths), £755**

**Mille, Yr 3, 1km (40 lengths), £511**

**Finn C, Yr 3, 1km (40 lengths), £1200**

**This means that the final amount raised by these amazing children is £2,566! Well done to them all, we are so proud of you.**



**WEDNESDAY 1ST MAY  
WEAR ANY SHOES  
TO SCHOOL!**

As part of our Global Neighbours initiative, the school council have chosen to support the charity **Shelter**. This year, more than 139,000 children are homeless and home is a human right. Home is everything. **For every £1 donated to Shelter, 79p is spent directly on helping people through advice, support and campaigning.** The remaining 21p is spent on fundraising. If every child in our school donated £1, **£139.83** will be spent directly helping people and £37.17 will be spent on fundraising. **Children may wear any shoes to school next Wednesday but please remember they will still be going out to play so shoes need to be practical! Please bring in £1 (or more if you wish) and hand in to your class teacher.**



## BEE RECOGNISED

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

**Bumblebees:** **Vinnie U** for showing good focus in phonics this week. He has worked really hard on sounds and blending skills.  
**Cissy B** for bee-ing an excellent learner in phonics lessons. She has shown brilliant listening skills and is practising her reading at home too. Well done Cissy!

**James S** for bee-ing a wonderful member of Bumblebee Class. He is always ready to learn and made a fantastic shield on St George's Day. A BIG well done!

**Honey Bees:** **Theo C** for bee-ing proactive in his independent learning. He has completed his homework quickly and has even asked for more as well as working incredibly hard on his sounds.

**Marli LM** for always bee-ing kind, helpful and thoughtful towards others. You are an absolute pleasure to have in the classroom.

**Carpenter Bees:** **George R** for bee-ing such a positive role model to the class. He is always engaged, works super hard and doesn't give up if something is tricky. Well done George!

**Lucas R** for working really hard in English this week. You have put yourself in the robots shoes and your contributions and ideas have been brilliant, especially using superb synonyms for sad!

**Year 3:** **Eva McC** for her fantastic rainforest writing this week. She has been able to practise different skills and apply them successfully.

**William M** for having such a fantastic attitude to his learning. He has always been read to learn, keep it up!

**Aoife W** for some fantastic times tables. Aoife has not only got them all right for not just one week but nine weeks in a row! What amazing progress, she is a superstar!

**Year 4:** **Celia M** for fantastic maths work with decimals this week. She has listened intently and applied all the skills we've been learning which has meant she has been very successful in her work. Super progress, Celia!

**Elijah M** for bee-ing such a thoughtful learner; he always works hard and tries his best but he often goes above and beyond this, thinking about next steps and asking for things which will enhance everyone's learning. Such a mature outlook, well done.

**Year 5:** **Ivy B, Ray G, Samuel H, Sophie S and Adam W** for super observant perimeter finding maths!

**Rafferty H and Harry R** for great improvement in focus and concentration. This is allowing some super work.

**Year 6:** **James B** for his excellent writing about the Amazon Rainforest. He listened carefully in inputs, practised writing different sentence forms and then brought it all together in a detailed, engaging and imaginative piece of work.

**Skyla S** for always striving to improve. She seeks help if she is not sure, works brilliantly in a pair to further her own and her partners learning and is justifiably proud of herself when she masters a new skill.

**Sylvi G** for always aiming for excellence in everything she does be it PE, history or maths. Her work ethic and attention to detail mean that she is constantly making progress and succeeding in every area of the curriculum.

## SECOND HAND BOOK SHOP

We have a large amount of really lovely books that have been donated but we just don't need in the library. There will be a book shop at the end of the day on **Tuesday**. There will be a donation bucket and Frogs will also have their Sum Up machine. All monetary donations welcome but, more importantly, give a book a good home!



## WHAT PARENTS NEED TO KNOW ABOUT

We regularly receive updates about technology and trends that are particularly attractive to young people. These are included in our newsletter - this week's is on page 9 and focuses on Energy Drinks, such as Prime. We print these off and put them into the folder in the entrance lobby, please help yourself if any are of particular interest to you. They can also be found on our website under the Parents Tab or you can follow them on social media. See the bottom of the poster for details. They cover everything from popular apps to anxiety to cyber bullying to starting open conversations at home. Do take a look.

## SECOND HAND UNIFORM SALE

**WEDNESDAY 1ST MAY**

**3.15PM**

**IN NORMA'S GARDEN**

All items are in good, used condition and are only £1 per item. Please come along and have a look. Please bring small change with you if you can. If you have any uniform that your child has grown out of, and is still in good, clean, wearable condition, you are welcome to leave it in a carrier bag under the table in the entrance lobby.



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

**Evan G**

**William G**

**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>

*This week's theme in Worship was Generosity. The children considered what they can do to others to be generous. Mother Teresa said 'Not all of us can do great things. But we can do small things with great love.' The children thought about what they can do that shows love, from small things everyday to larger things once or twice. They were also asked to think about whether we are truly grateful for the generosity that we also receive from others. We all have unique gifts and talents that we can share with others. God asks us all to be generous to each other.*

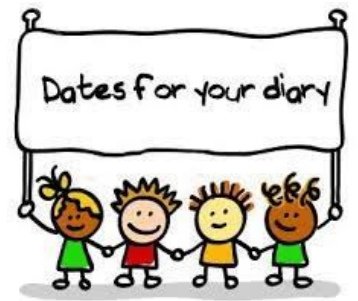
*do good, lend, and expect nothing in return and your reward will be great*

**Luke 6:35**



## SUMMER TERM 1

<b>Tues 30th April</b>	<b>2nd Hand Book Shop</b> <b>No set price, donations welcome</b>
Wed 1st May	Wear Any Shoes of Your Choice for Wacky Wednesday <b>2nd Hand Uniform Sale, 3.15pm in Norma's Garden</b>
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
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 <b>Piano Recital to parents, 2pm</b>
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
<b>Tues 11th June</b>	<b>Egyptian Day—All KS2 (DATE CHANGE)</b>
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





# Norma's Garden

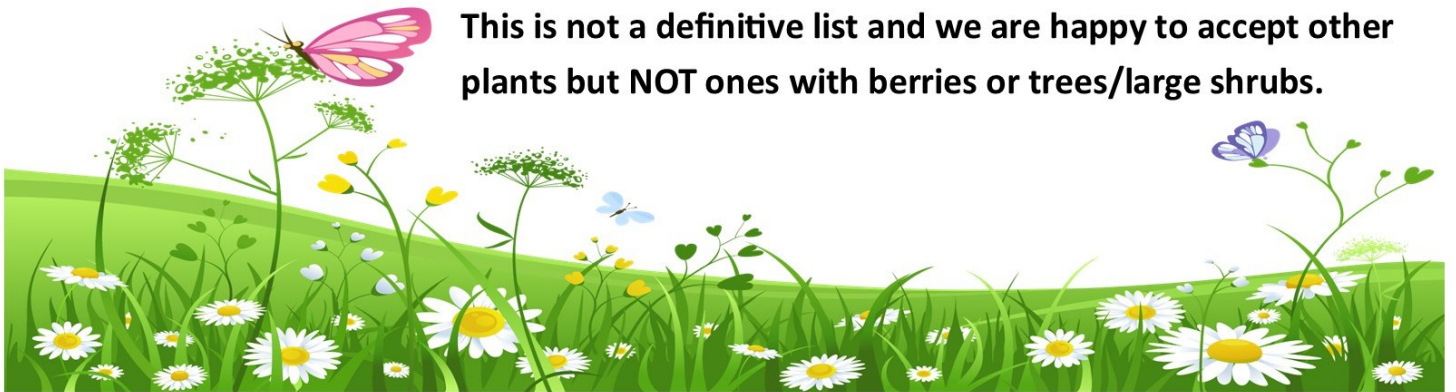
## Plant Donations



If you are able to donate please drop plants off by Bess the sheep during school hours and tick plants off the list in the lobby.

Plants we would like include: Fuchsia, Hebe, Scabiosa, Rudbeckia, Hellebore, Rosemary, Potentilla, Thyme, Cowslip, Primrose, Jacobs Ladder, Allium, Geranium

This is not a definitive list and we are happy to accept other plants but NOT ones with berries or trees/large shrubs.



# Supporting a Child with ADHD

## Thursday 25th April



Join Jane Keyworth, Lead Facilitator at FACE for an online session that explores this topic and challenges stereotypes.

**[facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)**

(7pm to 9pm) £24

**Book now via the website**

## Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?  
Would you like to know what anxiety is and gain some understanding on how to manage it?



A two-hour online talk delivered by  
Jane Keyworth, Lead Facilitator at **FACE**

**THURSDAY 2nd MAY 7-9PM £24**

Available to book now [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)





The CPD Standards Office  
CPD PROVIDER: 22640  
2024-2025  
[www.cpdstandards.co.uk](https://www.cpdstandards.co.uk)

CPD training for anyone who works with children or teenagers.

**National Standards CPD accredited sessions**

All sessions booked & delivered online via [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)

Thursday  
2 May

19:00 - 21:00  
£24



**Anxiety Explained**

Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.

Monday  
13 May

19:00 - 21:00  
£24



**Autism: Improving Communication**

Small changes can lead to huge improvements with your ability to communicate with someone on the spectrum.

Monday  
20 May

19:00 - 21:00  
£24



**Understanding the Teenage Brain**

Improve your understanding and communication with your teen. Why they think, feel and behave very differently from adults.

Tuesday  
21 May

19:00 - 21:00  
£24



**Raising Self-Esteem**

How to support healthy self-esteem in your children and yourself. Easy to apply interventions shared.





**A HERO  
IN EVERY KID**



**A FUN WELCOMING PROGRAMME FOR ALL CHILDREN  
AGED 5 – 8 TO TRY HOCKEY AND TO DEVELOP BOTH THEIR  
PHYSICAL AND CHARACTER SUPERPOWERS**

**FIND OUT MORE: [hockeyheroes.co.uk](http://hockeyheroes.co.uk)**

**Alton Hockey Club Hockey Heroes sessions start on  
Wednesday 22 May at 6pm at Eggar's School, Alton**

**For more information: [hockeyheroes@altonhockeyclub.co.uk](mailto:hockeyheroes@altonhockeyclub.co.uk)**





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



# 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)



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## **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**