



Bishop Wilkinson  
Catholic Education Trust  
Through Christ, in Partnership

ST. PATRICK'S



## St. Patrick's Catholic Primary School Newsletter - Issue 20 - April 2024

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Dear Parents, Carers & Parishioners,

Welcome back to the Summer Term. We have returned to what the liturgical calendar calls 'Eastertide' - where many of the readings we hear in our Celebration of the Word focus on people being continuously shocked and amazed at the return of Jesus. The children have been, as ever, incredible in their contributions to our Celebrations and their class work. There is a busy Summer Term in front of us and we are all excited to dive right in.

Wishing you a nice weekend,

David and Sam

### Time to Talk



Next Wednesday, we will be hosting some 'Time to talk' events. I know that many of you benefitted from an opportunity to talk with other parents and carers before and after lots of the events we held over the Spring term. I wanted to give further opportunity for this by inviting parents/carers into school on Wednesday next week at 9am or 2:30pm to have a hot drink, biscuit and a chance to catch up with each other. There is no need to book, simply turn up.

### Football Shirt Friday

Following requests from staff and some parents, this Friday (26<sup>th</sup> April) we will be taking part in 'Football Shirt Friday'. An initiative in support of Cancer Research and the Bobby Moore Fund. We know that Cancer impacts many lives each and every day and want to use this opportunity to donate to a worthy cause. Children can come to school in non-uniform and, if they have one, a football shirt. If you can, a voluntary donation of £1 per pupil can be brought in.

If you would like to find out more about this initiative, you can do so here: [Join the Football Shirt Friday squad | Cancer Research UK](https://www.cancerresearchuk.org/charity/football-shirt-friday)



### After School Clubs

Our new club offer has started this week and children have seemed to really enjoy it. There are still places in all of the clubs, so please feel free to sign up if you wish. Plans are already in place for next half term—including 'Creative Kitchens' cookery club and more. All clubs run until 4:30pm and cost £2. Log on to

your Arbor account to sign up,

*Use well the gifts that God has given you*





Any new dates added to the calendar will be shown in blue.

Date	Event	Time	Parents Invited
Wednesday 24 <sup>th</sup> April	Parent/Carer – Time to Talk coffee morning/afternoon	9:00am and 2:30pm	Yes
Friday 26 <sup>th</sup> April	Football Shirt Friday	All day	--
Thursday 2 <sup>nd</sup> May	Class 2 at Mass in Church	9:30am	Yes
w/b Monday 13 <sup>th</sup> May	KS2 SATs Week	All week	No
Saturday 1 <sup>st</sup> June	First Holy Communion Day	-	Yes
Friday 7 <sup>th</sup> June	Non-Uniform Day (Toys & DVDs)	All day	--
w/b Monday 10 <sup>th</sup> June	Phonics Screening Check delivery	All day	No
w/b Monday 10 <sup>th</sup> June	Year 4 Multiplication Tables Check	-	No
Thursday 13 <sup>th</sup> June	Class Photo Day	Morning	No
Friday 14 <sup>th</sup> June	Father's Day/Someone Special Breakfast	8:30am - 9:00am	Yes
Wednesday 26 <sup>th</sup> June	Year 6 @ Youth Village Festival	All Day	No
Friday 28 <sup>th</sup> June	Non-Uniform Day (Bottles)	All day	--
Tuesday 2 <sup>nd</sup> July	Provisional Date for Year 6 Leavers Trip - TBC	8:30am – 4:30pm	No
Thursday 4 <sup>th</sup> July	Summer Choir Concert	4pm	Yes
Thursday 4 <sup>th</sup> July	'New to Year 1' - Transition Meetings	Timings TBC	Yes
Friday 5 <sup>th</sup> July	Sports Day	AM	Yes
Tuesday 9 <sup>th</sup> July	Year R 'Graduation' Celebration of the Word	2:45pm	Yes
Thursday 11 <sup>th</sup> July	Year 6 St. Leonard's transition day	All day	No
Thursday 11 <sup>th</sup> July	Transition Day in School	All Day	No
Friday 12 <sup>th</sup> July	Year 6 St. Leonard's transition day	All day	No
Friday 12 <sup>th</sup> July	Non-Uniform Day (Chocolates)	All day	--
Monday 15 <sup>th</sup> July	Annual Reports sent out to parents	3:25pm	--
Wednesday 17 <sup>th</sup> July	Year 6 Leavers Mass (in church)	9:15am	Yes
Thursday 18 <sup>th</sup> July	Summer Fayre	1:15pm	Yes
Friday 19 <sup>th</sup> July	Year 6 'Leavers' Celebration of the Word	9:10am	Yes
Friday 19 <sup>th</sup> July	END of TERM	3:25pm	-

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thanks  
for your  
support

# attendance MATTERS

## Procedure for appointments during school hours

If you have to take your child out of school for any reason, including a medical, dental, school visit appointment, please could you inform the school office prior to the appointment along with any supporting evidence of the appointment. This is so that we can authorise the absence where we can and your child is not marked as unauthorised in our register.

Please see below guidance from the government regarding school attendance. <https://www.gov.uk/school-attendance-absence>

Children should aim to arrive in school by 8.55 am at the latest. **Persistent lateness causes disruption to your child's education.**

Year	Attendance this week:
R	77.78%
1 / 2	96.46%
3 / 4	93.06%
5 / 6	94.79%
<b>Weekly Overall Attendance: 92.9%</b>	
<b>Yearly Attendance to date: 94.6%</b>	

## Late arrivals

Class registers are taken at 8:55am prompt as we don't want to miss any learning opportunities. **All children should be in class and sat down by 8:55am.**

We want all of our children to be sat down at their desks for 8:40am whenever possible.





## Standards at St. Patrick's

Our expectations on attendance must remain strong and, as the parent community know, we take this part of our job very seriously indeed. We will be contacting parents/carers of those children who are persistently absent, this means any child with an attendance percentage of 90% or less. Please understand that this is a supportive measure and that we are working hard to leave no stone unturned to help your child achieve the very best possible outcomes.



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## HOUSE POINTS

Feast Days:	St. Bede	St. Cuthbert	St. Hilda	St. Aidan
<b>25th May</b> <b>20th March</b> <b>17th November</b> <b>31st August</b>				
<b>Weekly total</b>	<b>391</b>	<b>335</b>	<b>377</b>	<b>376</b>
<b>Running total</b>	<b>3399</b>	<b>3016</b>	<b>3134</b>	<b>3028</b>

### Stars of the week

<b>Jake</b>	<b>Year R</b>	For trying his best and asking lots of interesting questions.
<b>Natalia</b>	<b>Year 1 / 2</b>	For working hard in English lessons.
<b>Chidera</b>	<b>Year 3 / 4</b>	For a great attitude to learning.
<b>Roma</b>	<b>Year 5 / 6</b>	For fantastic work in maths.

### Rainbow Rewards

<b>Red</b>	Is for the blood he gave (Be Kind)	Summer, Lily S-K, Lyla
<b>Green</b>	Is for the world he made (Be a steward)	Isobel, Mrs Bartley
<b>Yellow</b>	Is for the light so bright (Be humble)	Ella
<b>Orange</b>	Is strong and full of might (Be courageous)	
<b>Purple</b>	Is for his hour of sorrow (Be compassionate and say sorry)	
<b>Pink</b>	Is for a new tomorrow (Be just and fair)	
<b>Blue</b>	Is for the sky he made so we can aim high (Never give up or take the easy option)	

**The rainbow is a sign of God's promise,  
 He will guide us through any storm.  
 When you feel battered by life's storms,  
 Just remember God's rainbow is coming -  
 It's only a prayer away.**

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### Ask your child



We're sure you all ask your children what they have learned at school every day. We're also sure that the depth of answers that you receive will also vary, with some children saying, 'nothing'. To help aid your discussions, each week in the newsletter we will include a starter question that will help your child to talk about what they have been learning that week in school. Try it tonight

Reception	What is the machine called that is keeping our eggs warm?
Year 1 / 2	Who was the visitor to school on Wednesday? What did they talk about?
Year 3 / 4	When the Holy Spirit filled the apostles, what did it enable them to do?
Year 5 / 6	What do you find below the surface of Earth?
General	What does discrimination mean?

### Article 14: The right of freedom of thought, belief and religion

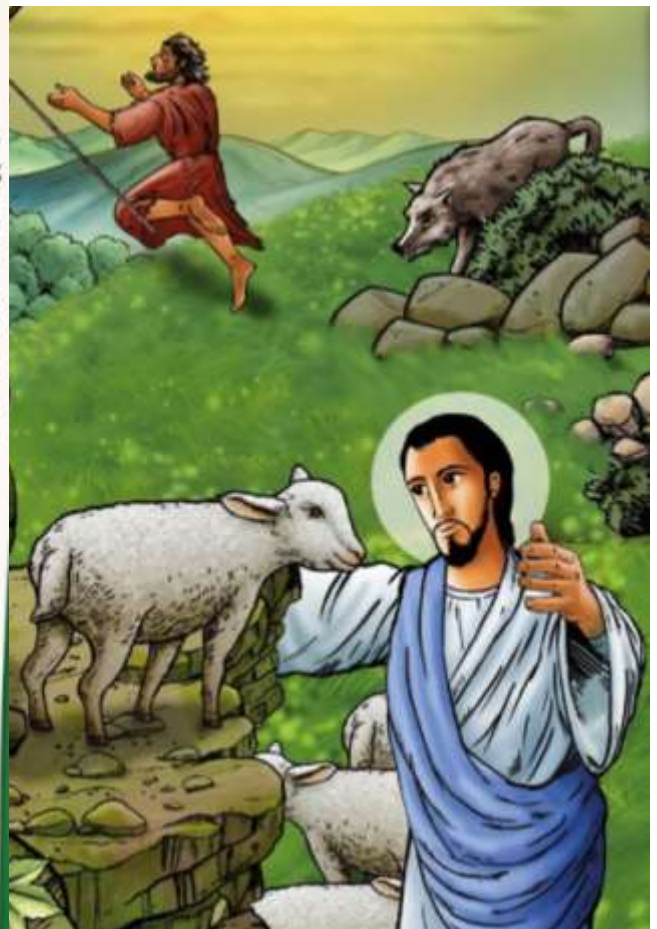
#### The Gospel in Church - Sunday 21st April

### THE GOSPEL IN CHURCH Sunday 21<sup>st</sup> April 2024



Jesus said, "I am the good shepherd: the good shepherd is one who lays down his life for his sheep. The hired man, since he is not the shepherd and the sheep do not belong to him, abandons the sheep and runs away as soon as he sees a wolf coming, and then the wolf attacks and scatters the sheep; this is because he is only a hired man and has no concern for the sheep. I am the good shepherd; I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for my sheep. The Father loves me, because I lay down my life in order to take it up again. No one takes it from me; I lay it down of my own free will, and, as it is in my power to lay it down, so it is in my power to take it up again; and this is the command I have been given by my Father."

Adapted from John 10:11-18  
The 4<sup>th</sup> Sunday of Easter, Year B



Dear Lord Jesus, you are the Good Shepherd who guides us through life. Please help us always to place our trust in you. Amen.

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# 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, emphasizing 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 TasterEd, a sensory food education charity.



#WakeUpWednesday

The National College

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

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## Recommended Reads

This week taken from 'No Shelf Control' a monthly book newsletter available here: <https://misterbodd.wordpress.com/no-shelf-control/>



### Astrid and the Space Cadets

Alex T. Smith

Macmillan Children's 5+

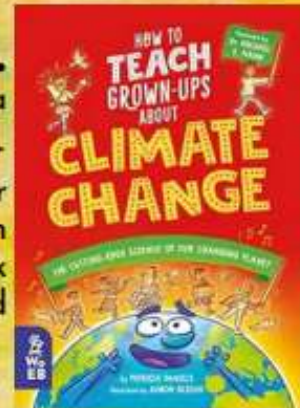
Anything with Alex's name on gets an instant thumbs up from us. Astrid honours our faith in him. A fantastically wacky adventure following Astrid as she attempts to tidy up the Milky Way and keep the Snailiens in check.

### How to Teach Grown-ups about...

Patricia Daniels & Aaron Blecha

What On Earth Books 8+

The second book in this non-fiction series. After educating adults about Pluto, we now set our sights on teaching them about climate change! A superb book which will empower its readers to change the world (starting with their parents!).



### Pirate Academy

Justin Somper

UCLan 8+

Transporting readers to a thrilling world where piracy meets mystery. Neo Splice's arrival disrupts Barracuda class, unraveling secrets and endangering friendships. With vivid characters and heart-pounding twists, Justin Somper crafts an adventure brimming with excitement, perfect for young readers craving high-seas escapades.

### Black Hole Cinema Club

Christopher Edge

Nosy Crow 8+

Lucas and his pals are catapulted into film worlds, facing perilous challenges and cryptic clues. From battling prehistoric monsters to navigating lost cities, each scene shift heightens suspense as they unravel a mysterious connection between films. The enthralling storytelling captivates readers, offering an immersive adventure packed with twists and excitement.



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# 9 Books about... Music



Music and reading are two of my favourite past times. So why not combine them and create a playlist of 9 amazingly musical books.

1. Kofi

**Jeffrey Boake**

2. Song of the Far Isles

**Nicholas Bowling**

3. Listen

**Shannon Stocker &  
Devon Holzwarth**

4. The Bear and the  
Piano

**David Litchfield**

5. The Music in Me

**Sophy Henn**

6. Can You Feel the  
Noise?

**Stewart Foster**

7. The Story Orchestra

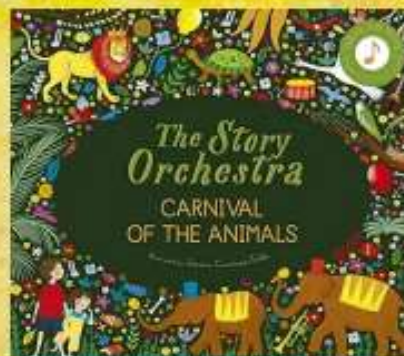
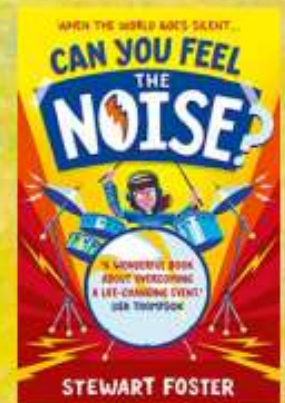
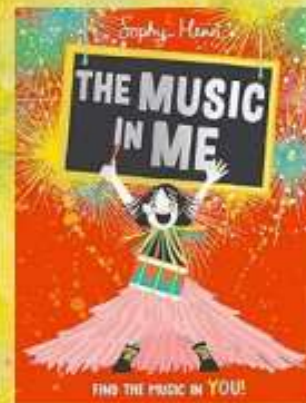
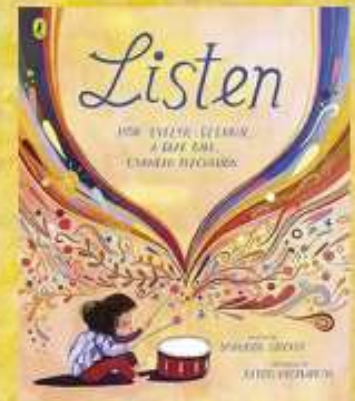
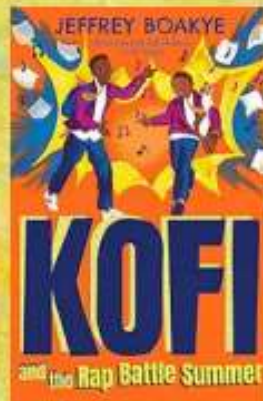
**Katy Flint &  
Jessica Courtney  
Tickle**

8. Taylor Swift

**Maria Isabel Sanchez  
Vegara &  
Borghild Fallberg**

9. The Piano at the  
Station

**Helen Rutter**



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