



ORMISTON SIX VILLAGES ACADEMY



19th April 2024

Dear Parents and Carers

Please find this week's notices below.

Year 8 Parents' Consultation – Thursday 25th April, 3.15pm-6.15pm

We look forward to welcoming you and your children to parents' consultation next week. A reminder this is a face to face event, held in the Gate Theatre. On arrival at site, please come into reception, sign in on the register and then you will be directed through to the hall. As always, my leadership team and I will be available throughout the evening.

Year 10 Exams – 29th April-8th May

Year 10 mock exams are fast approaching. Mr Case will be leading an exams assembly next week during which he will talk students through JCQ exam regulations. Exam conditions will need to be adhered to, which will include students not being allowed to take unauthorised items into the exam rooms (mobile phone, air pods, watches and any other device) and equipment in a clear pencil case. If you would like to familiarise yourselves with exam regulations, please visit [Ormiston Six Villages Academy - Exam Information](#) on the website. Revision resources are available on Satchel One.

Tutee of the Week

70	Jack S	80	Peach B	90	Keeley W	100	Kian S	110	Harley B
7R	Barney R	8R	Leland S	9R	Jake P	10R	Esme H	11R	Jack S
7M	Dylan L	8M	Amy L	9M	Oliver B	10S	Ben R	11M	Lydia F
7S	Zach L	8S	Bradley R	9S	Sophia P	10T	Joseph W	11S	Kieran M
7T	Joshua W	8T	Olivia C	9T	Chloe A			11T	Holly T

Summer Term Enrichment Programme

- Lunch
- After school 2.50pm-3.50pm

Ormiston Six Academy – Enrichment Program Summer Term 1 2024

- Private lessons
- Morning Clubs 7:30am-8:15am



OAT Competitions	Monday	Tuesday	Wednesday	Thursday	Friday
 Compete Science International Science Olympiad 10-12 March International Olympiad in Informatics 14-18 March International Olympiad in Mathematics 19-23 March	Drum Kit lessons Sign up – See DMT/SRS	Wordle Club Hive EBR	Wordle Club (by invitation) Hive EBR	Challenge Maths MAS CFE	Guitar/Bass Lessons Sign up – see DMT/STR
	Wordle Club (by invitation) Hive EBR	Sparx Club IT 2 LMY	Bouldering Club Sports Hall LOR	Basketball Club Sports Hall MDE	Keyboard club Music Suite DMT
	Philosophy Club Hum4 CMH	Italian Club MFL 1 RGI	Kung Fu Wyatt Studio	Extra Computer Science (KS4) IT 1 MWN	Librarian Training invite only (librarians) Library EBH
 KS3 Dodgeball Club Sports Hall MCR	Chess Club Ma5 CFE	'Voices Together' singing group (no requirement to be able to read music) Music Suite DMT	Violin enrichment Music Suite DMT	All Sorts – Pride Club Hums 2 RRL	
 Duke of Edinburgh (Applicates only) PE1 LOR	Violin Enrichment Music Suite DMT	Lego/Robotics IT 1 MWN (Invite only)	Cornet enrichment Music Suite DMT	Wordle Club (by invitation) Hive EBR	
	HellCats Cheerleading Club Wyatt Studio	Band Practice Sign up – see DMT/STR	NHS Cadets Club IT1 MWN	Chichester Lit Quiz years 7&8 invite only. (From October half term) Library EBH	
	Inclusion homework support Hive SWD	Inclusion homework Support Hive LME	Wordle Club Hive EBR		
	Film Club Eng1 DLO	Art Club Art 1 NGN	Band Practice Sign up – see DMT/STR		
		Green Power Car Club (by invitation) DT1 KOL	Young Writer's Association ENg1 DLO		
		Book Craft Library EBH	Inclusion homework support Hive MCE		
	Clean & Green Reception GAD	Drama Club Gate Theatre EMX			

Physical Education Clubs and Fixtures

Tuesday	Wednesday	Thursday	Friday
Football (all years)	Cricket (all years)	Rounders (all years)	Badminton/Pickleball (all years)
Dance (Commercial/ Street)	Dance (Lyrical/ Contemporary)		Tennis (all years)
			Sports Leaders Award (Applicates only) Wyatt Studio
<i>FIXTURES AND EVENTS –SEE SACHEL FOR DATES AND TEAM SELECTION</i>			
Tuesday	Wednesday	Thursday	Friday
Y7-9 Cricket Fixtures	Y7-10 Rounders fixtures		
	Y7-10 Tennis fixtures		

What parents and carers need to know about energy drinks

The risks of consuming energy drinks are well documented and 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, who have not finished growing, excessive caffeine intake can be particularly harmful.

Please see the poster at the foot of this letter which draws attention to the impact on mental health, potential for dependency, links to substance abuse.

Key dates 2024

25 th April	Year 8 Parents’ Consultation
29 th April-8 th May	Year 10 mock exams
3 rd May	Year 11 Travel and Tourism exam (actual)
6 th May	Bank Holiday
9 th May	Main GCSE exam season begins
16 th May	Year 7 Parents’ Consultation
27 th May-31 st May	Half term
13 th June	Year 10 Parents’ Consultation
19 th June	Governor Day – Parent drop in 3pm
21 st June	Year 11 Prom
26 th -27 th June	Summer drama production
1 st -5 th July	Year 10 work experience week
3 rd July	Countywide Transition Day
3 rd July, 6.30pm	Year 6 parents and carers meeting
12 th July	Sports Day
19 th July	Last day of summer term
22 nd August	Year 11 GCSE Results Day

2024-2025

2 nd September	INSET day
3 rd September	INSET day
4 th September	First day of term – Year 7 and Year 11
5 th September	All years in school

Yours sincerely



Paul Slaughter
Principal

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.



#WakeUpWednesday

The National College

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

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