



Turnfurlong Times

DIARY DATES

22 - 26/04	Year 4 Iregoyd (arriving back 6pm—traffic dependent. Check Facebook!)
23/04	Year 3 Verulamium Trip
24/04	Whipsnade Zoo—Year 4
25/04	Bags To School—start saving those older clothes!
29/04	Echoes Albert Hall
01/05	York Parent Evening
08/05	Class Photos
13/05-16/05	Year 6 SATS
17/05	FOTJS Tuck Shop
21/05	Summer Concert
23/5 & 24/5	Year 6 River Trip
03/06 - 07/06	Year 6 Residential
19/06	Young Voices—A Coral Day
21/06	Sports Day
22/6	SAVE THE DATE-SUMMER FAYRE! 12-3pm
24/06 - 26/06	Year 5 Residential
04/07	Garsington Opera—Midsummer
16/7, 17/7 & 18/7	Year 6 Production
22/47	Year 6 Disco

Welcome Back

Welcome back to the Summer term! We hope you all enjoyed your break.

Thank you to everyone who attended Parents Evening this week, the children really enjoy sharing their work books with you and it's a great opportunity to catch up with your child's class teacher, see how well your child is progressing and to also learn about your child's assessment information.

If you did not manage to get an appointment this week please speak to the office and who will try and arrange a telephone call or face to face meeting for you.

Towards the end of the Summer term you will receive another set of assessment data *before* Parents Evening. If you would like to discuss the data you receive with your child's class teacher, then there will be the opportunity to book an appointment with them (date to be confirmed after May half term).

A quick reminder that Summer uniform can now be worn and this includes shorts and summer dresses.



FOTJS Tuckshop

Don't forget our FOTJS team are holding a tuck shop after school on the playground today!



Clubs

Most clubs are starting back up next week (please check the dates!). We still have spaces available on the following clubs if you would like to book.

Year 5/6 Chess	Gymnastics	Rounders
Lunchtime Cricket	Hockey	Tennis
After school Cricket	Movie	Cycling
Cycling	Year 5/6 Football	



Parent Governor

We are still searching for someone to join our Governing Body team! We are looking for someone who has a passion for the inclusive education that we provide and is keen to work in a supportive but challenging way with the Senior Leadership of the school.

If you would like to join the Governing Body team [please click here to complete a nomination form](#). Nominations should be submitted to the school by Friday 19th April. Should we receive more nominations than vacancies, a ballot will be held.



Community Champions

The community champions and the local food bank would like to say a massive thank you to all those who participated in the stamper card initiative. Altogether as a school we collected another 184kg between January and March, making a total of **over 400kg** since we launched the stamper card initiative. **THANK YOU!**

I am pleased to announce the winners and runner up prizes for the initiative. Winners to have lunch with the Mayor (On a date to be arranged) are:

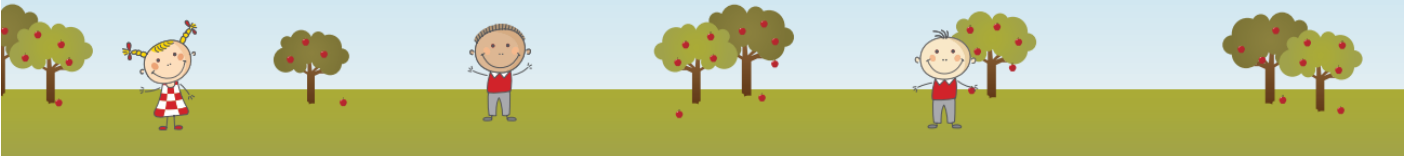
Winners:

Hazel 3J
Jessica H 3T
Harrison B 3S
Mohammad Hussain 6S
Dua 6T
Alwyn L 6J
Shona 5S
Isla B 5J
Oscar 5S
Ethan 4J
Aryan 4T
Farrah 4S

Runners up:

Parvini 3S
Indie 3T
Ethan H 3S
Prem 3T
Jasmine 3S
Jessica D 3T
Vienna 3S
Will 5S
Ellie W 5S

Congratulations to all and thank you once again!



Oracy—Talking Points

This week in our picture news assembly, we discussed art and how important it can be for different people.



Have a look at the image with your child and consider the questions below:

A new artwork, from the mysterious street artist Banksy, appeared in North London overnight in March. The artwork shows green paint sprayed on a wall behind a cut-back tree to look like greenery, with a stencil of a person holding a spray can next to it. In the days following its creation, it was covered with plastic and surrounded by wooden boards to protect it. The local council, Islington, has added a frame around the site, which has plastic panels to allow people to view the artwork, whilst ensuring its protection.

Things to talk about at home:

- Share your experience of graffiti. Is there any in your local area?
- What is your definition of art?
- Do you like creating art? If so, what type?



Year 3

We hope everyone enjoyed the break and are ready for another fun and productive term. It is scary to think that this is the final 13 weeks of being Year 3 children!

The children have come back raring to go and have begun their work on the Romans, which is our topic this half term. They have been looking at who the Romans were, how they got their name and what they needed so that they could become a Roman Soldier!

We have started our Science topic on plants and in English we are looking at adverts in preparation for creating an advert for a Roman soldier.

In art we have been looking at Collages and have started creating a collage of a bird, using various colours to bring out the plumage. A great start to the term!

REMINDER

We have our trip to the Verulamium on Tuesday next week. All children (including those who normally have a free school meal) will need to bring a packed lunch in a rucksack/disposable bag with their name on. We will be leaving at 9am and should be back by 3.30pm (Traffic dependent).

If you kindly offered to help on the day, thank you. You should have received a letter from Mr Charman. If you have not received this letter please contact the office.

(Change in timetable: 3J PE is on a Tuesday and Thursday - please make sure all children have PE kit in school. Thank you)

Year 4

It was lovely to welcome everyone back after the holidays, we hope you all had a great Easter and Eid. This week, we have been introducing the children to their new topic: Ancient Greece. We have looked at timelines in History and begun to draw a story map for our newspaper report about Theseus' defeat of the Minotaur.

In Science, we have been exploring the school grounds, thinking of ways they could be improved to encourage more wildlife. The children have also been enjoying their first session of Forest School this week. We have been really lucky with the weather!



The children going to PGL have been told which groups they are in for their activities and the children staying at TJS have seen their timetable for next week. We hope everyone has a great week whatever they are doing.

REMINDER

Those children not going to PGL, will be visiting Whipsnade Zoo on Wednesday next week. If you have not yet made your payment, please do so as soon as possible.

Year 5

Welcome back after the Easter break.

In English, we have started a new topic based on 'How to Train Your Dragon'. Children read an advert, for a place on the dragon training initiation program as a dragon trainer and started planning their application letter.



Our history topic this term is The Vikings, this we looked at who they were and why they invaded Britain. Children were able to answer some important questions -



- Why did they invade Britain?
- How did they travel?
- Where in Britain did they invade and settle?
- Why do the Vikings have such a bad reputation?
- How do we know about the first Viking invasions?

5S will have their assembly on Thursday 25th April

Year 6

It was lovely to welcome back our pupils this week after the Easter holidays. We very quickly got back into the swing of things to finish our Titanic reports.

In Science, we have been classifying birds, butterflies and even sweets!



Our new History topic for this term is "The Islamic Civilisation." We launched this topic by comparing life in Baghdad with life here in England, during the Middle Ages. (700s -1300s AD). There were certainly a few surprises!



Thank you to everyone who came to our Parents Meetings this week. I hope you enjoyed looking through the books and seeing how much the children have progressed this year.

Our PE this term will be Athletics and Netball. Please make sure your child has their PE kit, water bottle and a hat in school. We are hoping for some warmer weather and can enjoy being out on the sports field.



Class Assemblies

Each class presents their learning to the school community and to parents. There will be two assemblies for each class, one at **1.30pm** and the other at **2.45pm**.

Dates will be shared with parents/carers in this space soon.

Please make a note of your child's class assembly and come along and join us at either time.

5S	25.04.24	
4J	02.05.24	Change of date
3J	09.05.24	
3S	23.05.24	
4S	13.06.24	

Term Dates

2023-2024

Summer Term

15th April—20th May

BANK HOLIDAY 6th May

May Half Term—27th May—31st May

INSET Day 3rd June

4th June—23rd July

Summer Holidays—24th July onwards

Curriculum Newsletters

[Year 3](#)

[Year 5](#)

[Year 4](#)

[Year 6](#)

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](https://www.thenationalcollege.com).

What Parents & Educators Need to Know about

ENERGY DRINKS

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.

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 tea. 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 attacks – 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'Keefe, Headteacher of Washborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken at national food and 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 on [nationalcollege.com/guides/energy-drinks](https://www.thenationalcollege.com/guides/energy-drinks)

[@wake_up_weds](#)

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Amazon Wish lists

We have wish lists for each class and generic items.

[3T](#)

[3J](#)

[3S](#)

[4T](#)

[4J](#)

[4S](#)

[5T](#)

[5J](#)

[5S](#)

[6T](#)

[6J](#)

[6S](#)