



19th April 2024

# St Chad's Catholic Primary School

## Weekly Newsletter

Dear Parents and Families,

We hope that you had a good break and wish you all a happy Easter.

It was lovely to welcome the children back to school on Monday and they have quickly settled into their routine. The summer term is always a busy one with trips, national assessments, productions and the Year 6 residential visit.

Your children are able to wear summer uniform now, a reminder of what that looks like is in this newsletter.

Enjoy the weekend.

God bless,

Mrs Vassallo and Staff

### Pray with us

This Sunday is known as 'Good Shepherd' Sunday

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



# Measles- information from the UK Health Protection Agency

The UKHPA is concerned about the increase in measles cases in the past two months, and particularly in London. Here is some information for you.

## Overview of measles

### What is measles?

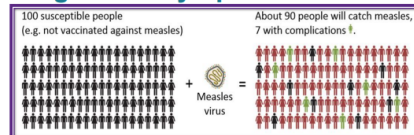
- Measles is a serious disease caused by a virus that spreads very easily. One case of measles can infect 9 out of 10 of unvaccinated close contacts
- Measles can be very debilitating for very young infants, adults, immunosuppressed individuals and pregnant women - who are more likely to develop complications and require hospitalisation

### How is it spread?

- Measles is transmitted through the respiratory route through coughing and sneezing
- It has an incubation period: usually 10 to 12 days from exposure to onset of symptoms, but can vary from 7 to 21 days
- Infectious period: 4 days before onset of rash to 4 days after onset of rash, rash counts as day 0

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## Measles signs and symptoms



### Signs and symptoms

- Fever above 38 degrees
- Conjunctivitis/sore eyes/red eyes
- Cough/ runny nose
- Generally feeling unwell
- White spots in mouth
- Rash which starts on the face and neck before spreading to limbs, chest and abdomen

### Complications

- Ear infections/ongoing problems
- Pneumonia
- Severe dehydration
- Convulsions
- Encephalitis
- Brain damage
- In severe cases death

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## Why are we worried?

- There has been a rise in measles cases in England in 2023 and a particular rise in London in the last two months
- Coverage for MMR vaccine in UK has fallen to the lowest level in a decade:
  - 1st dose uptake in 2 year olds 89%
  - 2nd dose in 5 year olds 85.5%
- London has historically had lower uptake of childhood immunisations, including the MMR, compared to the rest of the country
- Therefore, London is at particular risk of large outbreaks
- To prevent outbreaks, we need to achieve 95% uptake with 2 doses of the MMR vaccine by the time children turn 5 years old

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## MMR Vaccine

- Children are offered the MMR vaccine according to the routine schedule:
  - First MMR dose at 12 months of age (95% effective)
  - Second MMR dose at 18 months or soon after (99% effective)
  - Pork free vaccine available
- Individuals with uncertain or incomplete immunisation histories should be brought up to date at the earliest opportunity
- Anyone who has missed out on their 2 doses of MMR vaccine can be brought up to date at any age. There are no negative effects from vaccinating people who are already immune. For more information about where to get a vaccine <https://www.seelondonics.org/our-residents/your-health/living-well/childrenshealth/>
- Those born before 1970 are likely to have immunity from natural infection as this age group was highly exposed to measles before the number of cases started to decline

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# Summer Uniform

A reminder that your child now has the option of wearing the summer uniform.

Girls—Checked yellow summer dress (**not the playsuit version of the dress**), white or grey socks. The girls may choose to wear skin colour fitted shorts under the dress if they want.

Boys—Grey shorts, white short sleeve shirt, grey socks and tie.

Both girls and boys must wear shoes, **not trainers or boots**.

Please ensure everything is clearly labelled, as too much time is spent trying to reunite children with non labelled school uniform.



## Recycling Champions!

If you had a clear out of clothes, books or toys during the holiday, we have a place for them! There is a large, red recycling bank near the entrance to the school; by donating you help the environment and also help to generate some funding for the school. If you have any questions, the ladies in the office can help.



DURACELL

Cafod/Green Club are taking part in the Big Battery Hunt, could all families please bring their batteries to school to recycle.

The Big Battery Hunt is a **nationwide battery recycling programme for schools funded by Duracell**. Its aim is to increase the number of batteries currently being recycled in the UK. Pupils are challenged to collect as many batteries as they can, encouraging their communities to do the same. We are only collecting AAA AA C AND D batteries .

**St Chad's is on the leader board. We are the 100th best school in the country - but we can do better than that!**

## School Photos



The photographer will be in school next Friday, 26th April, to take class photos. These are a lovely reminder of your child at this point in their school career. Please ensure that your child comes to school that day and is in correct school uniform. Please do not mix winter and summer uniform (no tights with summer dresses).

## Safeguarding

The wellbeing of our children is of paramount importance to all staff. Should any parent have a concern regarding a child's wellbeing, please inform the school's Designated Safeguarding officer: Mrs P Mitchener.

We also have three Deputy Designated Safeguarding Officers: Mrs Davern, Mrs Mooney and Mrs Vassallo. In cases where school staff have concerns, they have a statutory duty to discuss the issue with one of the Designated Safeguarding Officers to seek further advice.

Please look at the following links to help you protect your children whilst they are online. We know that this is an area that parents often find confusing and ask us for support with.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#children>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/>





St Elizabeth	
St Martha	Rosie, Jazelle
St John Paul	Mathilda, Joseph
St John Bosco	Jermaine, Emmanuel
St Catherine	Jayden, Michael
St Martin	Elvis, Michaela
St James	Joshua, Amadiwa
St Andrew	Michelle, Ella
St Therese	Royale, Kyran
St Brigid	Jazz-Rae, Faith

Gospel Value

Forgiveness



St Elizabeth	
St Martha	Divine, Louis, Joaquim
St John Paul	Onyx, Taylor, Choyce
St John Bosco	Elisha, Moyin
St Catherine	Georgia, Noah B
St Martin	James, Arianna, Dave
St James	Ruby, Alison, JR
St Andrew	Kayla, Zofia, Ezra
St Therese	Rocio, Caleb, Alexander
St Brigid	Vware, Jordan, Celestine

25/03/2024 - 29/03/2024

Registration Group	Attendance %	Punctuality (lates) %
St Mary Nur	96.4	0.5
St Peter Rec	92.9	0.6
St Anne Rec	85.9	0.5
St Elizabeth Y1	90.4	1.7
St Martha Y2	97.3	0.9
St John Paul Y2	98.2	0.9
St John Bosco	95.8	1.3
St Martin	96.4	0.4
St Catherine	92.3	1.2
St Andrew Y5	97.5	1.3
St James Y5	94.1	0
St Therese Y6	96.7	1.6
St Brigid Y6	100	0.5
Totals	94.9	0.9

## Attendance

Regular attendance at school is vital so that children can progress in their learning and friendships.

If your child is unwell, please leave a message on the answer phone or email the office by **8am**. The office staff check registers and must follow up on any unexplained absences by 9.15am, so your cooperation with this is appreciated.

Routine medical and dental appointments should be scheduled for outside school time. Holidays in school time cannot be authorised.

***St John Paul and St Brigid are our best attenders this week- well done!***

## Next week at St Chad's

Monday 22nd April	
Tuesday 23rd April	
Wednesday 24th April	
Thursday 25th April	Yr6 PGL Meeting 4:30-5:00 –Parents only
Friday 26th April	School photos



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, texts and tips, please visit [www.thenationalcollege.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 iced 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.

#### 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 drink's 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.

#### 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 conditions like 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.

### 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 and informed environment.

#### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption in their health education curriculum. Encourage children and young adults to 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. Encourage children and young adults to evaluate 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'Kearns, Headteacher of Washington Academy, champions food education and sustainability – and he's behind the Well Being Award's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster Buildings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Taste4, a sensory food education charity.

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

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## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organization study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**  
Encourage a balanced approach to screen time. While phones, tablets, and social media can be a source of relaxation, it's advisable to limit this time right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- EFFECTIVE SLEEP PRACTICES**  
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening. For example – they could use up excess energy by exercising during the day.
- HYDRATION HABITS**  
Underline the importance of drinking plenty of water throughout the day, while reminding them to limit fluids in the evening to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get up for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.
- CONSISTENT BEDTIME SCHEDULE**  
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**  
Ensure that the bedroom is comfortable, dark and free from distractions, focusing on ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**  
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead-up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low-intensity signals to the brain that it's time to rest and allows feelings of stress to melt away.
- PRIORITISING ADEQUATE SLEEP**  
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.
- NUTRITIONAL BALANCE**  
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes, not only to limit food wastage, but also reduce the chances of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**  
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits and encourage children to try to even use it themselves. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!
- MILITARY SLEEP METHOD**  
Look up the 'military sleep method' – it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it even use it themselves. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

**Meet Our Expert**  
Minda ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK. One to Watch award, the charity provides training and support to educational organisations and their staff. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

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## Online Safety

Please follow the link below to find online safety advice and information guides regarding keeping children safe when online, gaming, screen time, digital resilience and cyberbullying.

A gentle reminder: to access social media platforms, including WhatsApp and YouTube, the minimum age is at least 13 years, and in most cases, 16 years. Please ensure the appropriate parental controls have been set on all devices children have access to - this may include your own phone.

[Internet Matters e-safety information and resources](https://www.thenationalcollege.com/guides/online-safety)

## Skips Safety Net

Keeping children safe online

### A Parent's Guide to Cyberbullying

Many young people who are victims of cyberbullying suffer in silence.

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.

It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: [info@skipssafetynet.org](mailto:info@skipssafetynet.org) Tel: +44 121 227 1941

[www.skipssafetynet.org](https://www.skipssafetynet.org)

Developed in partnership with

Home Office  
West Midlands  
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