

Friday 26th April 2024

Dear Parent/Carers,

Welcome back to school, I hope you all had an enjoyable Easter Break. I have heard some of the children's news, it all sounds exciting and included lots of chocolate!

So far this half term we have had several visitors. The Police came in to visit Lower School, the children enjoyed communicating with the Police officers and having a look at the Police car. Reverend Helen from St Mark's Church visited this week paying a visit to 6th Form to talk about what she does and 6th Form then took Reverend Helen to say hello to the rest of the school.

This week we celebrated 40 years of the Warren Association with an 80's themed day. Everyone made an amazing effort to dress up in 80's clothes and enjoyed the 80's themed activities. Favourites of the day were a game of hungry hippos in the sports hall and welcoming the parents into class to do craft activities.

Kind regards,

Emma Peach

English Lead

Meet the Team Isabel Jillings: - Class 7 Teacher

Hello, my name is Isabel I have been with Warren school since December 2023. I am Class 7's teacher and work alongside a great team of support staff who I am grateful for.

I am passionate about supporting pupils to reach their full potential and developing a love of learning. I enjoy working in a sensory class, adapting my teaching style and resources to support the needs of the pupils. I cherish seeing children achieve goals big or small and watching them grow in confidence. In addition to this, I will be helping to develop the technology curriculum alongside other teachers.

Before coming to Warren, I was an Early Years Teacher in Nottingham. I studied Education and Psychology at University and have worked in various SEN settings.

I am looking forward to what my next chapter at Warren will involve.



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We are very excited to be extending our Warren school family into the wider community and building relationships with the local police and our local church St. Mark's.

On the first Wednesday of term. PC Salazar and PC Mitchell came to visit. The children in lower school learned about how the police help us, and had lots of fun trying on police hats, sitting in the car and even switching on the flashing lights and siren. They will be returning to speak with upper school later in the term.

This week, Reverend Helen visited from St. Mark's church and brought along Clive - a visiting curate - to meet with everyone. They spent some time with Post-16, who asked lots of interesting questions. Some of our school council members then showed them around the rest of the school and gave everyone the opportunity to say hello.

We look forward to continuing these relationships and more as we develop our Curriculum.

Sue Phipps and Kate Binding

Assistant Academy Heads



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Class 7

Class 7 have had a busy time engaging in new and exciting learning opportunities. Last term we explored the story 'Yucky worms', we made worms and explored letters in the soil. In maths we studied colour and colour mixing.



This term in literacy we will be looking at various poems from the book 'Poems to Perform' by Julia Donaldson. In numeracy we will be exploring shapes and will be going on an educational visit. In topic we are focusing on the theme expressing yourself and how plants grow and change. Class 7 have also enjoyed a visit from the police, we put on their hats and saw the police car.



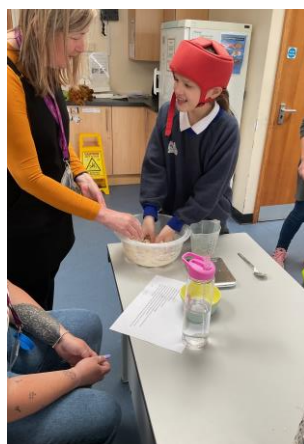
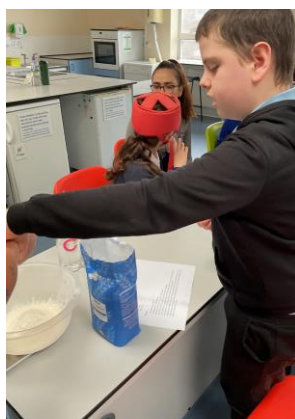
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Class 8

Class 8 have enjoyed learning new skills in our Life and Living lessons. This week we were learning about how to cut using different utensils.
We hope you enjoyed our scones?



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Warren Association 40th Anniversary

Wednesday 24th April, we celebrated the 40th Anniversary of the Warren Association. The staff and pupils dressed in the 80's style and listen to 80's music.

The children and staff took part in a human Hungry Hippo and a lot of fun was had. In the afternoon it was lovely to have parents come into the school to take part in the treasure hunt, guess the staff, Pacman and Trolls crafts and Tac Pac.

There was also cake to celebrate the birthday which was then given to each class.

In the evening, we welcomed past pupils and Warren Association members. There were displays in the hall showing old paper clippings showing the association throughout the years.



SEND Football North Suffolk Sports Partnership

On Thursday 25th April 9 children from Secondary and Post 16 attended the North Suffolk Sports Partnership Football event held at Beccles Town Football Club. The children took part in 4 matches throughout the afternoon and with each game grew in confidence and determination.

As a team we won 1 game 4-3 against the Ashley School and we lost our other 3 games, but only by 1 goal! In our league there were 3 teams so our team took home a bronze medal each!



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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, 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

#WakeUpWednesday

The National College



ST. MARK'S, OULTON BROAD

GREEN DAY

FEATURING:

ECO LIBRARY • USE YOUR VOICE
LOWESTOFT SIGNING CHOIR
MEN'S SHED • UNCLE SID'S ZERO WASTE STORE

SATURDAY 1 JUNE 2024
10AM - 2PM
BRIDGE ROAD NR33 9JX

FREE COMMUNITY EVENT - ALL WELCOME!

CHILDREN'S ACTIVITIES, REFRESHMENTS
BEE KEEPING & MORE!

A Rocha
St. Mark's is a recipient of the A Rocha
Silver Eco Church Award

ST. MARK'S, OULTON BROAD

GREEN DAY

Join us on an Eco awareness journey
supporting local enthusiasts and focussing
on our amazing creation - one that constantly
nurtures, sustains and inspires us!

Plant Sale & Gardening Advice
Hedgehog Haven
Free Bees
Diocesan Environmental News
WWF Carbon Footprint
Christian Climate UK
Suffolk Climate Change Partnership
Badge Making
Plug in Suffolk

Trails, Quizzes and Prizes for Children
Knowledge and Advice for Adults
Engagement and Entertainment for All

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Sunflower Day
Thursday 9th May at 9.30am - 11.30am



The theme of Summer 1 is 'Express Yourself', which includes learning about changing and growing. Every student has planted sunflower seeds in compostable pots this week and they will be sprouting up all over the school.

On Thursday May 9th, we are inviting you in to join us in planting them out on the field.

Post-16 will be running a little shop, selling some sunflower themed goodies - Growing a Fund for Future Growing - and we will have some refreshments to energise you after your digging.

We look forward to sharing this time with you.

Dates for your diary

<u>Date</u>	<u>Event</u>	<u>Who</u>
Monday 6 th May	Bank Holiday School Not Open	Whole School
Thursday 9 th May	Share Morning for Sunflower Day	Whole School
Thursday 16 th May	Prospective Parent/Carer Tour	Prospective Parents
Monday 20 th May 9:30am-11:30am	Book Fair	Pupil and Parents
Thursday 23 rd May	SaLT Coffee Morning	Parents
Friday 24 th May	Last day of Term	Whole School
Monday 3 rd June	Return to School	Whole School
Friday 7 th June	Share Morning (Childhood Day Mile)	Whole School
Monday 17 th June 4:00pm- 6:30pm	Careers & College Information Event	Year 9 - Year 13 Pupils and Families
Tuesday 18 th June 4:30pm-5:30pm	Prospective Parent/Carer Tour	Prospective Parents