



St Pius Spotlight

'To renew all things in Christ'



09.01.26

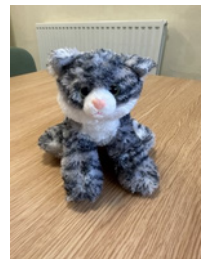
Dear Parents and Carers, Another new term begins and we have had a great week in school! Everyone has been working hard and lots of children have been concentrating on their handwriting and presentation. Next week there has been a change to Class 3's PE trip on Friday 16th, which has been rescheduled to Thursday 5th February. Mrs Howe has communicated this via email. Class 3 will also begin swimming lessons on Tuesdays from next week. Should you need any help with correct swimming equipment, please let us know. I have sent an email to Year 6 parents regarding Booster groups for SATs, if you have not completed your preference survey, please could you do so asap?
Best wishes as always,
Miss Hudson

Attendance

During celebration assembly on Friday, we have been celebrating whole class attendance and each week the class with the highest attendance will receive our Anna the Attendance Cat to live in their class all week! Well done to Class 2 who won this week.
Week beginning: Monday 12th January 2026



Year group	Attendance percentage
Class 1	95.5%
Class 2	100%
Class 3	98.2%
Class 4	97.5%

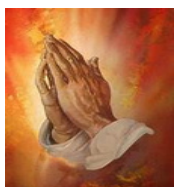


Our overall school attendance this week was 98.4%. Our attendance target is 96%.

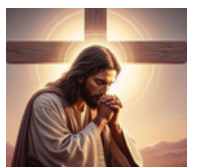
Attendance



To promote attendance in school, we are introducing a new Attendance Rewards scheme! I have attached an outline of our rewards system on the next page so that you can see all of the exciting treats for pupils.



This Sunday we hear about the baptism of Jesus by his cousin, John the Baptist.
"This is my beloved Son, with whom I am well pleased."





Attendance

Good attendance is vital to every child's learning, progress and wellbeing, and we are grateful for your continued support in helping pupils arrive each day ready to learn. To celebrate excellent attendance, we are introducing a series of rewards throughout the year:

- **Weekly**, the class with the highest attendance will enjoy an **extra playtime**.
- **Half termly**, the class with the best cumulative attendance will receive a **reward afternoon**.
- **Termly**, all pupils who achieve **100% attendance for that term** will be invited to a special **100% Party**—with the chance to reset each term so everyone can succeed.
- **Termly**, a most-improved attendance award and prize for the pupil who has improved their attendance the most throughout the term.
- **Yearly**, any pupil who maintains **100% attendance for the whole year** will enjoy a **special treat** such as a **gift certificate, cinema trip or a pizza party**.

As a school, we are aiming for **96% attendance overall**, in line with DfE (ABIE) and Trust expectations. If we reach this goal by the end of the year, the whole school will earn a fantastic **reward day** to celebrate our collective achievement!



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 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.



The National College®

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

Spotlight Celebration

School life this week



Congratulations to all of our Stars of the Week this week. We have had so many children this week shining their light and showing off all of their gifts and talents. What superstars!



In this section, we celebrate our achievements both in and out of school. If you have something you would like us to share for your child—an achievement, work of art, event they attended - please send it to school via email and we will include it in the newsletter!

Dates for Your Diary

14.01.26: Class 3 Team building festival PM—please wear PE kits

16.01.26: Class 1 Celebration of the Word 2.45pm (followed by Coffee and chat)

21.01.26: Class 4 Assembly 9am

30.01.26: Class 2 Celebration of the Word 2.45pm (followed by Coffee and chat)

04.02.26: Class 3 Assembly 9am

05.02.26: Year 3 Games Festival PM—please wear PE kits

06.02.26: Non-uniform day—bring a bottle

18.02.26: Ash Wednesday Service in school—time TBC

HALF TERM 21.02.26-01.03.26

04.03.26: Class 1 PE trip PM—please wear warm, outdoor clothes

05.03.26: World Book Day 06.03.26: Class 3 Celebration of the Word 2.45pm

(followed by Coffee and chat) 11.03.26: Class 2 Assembly 9am 13.03.26: Class 2

Invasion games festival PM—please wear PE kits 13.03.26: Non-uniform day—crafts,

chocolates, toys 20.03.26: Class 4 Celebration of the Word 2.45pm (followed by

Coffee and chat) 23.03.26 and 24.03.26: Parents evening Spring Term 3.30-5.30pm

25.03.26: Class 1 Assembly 9am

25.03.06: Class 4 Rugby skills trip PM— please wear PE kits 30.03.26: Palm Sunday

Procession 2.45pm 02.04.26: Easter Raffle and Easter Egg Competition awards 2pm

EASTER HOLIDAYS 03.04.26—19.04.26

08.12.25: Class 3 Road safety workshop session 2 in school—outdoor clothing

needed 11.12.25: Christmas Jumper Day 12.12.25: Christmas Fayre 2.30pm onwards

20.04.26: Summer Term begins 24.04.26: Class 2 Celebration of the Word 2.45pm

(followed by Coffee and chat) 29.04.26: Class 3 Assembly 9am 06.05.26: Class 4

Assembly 9am 08.05.26: Non-uniform day—bring a bottle 11.05.26-14.05.26: KS2

SATs 15.05.26: Class 1 Celebration of the Word 2.45pm (followed by Coffee and chat)

22.05.26: Pentecost Procession 2.45pm 22.05.26: Non-uniform day crafts, chocolates,

toys

HALF TERM 23.05.26—31.05.26

Dates for Your Diary Continued

- 05.06.26: Class 4 Celebration of the Word 2.45pm (followed by Coffee and chat)
- 10.06.26: Class 1 Assembly
- 12.06.26: Non-uniform day—bring a bottle
- 19.06.26: Class 3 Celebration of the Word 2.45pm (followed by Coffee and chat)
- 24.06.26: Class 2 Assembly
- 25.06.26: St Bede's Uniform evening for Y6 parents
- 26.06.26: Non-uniform day—crafts, chocolates, toys
- 01.07.26-02.07.26: St Bede's Transition days for Year 6
- 02.07.26: Transition day in school
- 03.07.26: Non-uniform day—£1 contribution
- 09.07.26: Year 6 Leavers' Performance 4pm
- 10.07.26: Sports Day and School Fayre 13.07.26-
- 15.07.26: Robinwood residential for Class 4
- 16.07.26: School Raffle Draw 2pm

Due to the residential dates, the Year 6 Leavers Mass—Time TBC—will be rearranged— we will let you know the new date asap.

Monday 20th July - Monday 31st August - Summer Holidays 2026