

St Francis Catholic Primary School Morley



Friday 26th April 2024

Summer Term 1, week 2
Virtue: *Perseverance & Resilience*

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Weekly News

Headteacher's Welcome

We have a week of celebration this week from remembering St George our English patron saint to thanking God for our gifts during our Gardening guru assembly, which was just wonderful to see how much our gardening club have done for our School. Thank you to Mrs Jennings and our gardening guru's for all their hard work and dedication to our School grounds.

Today we welcomed our Governors into School for a Governance day, where our governors met with staff and children. It was a busy day but a productive and positive one. As always your children shined with their knowledge of the curriculum and their wider school involvement! Thank you to our staff and governors for dedicating their time to our school tirelessly.

I wrote in last weeks calendar of Road safety workshops taking place this week, however our provider needed to reschedule these to later in the year due to their staffing. Apologies to your children for this but we have a new date booked in for our sessions.

Just a reminder that it is bank holiday weekend next weekend, so school is closed on Monday 6th May. There is also no Holy Communion classes on Friday 3rd May or Saturday 4th May due to this.

Good luck to our Year 4 children on Monday for the Leeds Skipping finals!

Wishing you all a wonderful weekend.

See you on Monday!
Mrs Gibbons

Nursery places available September 2024

In September we will have some places available in our school nursery. If your child will be three in 2024 or 2025 make sure you have filled out an application form to reserve a place for your child. Application forms are available from the school office. We offer 30-hour places as well as 15-hour part-time places. Nursery children can also have access to our Before and After School club provision (7:45am - 6pm).



TT Rockstars competition!



It is that mathematical challenge time again! This time Mrs Pearson has set a school wide challenge on TT Rockstars! Starting on Monday 29th at 9am and finishing on Friday 3rd at 3.30pm. Calculation game play is between 7am and 7pm each day. Good luck children! We will hopefully announce the winner in assembly next Friday!

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Dates for your diary:

PTA - bring gift donation	This week
Pantomime for the whole school	29th April
Y4 skipping finals	29th April
Y4 Morley schools Timetables elimination	30th April
Y5 Maths city trip	1st May
Celebration assembly - 3pm, all welcome	3rd May
No Holy Communion classes	3rd / 4th May
Bank Holiday - School closed	6th May
PTA - bottle donation	6th May
Celebration assembly - 3pm, all welcome	10th May
Y6 SATs week	13 - 17th May

PSHE update...healthy body, healthy mind

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 disturbance. 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. One 330ml can of a popular energy drink contains 160mg of caffeine, which is equivalent to two cups of coffee. High caffeine intake can lead to increased heart rate, high blood pressure, anxiety, insomnia, and nervousness. In extreme cases, it can lead to more severe conditions for children and adolescents, such as arrhythmia and seizures. Excessive caffeine intake can be particularly harmful.
- DISRUPTED SLEEP PATTERNS**
Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. This stimulating effect of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient sleep and its associated health risks, such as impaired cognitive function, mood disturbances and decreased concentration and performance.
- LINKS TO SUBSTANCE ABUSE**
Some research has suggested a correlation between energy drink consumption and higher rates of alcohol or drug use among young adults. Young people may be more likely to use alcohol, marijuana or smoking as a way to counteract the stimulative nature of energy drinks. However, research will be ongoing and because the use of alcohol, nicotine and other substances.
- POTENTIAL FOR DEPENDENCY**
Frequent consumption of energy drinks can lead to caffeine dependence. Regular use may lead to withdrawal symptoms, such as headaches, fatigue, irritability and mood swings. This can be particularly challenging for young adults who may be using energy drinks to cope with stress or anxiety.
- INCREASED RISK OF HEART PROBLEMS**
The combination of high caffeine levels and other stimulants found in energy drinks may put some children at a higher risk of heart-related issues. Excessive caffeine intake has been linked to irregular heart rhythms, palpitations and increased blood pressure. Children with pre-existing heart conditions or those who are particularly sensitive to caffeine should be monitored closely.
- IMPACT ON MENTAL HEALTH**
The significant levels of caffeine and sugar in energy drinks can contribute to mood swings, anxiety and irritability. In some cases, excessive caffeine intake has been linked to increased risk of depression and anxiety. Children who are already struggling with mental health issues should be particularly cautious.

Advice for Parents & Educators

- LIMIT CONSUMPTION**
It's vital to educate young people about the potential risks related to energy drinks, and to encourage responsible consumption. Parents and educators should monitor and limit energy drink intake, particularly in the afternoon and evening. Encourage children to opt for water or natural fruit juices. Use social media to raise awareness and encourage responsible consumption of energy drinks and to support the campaign for informed choices.
- PROMOTE HEALTHIER HABITS**
It's vital to educate young people about the potential risks related to energy drinks, and to encourage responsible consumption. Parents and educators should monitor and limit energy drink intake, particularly in the afternoon and evening. Encourage children to opt for water or natural fruit juices. Use social media to raise awareness and encourage responsible consumption of energy drinks and to support the campaign for informed choices.
- ADVOCATE FOR REGULATION**
If it's something you're particularly passionate about, you should speak with local representatives, such as MPs or councillors, to voice your concerns. Encourage parents, educators and community groups to lobby for stronger regulations on energy drink marketing and advertising. Support initiatives that promote healthier alternatives and encourage responsible consumption of energy drinks.
- SET A POSITIVE EXAMPLE**
Adults can model healthy behaviors by visibly choosing alternative beverages instead of energy drinks. Encourage open conversations with children and young adults about the potential health risks of energy drinks and the importance of making informed choices. Encourage responsible consumption of energy drinks and support the campaign for informed choices.

Meet Our Expert
Dr James D. Smith, Headteacher of Watlington High School, Oxfordshire. He has extensive experience in promoting mental health and well-being in schools. A member of the National Association of Headteachers and the National Association of Schoolmasters/Union of Educationists.

WakeUp Wednesday | The National College

Source: See full infographic on [WakeUp Wednesday](#) or [WakeUp Wednesday](#)

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10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some points in their education, children are almost certain to encounter exam stress, which can cost a student over their mental, emotional and physical wellbeing. Mental health charity Young Minds estimates that a staggering 8% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

- 1 PRACTISE WORKLOAD WISDOM**
The build-up to exam season is a time when children are often overwhelmed by the amount of work they have to do. Encourage them to prioritise their tasks and to focus on the most important ones. Help them to create a realistic study schedule that allows for breaks and relaxation. Encourage them to take regular breaks and to avoid cramming. Encourage them to focus on understanding the material rather than just memorising it.
- 2 ADVISE CLEARING THE CLUTTER**
A disorganised work environment is proven to negatively affect productivity. Encourage children to keep their desks, study tables and bedrooms tidy. Encourage them to use a calendar or planner to keep track of their tasks and deadlines. Encourage them to use a checklist to ensure they have everything they need for their exams.
- 3 MASTER THE MATERIALS TOGETHER**
Revision seems far harder when a child is working alone. Encourage them to study with a friend or family member. Encourage them to explain the material to each other. Encourage them to ask questions and to seek help when they need it. Encourage them to use a variety of resources, such as textbooks, online resources and educational apps.
- 4 RECOMMEND CREATIVE NOTE-TAKING**
Writing out notes in full – rather than simply bullet-pointing – can be a more effective way to learn. Encourage children to use a variety of note-taking techniques, such as mind maps, flowcharts and diagrams. Encourage them to use different colors and fonts to make their notes more visually appealing. Encourage them to use their notes to review the material before their exams.
- 5 USE VISUAL AIDS AND MNEMONICS**
Encourage the use of visual aids and mnemonics to help children remember key information. Encourage them to use flashcards, diagrams and charts. Encourage them to use mnemonics to help them remember lists of information. Encourage them to use their own creativity to develop their own visual aids and mnemonics.
- 6 GATHER A TECH TOOLKIT**
Technology can be a huge advantage in exam preparation. Encourage children to use educational apps and websites. Encourage them to use a digital calendar and planner. Encourage them to use a digital note-taking app. Encourage them to use a digital flashcard app. Encourage them to use a digital study guide.
- 7 KEEP IT FUN**
Revision doesn't have to be a chore. Encourage children to make their revision time more enjoyable. Encourage them to use a variety of resources, such as educational games and videos. Encourage them to take regular breaks and to engage in activities that they enjoy. Encourage them to use their revision time as an opportunity to learn something new.
- 8 SUGGEST ACTIVE REVISION STRATEGIES**
Make sure children are aware of different study techniques. Encourage them to use a variety of techniques, such as reading, writing, listening and speaking. Encourage them to use a variety of resources, such as textbooks, online resources and educational apps. Encourage them to use their own creativity to develop their own revision strategies.
- 9 ENCOURAGE A POSITIVE MINDSET**
It can be easy for children to get discouraged during exam preparation. Encourage them to focus on their strengths and to believe in their ability to succeed. Encourage them to use a variety of resources, such as motivational videos and books. Encourage them to use their own creativity to develop their own positive mindset strategies.
- 10 HELP THEM TO SEIZE THE DAY**
There are lots of things children can do on the day of their exams to help them feel more confident. Encourage them to eat a healthy meal and to get a good night's sleep. Encourage them to use a variety of resources, such as relaxation techniques and stress management strategies. Encourage them to use their own creativity to develop their own strategies for seizing the day.

Meet Our Expert
Minda Anand designs and delivers the UK's only specialist postgraduate mental health qualification. She is the author of the book 'Mental Health in Schools: A Practical Guide for Teachers and Schools'. She provides training and support for education organisations and local authorities. This guide has been written by Minda Anand in partnership with the National Association of Schoolmasters/Union of Educationists.

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PTA updates...

Only one week left of our penny war in school! Children can add their coins to the jars before or afterschool, at breaktime or lunchtime! Year 1 are still in the lead at the moment! Don't forget the silver coins can be added to another class jar as it will reduce that classes total!

Every couple of weeks in the build up to the return of our Summer Fayre, there will be a donation plea for items such as chocolate, bottles, toys and so on. Any donations are greatly appreciated and can be placed into the boxes at class doors or in the main office. Here are the key dates:

- 22nd April - Donations of gifts - boxes are ready in classes for your donations!**
- 6th May - Donations of bottles
- 20th May - Donations of toys
- 3rd June - Donations of chocolate bars
- 17th June - Donations of cakes

Our next PTA meeting will be on 1st May, 6:10pm in School. The meeting will focus on all things 'summer fayre', we hope that you can join us!

1, 2, 3, 4 WE DECLARE A PENNY WAR

EACH CLASS HAS ITS OWN JAR FOR COLLECTING COINS.

GAIN POINTS - by adding 1p and 2p coins to your class jar.

LOWER other class totals by adding silver coins to their jars!

Copper coins ADD to the class total

Silver coins SUBTRACT from the class total

WORK TOGETHER TO WIN YOUR CLASS A PRIZE.

Jars are located in the school hall.

Monday 15th April to Friday 2nd May

Lower Key Stage 2



In Year 3, we have enjoyed exploring volume and capacity in maths. The children also penned and performed their own Question and Answer poems which were super original and witty!



This week in Year 4, we have had a busy week. We have enjoyed learning a new song on the recorder with Mrs O'Leary, filming each other for our Dinosaurs unit in computing, all whilst practising for our skipping competition on Monday!

Upper Key Stage 2

In Year 5, in Science this week, we dissected flowers in order to explore the different parts. We also researched these parts to find out what their functions and purposes were.



In Year 6, we have started our new computing unit, Online Dilemmas.

Academic Calendar 2023-24

School closed - May Monday 6th May

End of half term Friday 24th May

Start of Summer 2 Monday 3rd June

End of Academic year Friday 19th July

Inset days— 22nd & 23rd
School closed July

Academic Calendar 2024-25

Inset day - Monday 2nd
School closed September

Start of Summer 1 Tuesday 3rd September

End of half term Thursday 24th October

Inset day - Friday 25th
School closed October

School dinner menu - Summer Term

Dinner menus are based on a 3-week cycle. Next week's menu (week 3) is listed below. If your child is in Nursery dinner costs £2.20 per day or if they are in Key Stage 2 (Years 3-6) dinners

YOUR MENU

(v) = vegetarian
(ve) = vegan

Morley St Francis Primary School

Week 3

W/C 04/03/24 – 25/03/24 -
29/04/24 – 20/05/24 -
17/06/24 – 08/07/24

MONDAY

- French Bread Pizza (v)
Jacket Wedges
- Vegetarian Grill (v)
Jacket Wedges
- Wholemeal Tuna Sandwich
Jacket Wedges
- Jacket Potato
Cheese (v)
- Caramel Apple Cake and
Custard

Tuesday

- Chicken Curry
Rice
- Cheesy Tomato Pasta (v)
- Ham Wrap
Pasta Salad
- Jacket Potato with Baked
Beans (v)
- Vanilla Ice Cream with
Mandarin Oranges

Wednesday

- Beef Lasagne
- Cheese Omelette (v)
New Potatoes
- Wholemeal Cheese
Sandwich (v)
New Potatoes
- Jacket Potato
Tuna Mayonnaise
- Flapjack with Fresh Fruit
Wedges

Thursday

- Pork Sausage
Yorkshire Pudding
Mashed and Roast Potatoes
- Vegetarian Sausage (v)
Yorkshire Pudding
Mashed and Roast Potatoes
- Hot Roast filled Baguette
with Roast Potatoes
- Chocolate Sponge

FRIDAY

- Fish Fingers
Chips
- Vegetarian Pasta Bake(v)
- Tuna Bap with Chips
- Jacket Potato
Baked Beans (v)
- Golden Crunch Cookie with
Fresh Fruit Wedges

AVAILABLE DAILY

YOGHURTS AND Fresh Fruit

RED TRACTOR STANDARDS

Leeds CITY COUNCIL

Seasonal local produce USED WHEREVER POSSIBLE

PLEASE NOTE: Whilst we make every effort to prevent cross contamination in our kitchens, we cannot guarantee that any food items are free from any specific allergen. We produce our food, fresh every day in kitchens where allergens are handled by our staff and where utensils and equipment are used for multiple menu items.

SOB

Safeguarding

If you ever feel any child is at risk, please contact our Child Protection team:

Mrs Gibbons
Headteacher & SENDCO

Miss Grayston
Assistant Headteacher

Mrs Harrison
HLTA / Learning mentor

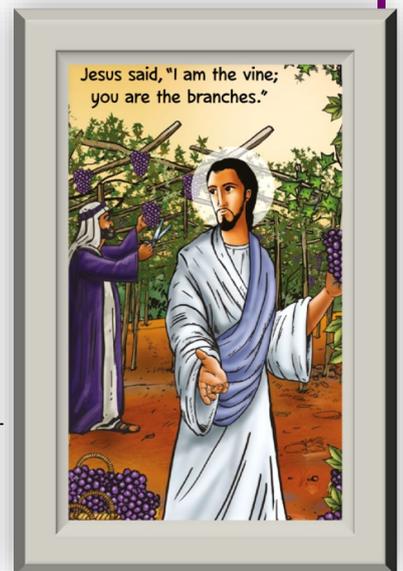
Mrs Walker
Chair of Governors

Or ring Duty and Advice on: 0113376 0336

5th Sunday of Easter

All parents want to help their children to grow into the best people that they can be. Growing in goodness is for parents and children alike. In this Sunday's Gospel, Jesus uses an image that would have been familiar to people of his time and he reminds us that we all depend on God for life. We all make mistakes, but God is loving and patient and gives us time to grow into the people we were created to be. God loves us, and wants us to live and grow in him – just like a branch grows on a vine – to be full of God's own energy. Keeping lively contact with Jesus helps us to grow in goodness and to live fruitful family lives, filled with peace, kindness and love.

Lord Jesus, thank you for the people who help us grow in your love and please help us to keep growing in goodness. Amen.



Saturday evening Mass time: 6:30pm
Sunday Mass times 10am
Weekday service times: Monday 9am,
Tuesday - Friday 10am