

Friday 19th April

Dear Parents and Guardians,

I hope that you enjoyed a restful break.

The students have returned to tuition and the centre on the whole very well. Getting back in to routine is something which many of the students struggle with each time we have a break. It was very positive that we saw 100% of our students at school or tuition this week. Welcome also to our new tutees at home.

For those children in the centre please remind them of the importance of eating a good breakfast before school and arriving on time.

Well done to our year 11's, many of which completed their first GCSE exam this week and those who also went the extra mile and attended GCSE exams and revision classes during the holidays.

Looking forward to working with you all over the next term.

Louise.

Our vision:

To provide a safe, enriching and nurturing environment, with wellbeing at its heart; where children and young people, can learn, gain confidence and thrive.

Our values:

To promote **resilience**, **self-confidence**, **tolerance**, and **respect**

Our aims: 'Building confidence for the future'

If you would like to book an appointment with our school nurse Charlene please contact the school office or contact her directly on:

charlene.stewart@nhs.net 07931 733 526



Parent/Carer Support Group – SAVE THE DATE

Thank you to those that attended the session just before Easter break.

Please do join us virtually or face-to-face for our next session on **Wednesday 15th May 9.30 -10.30**



Take part in research!

Understanding the Healthy Lives of Families with Younger Children in London



► Are you a **parent or caregiver** with at least one child aged 0-12 years? ► Do you live within Greater London?

Take our **short survey on family well-being and health** to help improve public services and future research ©

To find out more & take the survey, go online to: <https://t.ly/CKp8C>

Or search on Facebook to take part: "UCL London Family Study 2024"



GCSE Exam Timetables

GCSE exams begin on 10th May. Each year 11 student was provided with an individualised timetable in the Spring term.

If parents would like another copy of this timetable please ask the school office.



Dates next week

Wednesday 24th April

Parents Evening Ks3 and year 10

Please book appointments through Christine at the school office.

GCSE Exam Information Evening
Year 11 – 5 – 6pm

Here to listen: our safeguarding team



Designated safeguarding lead (DSL): **Louise Togher**
Contact details: **07735826382**
ltogher@ashleycollege.brent.sch.uk



Deputy DSL: **Ranjna Shiyani**
Contact details: **07900192271**



Deputy DSL: **Anne-Marie Mika**
Contact details: **07866217122**

Options for GCSE

If your child is currently in year 9 all mainstream schools generally have a deadline at least before the end of April to submit your child's GCSE options.

This is a gentle reminder that you need to submit these GCSE options to your child's mainstream school to optimise their chances of getting on their first-choice courses when they return in September.

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.

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.