



Dear Parents/Carers,

Welcome back to the Summer Term which is always my favourite time of year in schools; the children (and staff) are all settled into their routines enabling so much learning to happen. The sunnier weather also means we can get outside more and enjoy more learning in the outdoors. There are some exciting events planned over the course of this term—including lots of different sports events—so please continue to check this newsletter and the school app so you keep up-to-date with everything that is happening.

It was lovely to see so many of you at our different events before the Easter holiday; our Easter bonnet parade, the church service and the Parents' Evenings. We had a record-breaking 95% attendance at our Parents' Evening which really is a huge reflection on the importance you place on working with us, in partnership, to ensure the best for your child/ren. Thank you!

I would like to use this opportunity to welcome Ms Wells as our new administrator working alongside Mrs Hughes in our school office. I'm sure you will all give her a huge 'Ellacombe Welcome' and will be patient whilst she learns our systems and processes.

Thank you for your on-going support.

Ms Alison Helm: Headteacher



Dates for the Diary

April

- Thursday 18th April: Little Horses starting swimming lessons
- Monday 22nd April: Year 2 LAP Sports Event hosted at Ellacombe
 - W.c April 29th: After school club programme starts

May/June/July

- Monday 6th May: Bank Holiday Monday—school closed
 - W.c Monday 13th May: KS2 (year 6) SATs
- Thursday 23rd May: After school Beach Party—fundraising for swimming lessons
 - Friday 24th May: Finish school for the holidays
 - Monday 10th June: All children back in school
- Friday 21st June: Year 6 LAP Sports Event hosted at Warberry
- Friday 28th June: Year 5 LAP Sports Event hosted at Warberry
 - Wednesday 3rd July: Sports Day



Please continue to discuss our **school values** with your children and what they mean in terms of our behaviour choices ...

In Ellacombe, we will show...

Love by:

- Using kind words, hands, and feet.
- Being respectful and friendly to everyone in our school community.

Hope by:

- Believing that we can all flourish together.
- Believing in ourselves.

Trust by:

- Being honest and truthful.
- Knowing and trusting that the adults in school are here to keep us safe.

Perseverance by:

- Allowing ourselves to make mistakes in our learning.
- Being resilient learners and never give up.

Stewardship by:

- Taking pride in ourselves and in our school.
- Helping others and working as part of a team.



Attendance Awards

We are working really hard to make sure all our pupils are in school, every day and on time. Obviously we all get sick, every now and then, but if we are well, we need to be in school!

Well done to **Little Tigers, Eagles and Dolphins** classes for excellent attendance this week.

CLASS	HOUSE
ATTENDANCE	ATTENDANCE
ATTENDANCE	ATTENDANCE
Little Bears: 84.78%	Christie House 95.35%
Little Lions: 86.59%	
Little Foxes: 89.33%	ATTENDANCE
Little Tigers: 99.20%	Darwin House 91.49%
Unicorns: 86.92%	
Dolphins: 97.67%	ATTENDANCE
Little Horses: 96.33%	Kingsley House 95.60%
Eagles: 99.15%	
Swans: 94.55%	ATTENDANCE
Herdsmen: 95.24%	Singer House 92.57%
Heroes: 96.96%	
Hunters: 96.55%	
Warriors: 94.27%	
The winner is ...	The winners are ...
Little Tigers!	Kingsley!



Stars of the Week



Little Stars: Zac—for showing a huge increase in confidence to talk to his peers and trusted adults. Well Done!



Little Bears: Jackson for taking great care with handwriting this week



Little Lions: Marley—for making a big effort with her behaviour over the last few weeks and trying hard in her lessons. Keep up the good work!



Little Foxes: Macie - for her fantastic first week of the summer term and having a positive attitude to learning.



Unicorns: Joshua - for coming back to school with a positive attitude and determination to create fantastic work.



Little Tigers: Eilidh—for supporting her friends in their learning and demonstrating the Ellacombe values outstandingly.



Dolphins: Sherwina—for persevering with her English and Maths learning.



Little Horses: Julia—For persevering and having a go at swimming!



Eagles: Daniella - for confidently joining Eagles class and making lots of friends



Swans: Elsie—for always showing excellent effort during lessons and behaviour around the school.



Heroes: Milly—for showing the school values and trying extremely hard in her learning this week



Herdsmen: Ethan—for contributing his ideas in class and working hard on his handwriting!



Hunters: Daniel- for an excellent start to Ellacombe Academy and for his amazing writing!



Warriors: Elsie—for her resilience and determination with her class work and revision.





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, hints and tips, please visit nationalcollege.com.

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.

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.

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.

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 Washington 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.

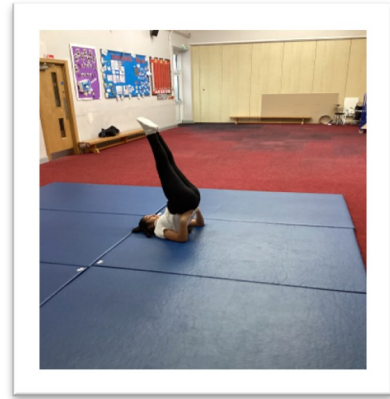


Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks



Learning at Ellacombe

We place a huge emphasise on learning reading, writing and maths in school—but we are about so much more than that! At the end of last term, our drama group put on their production of Matilda, some year 4 children won a gymnastics competition and lots of children had the opportunity to undertake their Bikeability training.



Piano lessons in school

If you would like your child to have piano lessons in school, our piano teacher

-Hazel Ray- has some availability.

Please contact her on

carinopiano2@gmail.com



to discuss this further with her directly.





Reporting Harmful Content Leading by Example

Recent research has shown that children and young people are very unlikely to take action, such as reporting or flagging to the platform, when they see harmful content and behaviours online. So why is that?



What Inappropriate Content Are Children and Young People Seeing Online?

Unfortunately, children and young people are likely to be the target of some types of inappropriate content and abusive behaviours that adults won't be. This includes grooming attempts, trolling, and cyberbullying from their classmates or peer group.

REPORT

HATE

STUPID

Nearly 1/3 of children say they sometimes do nothing when they are upset or worried about something online.

22% of users said they did not take action as they didn't think that doing so would make a difference.

1/3 of 12-13-year-olds said that they knew how to use a reporting or flagging function but only 16% said they had used any of them.

FAST FACTS

FAT

UGLY

The Online Nation Report 2022

WHY DON'T CHILDREN AND YOUNG PEOPLE REPORT ONLINE ABUSE AND HARMFUL CONTENT?



Shame and Embarrassment

Becoming a target for bullying or online abuse can be a source of embarrassment for a child or young person as they may feel like they have done something wrong or that there's something 'wrong' with them.



If a child or young person has accidentally seen or been sent something that has sexual content, they may feel awkward discussing the subject matter.

Getting in Trouble

Children and young people could be concerned about their parents' reactions: will they be cross and think the child was looking at something online they shouldn't be?



They may also misunderstand the legalities around harmful illegal content and think they will be in trouble for simply viewing it. They may worry about the police or their school getting involved.

Built-up Tolerance and Acceptance

Unfortunately, children and young people may just be 'used to it' when it comes to seeing inappropriate and harmful content online. The prevalence at which they encounter this type of material or come across abusive content might mean that it's accepted as part of the normal experience of being online and just 'background noise' they block out.



Not Knowing What to Do

Every app, platform and website have their own processes for dealing with harmful content and a different interface for doing so.



Although many children and young people are very tech-savvy, this doesn't mean that they are all equipped with the knowledge of how to report or flag things online.

ENCOURAGING CHILDREN AND YOUNG PEOPLE TO REPORT ONLINE ABUSE AND INAPPROPRIATE CONTENT

Talk and Listen!



Talking to a child or young person about how to stay safe online may help reduce the chances of them viewing inappropriate content or being susceptible to grooming etc. Build a relationship in which the child or young person in your care feels secure and confident to confide in you and openly discuss things that upset them.

Encourage conversations about online experiences, both good and bad.



Reassure them that simply reporting content won't get them in trouble nor will talking to you about something they've seen online that upsets them or makes them feel uncomfortable.



If your child does come to you to talk about something they've seen online, stay calm. Although you might be shocked or even angry at them for using a site or app you told them not to, having a strong emotional reaction may put them off coming to you again in the future.

Learn Together



Sit down with the child or young person in your care, learn how to do report, flag and block on each platform. Remember, lots of people are visual learners so have your phone or digital device handy so you can all see exactly where the buttons are on the actual platform.

Be An Example



One of the best things we can do to help children and young people stay safer online is to lead by example. Just like in the offline world, the children in your care look to the trusted adults around them for guidance on how to navigate, react and interact in this world.



Show and talk to the children in your care about what you do when you come across harmful content and bad online behaviour. This could be as simple as mentioning that you saw a bullying comment online, so you reported it to the platform.



If you're someone who usually scrolls past abusive or harmful content, ask yourself, 'would I want my or any child to see this?'

If the answer is no, take action!





Save the date . . .

“Ellacombe’s Musical Extravaganza”

We would be delighted if you could join us on
Wednesday 10th July (10.15am and 1.15pm performances) at

The Royal Lyceum Theatre, Torquay.

The whole school will be performing a 'Multitude of
Musical Masterpieces' as we start to show the
world our creative talents.



Together Church is a friendly, relaxed Church that welcomes everyone! We have a real mix of ages and lots of children and young people enjoy coming along. We meet at 10.30am in the main hall at the school. We suggest arriving a little early for a cup of tea and often a slice of cake! We then have a time of sung upbeat worship and a short-family friendly talk that we aim to be accessible for all ages. Whether you have a faith or not, we would love you to come along. All are welcome." For more information please go to www.togetherchurch.co.uk

Together Church
@Ellacombe

Ellacombe
Sunday 10:30am
Ellacombe C of E Academy, Ellacombe Church Rd,
Torquay, TQ1 1TG

Evening
Sunday 6:30pm
The Echo Building, St James Rd,
Torquay, TQ1 4AZ

Please be mindful and respectful to residents in our local area by avoiding parking in front of driveways,

Many Thanks!

