

Headteacher's Message - Adele Christofi

Welcome back to our school community. I hope you all had a well deserved rest and that you enjoyed time with family and friends. Eid Mubarak to all members of our Muslim community, I truly hope you enjoyed your festivities and celebrations. I can't quite believe we are in the final school term of the year again.

As always it has been a very busy week at Laurel Park School, full of both academic and enrichment opportunities. This year saw the start of the Year 10 end of year exams. Students in Year 10 have been exemplary in both their attitude and conduct and have shown their ambition to do well. From this set of grades we will start our intervention programme preparing for that all important countdown to the GCSE exams. Staying on the theme of exams, the public speaking exams have started for community languages. This week a number of students have taken their exams in Turkish, Greek, Italian, Russian and Urdu just to name a few. Once again students demonstrated their commitment to their studies by arriving promptly and conducting themselves with integrity. A big thank you to Ms Sheikh-Oomar, our Lead Practitioner for Languages and part of the SLT, who has done a fantastic job in coordinating this aspect of the exam. Our Year 11 Art students also completed their GCSE Art exam this week. I visited the Art room and was again impressed with the calm, mature and focussed approach of our young people. Well done to Mr Marston and Ms Haddon for their work in getting the students fully prepared for this week.

I am also pleased to announce that we are finalists in another competition, this time in fashion design. A number of students, alongside Ms Smith have entered a competition called Junk Kouture. Students had to make a wearable outfit made of recycled products. Our students made a wonderful design which they called 'Unbroken Futures', using broken cables from computers and odd ends of acrylic from Technology lessons and a lot of other items - see the pictures below modelled by Dajahna. The London finals take place on the 8th May and should we get through to the final, identified students and staff involved in the competition will get an all expenses paid trip somewhere in the world to catwalk their design. We are very excited about this so watch this space for further news! Thanks to Ms Smith for her work on this and good luck to our Junk Kouture team.

This week also saw our Year 7 and 8 students visit the Royal Opera House to see a performance of Swan Lake. Students had the amazing opportunity to visit this world renowned venue and were very excited to go. Part of our commitment is to ensure that students have the chance to develop their cultural capital, and this visit was part of that commitment. Thanks to Mr Sahbaz for coordinating the trip and to other colleagues who supported, as always these possibilities rely on a great staff team who go above and beyond.

As you are aware Ms Tansley is on maternity leave, however has still managed to secure the school a large sum of money to further develop sports facilities in the school. School budgets are very challenging and as leaders we need to source lots of our own funding streams to make sure our young people have the best possibilities. Thanks to Ms Tansley for doing this for our young people - we look forward to hearing about her wonderful twins!

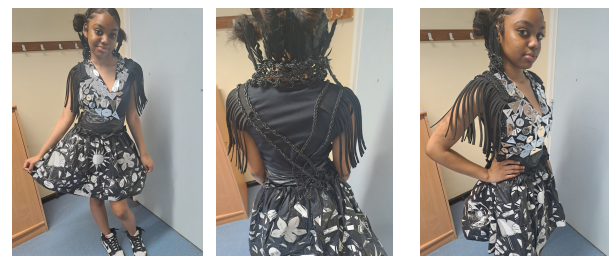
Finally, we have work experience for Year 10 students in early July and are looking to build a bank of placements. Work experience is being cut from a number of schools because of school budgets, however we believe it is an important part of educating our young people and would really like to retain it. If you are able to offer a placement or know someone who can, please get in touch with Ms Gray on careers@laurelparkschool.co.uk. More details can be seen in the poster at the end of this newsletter.

A reminder to Year 8 parents that we have Parents Evening on Wednesday 24th April between 3.45pm and 6.15pm. It is important that all parents attend to see how their child is progressing.

Wishing you all a safe and peaceful weekend,

Ms Christofi
Headteacher

**Next week it
will be week 1**



WORD
OF
THE
WEEK
REQUIRE

DEFINITION

Verb:

1. to need something
2. if you are required to do or have something, a law or rule says you must do it or have it be required to do something

SYNONYMS

- Need
- Crave
- Desire

ETYMOLOGY

The verb "require" (1300-1400) Old French requerre, from Vulgar Latin requaerere "to try to find, need", from Latin requirere, from quaerere "to ask"

SENTENCES

1. The job requires a college degree and a knowledge of computers.
2. Guests who require special diets should inform the catering manager in advance.
3. Companies are legally required to keep records of all their financial transactions.

APRIL

Week beginning 22nd April: Year 10 mocks continue

Tuesday 23rd April: Big Bang Fair at Leyton Sixth Form College, Premier League Inspires trip to Tottenham Hotspur

Wednesday 24th April: Year 8 Parents Evening

Thursday 25th April: British Army Engagement Open Day

Monday 29th: My London Project led by the Museum of London

Character Education focus of the week

This month's Virtue is **Volunteering**

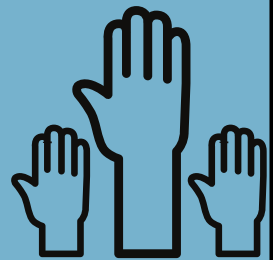
Friendliness is giving up your time to help someone else

This weeks' value is **Integrity**

How can **Volunteering** help us achieve **Integrity**?

- **Volunteering** shows that we are committed to making a difference and upholding **our values**, even when other people do not care.
- When **volunteering**, we are entrusted with responsibilities and resources. Acting **honestly** and responsibly with these resources reinforces our **integrity**.
- **Volunteering** teaches us to take ownership of our actions, promoting accountability and **integrity**.

When **volunteering** we often work towards a cause that supports our own **moral beliefs and values**, boosting our **integrity**.



Year 8 Parents Evening will be taking place on Wednesday 24th April in school from 3.45pm-6.15pm. All Year 8 parents should attend

Do not forget

Headteacher's Award

At the end of each week, selected form tutors choose one student from their form for the 'Headteacher's Award'. In a special ceremony with Ms Christofi, she shares the 'story behind their success' with the winning recipients. The students also receive a special certificate and pin badge to commemorate the achievement.

At the end of last term we put our attention on Year 7 and 8 Congratulations to those winners from this week who received a great surprise to find out they had won these new prestigious awards!



Year 7 Winners

Nicole wins for excellence - Nicole has been amazing all year; she always does the right thing, always helpful and polite and tries her hardest at everything she does. Nicole is a star student and an incredible role model to her peers. It is a pleasure to have Nicole in our form.

Abraham wins for determination - he is a really funny character, always tries his best, always following LPS values, very charming and polite, a very good footballer I hear, gets along with everyone always trying his best to stay out of trouble. I am so happy to have him in 7D

Marianna wins for excellence - Has been superb all year and very consistent. Really makes an effort in all her lessons.

Anzhela wins for ambition- Really striving to be the best that she possibly can. Acting on advice and feedback in order to strengthen her performance in lessons



Year 8 Winners

Daniel wins for integrity - He has shown grown so much this term. His behaviour and attitude in and out lesson has improved. Very well done!

Beyza wins for determination - Consistent, respectful and always well prepared. She is a determined member of the class

Nathan wins for integrity - For always well behaved and always tries his best with work

Noah wins for excellence - Noah is always polite and helpful. He is incredibly well organised and always strives for excellence.

Kooth are running webinars specifically to help parents and carers with children sitting exams. Please feel free to join, especially if they are worried about their child's anxiety:

Mon 22 Apr. 1-2pm

Thu 25 Apr. 6-7pm

Please fill in this [form](#) if you would like to join

The logo for Kooth, featuring the word "kooth" in a bold, lowercase, sans-serif font. The letter 'o' is stylized to resemble a speech bubble with a small white face inside it.

At the end of the newsletter you will also find some information about the services that Kooth offer which may benefit your child(ren)



NEWS FROM THE PE DEPARTMENT



Keiran jumps for joy

Before the Easter holidays, we heard the happy news that Keiran in Year 9 became the London Champion for the Aspire Competition in the 13-16 group.

Based on the qualification process needed for the event, this means that Keiran is the best male trampolinist for his age in the whole of London! Keiran said 'I am so pleased to have won. I feel very happy that all my hard work and dedication has paid off.' We are so proud of Keiran and what he has achieved.
- well done Keiran!



At the end of this newsletter, you will find details of some football and netball clubs in the local community that you might be interested in.



Top Character points this week!

Year 7

Aida, Anna, Urooj, Daria, Phong, Gabriel S, Edwin, Shri, Esham, Samaira, Simon, David, Adem, Alice, Fatoumata, Dzhemil, Alex C, Diana, Marianna, Daryna, Victory, Nita, Abraham, Kuzey, Kania, Valentina, Trason, Orlean, Tarek, Raheem, Amelia, Ostap, Kaja, Vy, Ryan, Betul, Zaynab, Reatlegile, Stephanie, Sahil, Muniira, Gergana, Yaren, Milo, Sophie, Rojina, Daniel, Rylan, Ramin, Nicole, Ezgi, Ahad, Lubomir, Anzhela, Ezekiel, Lazar, Yasir

Year 8

Kaitlyn, Nicollas, Kavish, Rumeysa, Haoxuan, Ilie, Flavia

Year 9

Wilson, Glory, Mohammad, Nathan, Miracle, Simona, Harvi, Tereza, Khadija, Gideon, Zora, James, Marina, Bozhidara, Mary, Zera

Year 10

Dzhem, Serena, Nefeli, Daria

Year 11

Ciprian, Oliwia

Well done!

Year 10 exams

Well done to year 10 this week and their exams - here are some of them revising before their Chemistry exam this week. There is some guidance on managing exam stress later on in the newsletter



Swan Lake at the Royal Opera House

In the heart of London's cultural epicentre, almost 60 eager students from Laurel Park School embarked on an extraordinary journey to witness the timeless masterpiece of Swan Lake ballet at the iconic Royal Opera House. As the majestic halls of the Royal Opera House welcomed our excited students, anticipation filled the air. The grandeur of the venue alone was enough to spark a sense of amazement and wonder in each and every one of them. But it was the promise of witnessing the grace and beauty of Swan Lake that truly set their hearts aflutter.

From the moment the curtains rose, our students were transported into a realm of magic and fantasy. The mesmerising performances of the dancers, accompanied by the haunting melodies of Tchaikovsky's score, held them spellbound throughout the entire production. Yet, the experience didn't end with the final bow. Our students were granted a rare glimpse behind the curtain—a backstage tour that revealed the intricate workings of this theatrical marvel.

But perhaps the most heartening moment of all came when Laurel Park School students were praised by the staff at the Royal Opera House. Their impeccable behaviour and enthusiastic engagement did not go unnoticed, earning them the esteemed title of the best-behaved school in attendance. It was a testament to their maturity, respect, and appreciation for the arts.

When asked about their experience, the students' words echoed a chorus of admiration and gratitude. See the next page for some of their views.

As the echoes of applause faded and our students bid farewell to the Royal Albert Hall, they carried with them memories that would last a lifetime. This trip to see Swan Lake wasn't just a school outing—it was a journey of discovery, inspiration, and cultural enrichment. We extend our heartfelt thanks to all the staff and organizers who made this extraordinary experience possible, and we eagerly anticipate the many more adventures that lie ahead.

Mr Sabhaz

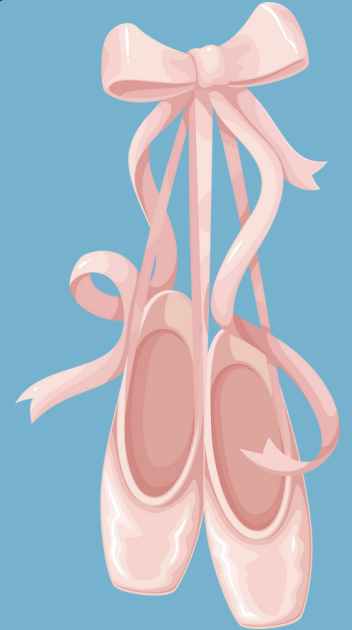


"I really enjoyed the trip and the performance was amazing!" Amelia, Yr7



"The trip was a wonderful experience and I would like to go again!" Marianna, Year 7

"As someone who loves Swan Lake, the performance was a moment of my life I wouldn't forget. The dancers were amazing and skilled and personally I would say the performer of Odette did the best (it was like she was made for the role!). Overall, I had the time of my life and I would never think twice if I got the chance to see it again! Diana, Year 7



"I found the trip to be quite enjoyable due to the captivating movements of the ballet dancers. Their ability to effortlessly control body strength and balance on their tiptoes made it seem effortless. Additionally, the comfortable seats and spacious stage added to the overall experience. The demonstration of how they changed the set was truly impressive, especially when we learned that the floor could descend 6 metres and ascend 2 metres. In summary, it was an amazing experience." Daniel Year 7



"I really liked the trip. The dancers were extremely talented and amazing. The atmosphere was the best thing for sure about this trip!" Alexander, Milo and Kuzey, Year 7



Raising Aspirations: Laurel Park students meet Mayor of Enfield during Council Chamber visit

Students from Laurel Park School met with the Mayor of Enfield, local councillors and council officers during a visit to the Enfield Council Chamber on Wednesday, 27th March as part of the school's efforts to broaden students' horizons and raise aspirations.

Students were given a tour of the Council Chamber to understand more about the role of local government and the impact it has on their community. As part of an interactive session with the Mayor and councillors, students had the opportunity to ask questions and learn about civic responsibility, representation and leadership roles in the local area. You can see some of their opinions on the next page.

The trip formed part of Laurel Park School's 'Character Education' programme which aims to develop the character and integrity of students by providing them with opportunities to gain valuable life skills the empowerment to become active citizens in their community.

Suna Hurman, the Mayor of Enfield, said:

"It was a pleasure to meet the students from Laurel Park School and speak to them about the role of the council within Enfield. It is so important to demonstrate the value of engagement with local government to young people to encourage active participation and inspire the next generation of citizens. It's great to see the dedication of the school to providing these additional opportunities for its students and the efforts to equip them with the skills and abilities to contribute positively to society."

Other initiatives within the Character Education programme include fortnightly enrichment and volunteering activities within the local community, and arts and culture lessons and workshops to build awareness and understanding of societal issues.

Upon completion of the various enrichment activities, programmes and workshops, students receive AQA Unit Awards. This is used to record learning achievements and demonstrate the skills and knowledge students have developed to support them later in their academic journeys and beyond school.

Mr Sabhaz



Today I learnt about the mayor's journey of how she had travelled here when she was 13, not knowing any English. I learnt how many events, meetings and work they have to go through to ensure that the borough is safe for newcomers. I learnt that mayor's only have one year to do their job before the job is given to the deputy mayor. They must have a chauffeur to lead them around when having the golden chain on and to take them to events. It was great having the chance to visit the Council Chamber and meet local councillors and the Mayor. I've always known of the council but never really understood until now the role it has within our community. It's definitely helped me to recognise the importance of local democracy and active citizenship.

Dleen, Year 8

Today was interesting and inspiring. I learnt how hard the mayor's job is and how she became the mayor. It was interesting but I don't think I will become the mayor. It sounds like a hard job.

Daniel, Year 9

Careers Corner

Year 10s have started their careers interviews this week in preparation for work experience and their post 16 intentions. A reminder about why careers guidance is so important can be found later on in the newsletter

Please see our poster at the end of the newsletter regarding work experience - it would be great if you would be able to help!

Energy drinks

Later on in the newsletter, you will find some information from the National College about the dangers of energy drinks.

A reminder that these are banned in school, alongside sharing bags of crisps, sweets, large packets of biscuits and cakes, fizzy drinks and chewing gum



The
National
College®



Strengthening Families Strengthening Communities (SFSC)

Parenting Course in Turkish

SFSC is an inclusive evidence-based parenting programme developed by the Race Equality Foundation and is designed to promote protective factors associated with good parenting and better outcomes for children in all communities.

Enfield has partnered with Minik Kardes to deliver SFSC to Turkish; Kurdish Turkish Cypriot and Bulgarian Turkish parents/carers living in Enfield.

This 13-week course will be delivered in Turkish and includes:

- Different approaches to parenting
- The process of positive discipline
- Childhood characteristics and information on developmental stages
- Importance of identity, culture, and traditions
- Improving parent-child relationship



When?: Mondays 9.30-12.30 15 April- 22 July 2024

Who is it for?: Turkish and Kurdish speaking parents of children aged birth to 18 years

Where?: Pymmes Park Visitor's Centre, Victoria Road, London N18 2UF

Certificates will be given to everyone who completes the course/ Refreshments and light snacks will be provided / Creche is available.

How to Book? : self-referral / Referral from professionals email for referral form

Contact information: For more information, contact Sevil Kotan

Tel: 020 7923 7226 or 07792202108 **E-mail:** s.kotan@minikkardes.org.uk





Aileleri Güçlendirmek, Toplulukları Güçlendirmek (SFSC)

Türkçe Ebeveynlik Kursu

SFSC, ırk eşitliği temelinde geliştirilmiş kanıta dayalı bir ebeveynlik programıdır ve tüm topluluklardaki çocuklar için iyi ebeveynlik ve daha iyi sonuçları teşvik etmek amacıyla tasarlanmıştır.

Enfield, Türk, Kürt Türk Kıbrıslı ve Bulgar Türk ebeveynlerin/koruyucuların yaşadığı Enfield'deki Türkçe SFSC kursunu sunmak için Minik Kardeş ile işbirliği yapmıştır.

Bu 13 haftalık kurs Türkçe olarak sunulacak ve şunları içerecektir:

- Ebeveynlik için farklı yaklaşımlar
- Pozitif disiplin süreci
- Çocukluk özellikleri ve gelişim aşamalarıyla ilgili bilgiler
- Kimlik, kültür ve geleneklerin önemi
- Ebeveyn-çocuk ilişkisinin geliştirilmesi



Ne Zaman? Pazartesi 9.30-12.30 15 Nisan- 22 Temmuz 2024

Kimler İçin?: 0-18 yaş arası çocukları olan Türkçe ve Kürtçe konuşan ebeveynler

Nerede? Pymmes Park Ziyaretçi Merkezi, Victoria Yolu, Londra N18 2UF

Kursu tamamlayan herkese sertifikalar verilecektir. Ayrıca, atıştırmalıklar ve içecekler sunulacak, kreş hizmeti de sağlanacaktır.

Nasıl Kayıt Olunur? Kendi kendine kayıt / yönlendirme formu talebi

Contact information: For more information, contact Sevil Kotan

Tel: 020 7923 7226 or 07792202108 **E-mail:** s.kotan@minikkardes.org.uk



Dear Parents/Carers

Over the coming weeks your child may mention they have been made aware of a service called Kooth. At Kooth, we provide a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners.

Kooth offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support which young people are able to contribute to. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that what your child is accessing is safe.

Kooth works alongside schools and colleges across the UK and are running student facing webinars through April and May on topics like 'Staying safe online' and 'Tips for managing exam stress'.

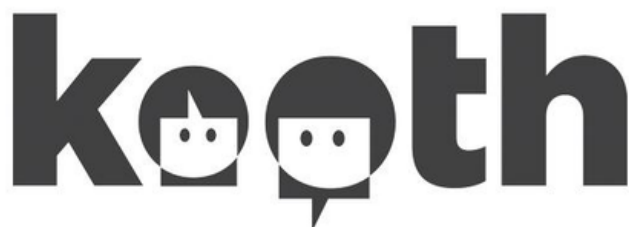
Kooth is also offering free virtual sessions for parents on the 22nd & 25th April that provide tips on how you can support your child manage anxiety about their upcoming exams - please use [this link](#) to sign up.

There's also resources designed especially for parents available on our website including advice on how to talk to your teen about their feelings: [Parents/Carers resources](#).

If you have any questions or would like to discuss what Kooth.com can offer you can email us on parents@kooth.com.

Kind Regards

Kooth Engagement Team



FC Wood Green are hosting FREE sessions for young people seeking a football club



NEW TEAMS BOYS

(2024/25)

U9 (Year 4) – U10 (Year 5) – U11 (Year 6) – U12 (Year 7)
U13 (Year 8) – U14 (Year 9) – U15 (Year 10) – U16 (Year 11)

We are **RECRUITING**

FREE TRIAL SESSION 1

Thursday, 18th April

6:00pm

Tottenham Rec Ground, N14

FREE TRIAL SESSION 2

Thursday, 25th April

6:00pm

Tottenham Rec Ground, N14

BOOK NOW

www.fcwoodgreen.com

DBS (formerly CRB)
CHECKED
Disclosure and Barring Service



ACCREDITED
PART OF ENGLAND FOOTBALL





NEW TEAM **GIRLS** U9s (2024/25)

In association with Arsenal Football Club

We are **RECRUITING**

FREE TRIAL SESSIONS

Thursday 18th & 25th April, 6:00pm

Tottenham Rec Ground, N14

BOOK NOW

www.fcwoodgreen.com

DBS (formerly CRB)
CHECKED
Disclosure and Barring Service



ACCREDITED
PART OF ENGLAND FOOTBALL





SUMMER SATURDAY NETBALL COACHING

Highlands School, Enfield N21 1QQ

9-9.55 Reception to Year 6

10-10.55 Year 7 to Year 10

£8 Early Bird* or £10 per class

(*when you book at least 48 hrs in advance)



BOOK A FREE TRIAL

20 APR	27 APR	4 MAY	11 MAY	18 MAY	25 MAY
8 JUN	15 JUN	22 JUN	29 JUN	6 JUL	13 JUL

07392 018 982

www.pivotalnetball.com



SUMMER NETBALL CAMPS

Our Holiday Camps have three sessions per day

One: Fun and engaging warm up activities

Two: Skill practices in competitive and non-competitive scenarios

Three: Game based activities, where skills can be applied to a match or tournament

WED 29 MAY
THUR 30 MAY

TUE 30 JULY
WED 31 JULY
THUR 1 AUG

THUR 29 AUG
FRI 30 AUG



10% SIBLING DISCOUNT



10am - 2pm

Reception to Year 10

Highlands School, Enfield N21 1QQ

£26 Early Bird* or £30 per day

(*when you book at least 1 week in advance)

07392 018 982

www.pivotalnetball.com



Wow

1 MASTERCLASS

2400 MINUTES OF NETBALL

104 YOUNG PLAYERS

39 NEW PLAYERS

4 HOLIDAY CAMPS

10 SATURDAY MORNINGS

SPRING 2024



10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% 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 such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

SMILE

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



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.



#WakeUpWednesday®

The National College®

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

What is this?

A 50 minute one-to-one meeting with a professional qualified and independent careers advisor to help you feel confident about the choices and decisions you are facing on your journey to finding a positive career.

What will be discussed?

Ensuring confidentiality* the advisor will;

- Help to identify your personal qualities and skills
- Explore your interests, likes, family influences and personal barriers
- Discover current and future job opportunities
- Understand job searches, writing a CV and going for job interviews
- Develop your employability skills to be work ready

* There will be a duty of care to pass on any safeguarding concerns to the safeguarding team at LPS

Where will we meet?

In our dedicated careers room, which can be found on the stairway going up to E corridor. You will also have access to the careers library, prospectus and your Unifrog account

What will you be given?

- Accurate and up-to-date impartial and independent information
- The opportunity to use and discuss the outcomes from online quizzes and assessments from Unifrog
- Alternative sources of information and help if required
- A personalised action plan
- Reflection, challenge, motivation and self-belief

When will I have a careers meeting?

You will have three opportunities to meet the careers advisor:

- In Year 9 as your approach making your choices for the Key Stage 4 subjects, normally in the Spring term
- In Year 10 as you prepare for work experience, normally in the Summer term
- In Year 11 as you prepare for your post 16 options, normally in the Autumn term

There are also drop in sessions available during Monday and Tuesday lunchtime in the Careers Room

How should I prepare?

Ask yourself the following:

- Where am I now?
- What ideas do I have?
- What have I explored/researched?
- What do I need help with?
- What thoughts do I have about the future?





**WORK EXPERIENCE AT
LAUREL PARK SCHOOL
CAN YOU HELP?
8TH-12TH JULY 2024**

Are you able to offer a work experience placement for one of our Year 10 students in order for them to develop **integrity, determination, excellence and ambition?**

Do you want to support a school in developing proud global citizens?