



# Stocksbridge Nursery Infant School

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## What's happening in school next week?

- Miss Spencer will be teaching class 7 all week.
- Mrs Bailey is teaching class 2 on Monday afternoon.
- Dance club on Monday 3:00 – 4:00pm.
- Mrs Bailey is teaching The Orchard on Tuesday afternoon and Mrs Greenwood is teaching class 1.
- Multisports club on Tuesday 3:00 – 4:00pm.
- Mrs Taylor is teaching Nursery on Wednesday.
- Mrs Ollerenshaw is teaching Class 8 on Wednesday morning and Class 7 on Wednesday afternoon.
- Mrs Bailey is teaching class 3 on Wednesday afternoon.
- Football club on Wednesday 3:00 – 4:00pm.
- Mrs Bailey is teaching class 1 on Thursday afternoon.
- Y2 drumming on Thursday afternoon.
- Gymnastics club on Thursday 3:00 – 4:00pm.
- Mrs Greenwood is teaching class 8 on Friday.
- Art club and archery club on Friday 3:00 – 4:00pm.

### After school clubs

Mondays – Dance. 3 – 4pm.

Tuesdays – Multisports club. 3 – 4pm. FULL.

Wednesdays – Football club. 3 – 4pm. FULL.

Thursdays – Gymnastics. 3 – 4pm.

Fridays – Art club. 3 – 4pm **AND** Archery club. 3 – 4pm. BOTH FULL.

## Attendance

Our target is 96%. This week's attendance is 94.4%

Class 1: 91%

Class 2: 97%

Class 3: 97%

Class 5: 99%

Class 6: 98%

Class 7: 96%

Class 8: 96%

The Orchard: 83%

## Well done Class 5

### Punctuality

Our doors open at 8.20am and learning starts at 8.30am. Our Phonics teaching begins at 8.45am each day. We have too many children coming late each day. Here's the number of children late this week.

Monday: 11

Tuesday: 7

Wednesday: 11

Thursday: 7

Friday: 12

Total: 48

## Looking ahead to the 29<sup>th</sup> April 2024

- The assembly theme will be 'May Day'.
- Mrs Bailey is teaching class 2 on Monday afternoon.
- Mrs Townsend is available to show parents round on Monday afternoon between 1:30 and 2:30pm.
- Dance club on Monday 3:00 – 4:00pm.
- Mrs Bailey is teaching The Orchard on Tuesday afternoon and Mrs Greenwood is teaching class 3.
- Multisports club on Tuesday 3:00 – 4:00pm.
- Mrs Taylor is teaching Nursery on Wednesday.
- Mrs Bailey is teaching class 3 on Wednesday afternoon.
- Football club on Wednesday 3:00 – 4:00pm.
- Mrs Ollerenshaw is teaching class 6 on Thursday.
- Mrs Bailey is teaching class 1 on Thursday afternoon.
- Gymnastics club on Thursday 3:00 – 4:00pm.
- Balance Bike Festival for Nursery children at Stocksbridge High School on Thursday 3:30pm.
- Mrs Greenwood is teaching class 8 on Friday.
- Art club and Archery club on Friday 3:00 – 4:00pm.







**Tweak of the Week:** No rough play inside or outside.

## School Menu Spring/Summer 2024 (All school including Nursery)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course</b>	Macaroni cheese	Hot dog baguette with baked potato wedges & coleslaw	Roast turkey with roast potatoes & gravy	Beef Bolognese & penne pasta	Cheese and tomato pizza with chips & tomato ketchup
<b>Vegetarian main course</b>	Vegetable enchiladas with sunny vegetable rice	Vegetarian chilli wedge bake	Veggie mince cottage pie	Veggie bolognese & penne pasta	Cheese & onion puff pastry roll with chips & tomato ketchup
<b>Jacket potato and filling</b>	Jacket potato with cheese or baked beans	Jacket potato with cheese, baked beans or tuna mayo	Jacket potato with cheese, baked beans or tuna mayo	Jacket potato with cheese, baked beans or tuna mayo	Jacket potato with cheese, baked beans or tuna mayo
<b>Sandwich option</b>	Ham	Ham	Ham	Ham	Ham
	Tuna mayo	Tuna mayo	Tuna mayo	Tuna mayo	Tuna mayo
	Cheese	Cheese	Cheese	Cheese	Cheese
<b>Vegetables</b>	Garden peas, carrots & mixed fresh salad	Sweetcorn, baked beans, coleslaw salad & mixed fresh salad	Cauliflower, carrots, peas & mixed fresh salad	Broccoli, carrots, cauliflower & mixed fresh salad	Garden peas, baked beans & mixed fresh salad
<b>Dessert</b>	Ginger & mandarin traybake	Strawberry jelly	Freshly baked chocolate cookie	Flapjack finger & fresh watermelon slice	Homemade shortbread biscuits

Yoghurt and fruit are also available each day as an alternative to dessert along with a selection of breads, salads and fresh drinking water.

### Stocksbridge Nursery Infant School - Healthy Snack List

					
Fresh fruit	Fresh vegetables	Dried Fruit	Hard cheese	Cream crackers	Unaccompanied breadsticks

**Lunchboxes** (All school inc Nursery) Could we please ask that children bring healthy lunches from home if they are not having a school meal. It is fine for the children to bring a cake bar, a biscuit etc. for dessert but please do not send chocolate or sweets. Thank you.

### After School Clubs (Reception, Year 1 and Year 2)

If your child is attending an after-school club, please send them with an additional snack and drink which they can have before the club starts. Some of the children were **very** hungry by the end of the club.

**Assembly Theme: Looking after our Planet**

## Phonics, Keyword and Reading at home.

Next week your child will be learning the following sounds (phonemes) and keywords in class. By the end of the week we want our Reception children to be able to recognise the sounds and read the keywords. Children in Year One and Two should be able to recognise the sounds, read and spell the keywords. Please help them by practising these at home and sharing the appropriate Monster Phonic eBooks.

The website has been made better with access to more books. We believe Monster Phonics are going to email parents directly.

	Reception	Year One	Year Two
Sounds/Phonemes	CVCC E.g. wish, sent	Phonic Screen	Review o Adding suffix
Keywords		Nonsense words	water parents beautiful gave take place began before because even
eBooks to share	A wish at the camp The best band	Practise screening check papers. <a href="#">2023 phonics screening check: pupils' materials - standard</a> ( <a href="http://publishing.service.gov.uk">publishing.service.gov.uk</a> )	Review Uncle Wonder Mary Seacole



We have bought the subscription to eBooks for parents but our records are showing that many still have to activate their account. Below are instructions on how to do so. It's important the children read the books each week so that they are making the progress through the scheme they need to.

**Tweak of the Week:** No rough play inside or outside.

# 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.

### 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](http://nationalcollege.com/guides/energy-drinks)

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# Word of the Week



chuckle



**Meaning**

- A quiet laugh



**Challenge**

**Who has the best  
chuckle in your family  
and in your class?**

***CELEBRATING WORDS***

**Tweak of the Week:** No rough play inside or outside.

## Nursery News

It has been lovely to welcome everyone back and to hear about all your adventures over Easter. We have been reading Farmer Duck and talking about how he felt in the story. We have talked about what makes us feel happy, sad, excited and frightened - ice cream definitely featured highly in the 'happy' discussion!

## Star of the Week

**Hugo Cain-Allen** is usually one of our quieter members of Nursery but this week he has been such a busy bee with so much to tell us. It has been lovely to see this growth in his confidence and coupled with his willingness to get stuck in and show us just what he can do. Well done Hugo - keep up the great work.

## Mrs Townsend's Pupil of the Week

**Lucas Carr** Lucas comes to school every day and just 'gets on with it'. He is an unassuming, polite and gentle boy who tries hard in everything – work and play. Lucas is popular because he is kind and considerate to others. He keeps the rules – all of them - every day because that's just what he does. We're all lucky to have Lucas with us here in school. He's a gem!

## Information about exceptional leave from school

Exceptional leave forms (available from the school office or website) should be completed for any planned days absence. This might be for a wedding, funeral etc. as well as when parents are considering taking their children out of school for holidays. Once completed and signed by the school there is no further need to report your child's absence each day. We record these absences against your child's attendance register from the completed, signed form.

Absences due to illness can be reported via Studybugs or by ringing the school office. Studybugs does not have the facility to record absences for any reason other than ill-health

## Sheffield Parent Hub

The Sheffield Parent Hub's 'What's On Guide' is now on the Sheffield Directory, along with other useful information to support families. If you would like further information, please visit the following link:

<https://www.sheffielddirectory.org.uk/sheffield-parent-hub/>

**Assembly Theme:** Looking after our Planet



## This week's praise board



- Lucy Marsh and Sam Woods have been playing lovely games with the bats and balls outside at breaktime, it was lovely to see.
- Ruben Moore double backed to open the door for Mrs T on Thursday. Much appreciated Ruben.
- Pippa Guy helped Mrs T (who's back is a little dodgy) pick up things when outside on duty. Thanks Pip.
- Mrs Hearnshaw would like to thank the whole of Class 2 for all their help this week.
- Thank you to Erin Kerfoot and Pippa Guy for helping Miss Cryer sort out worksheets and books. They would make excellent PA's
- l'Marai Hall Mattis for fabulous reading and learning lots of new phonemes. We are proud of you l'Marai.
- Ellis Williams and Leo Priestley for being fantastic friends to our new member of Class 2. You are both so kind.
- Bailey Gregory for settling into Class 2 and our school so well.
- Earlier this week Class 2 came up with some amazing ideas in PHSE about what makes a good friend. Mrs Bailey wants to thank all of class 2 for welcoming her into their classroom on Mondays.
- Jenson Turner-Jones used an expanded noun phrase in his writing and has used some fantastic vocabulary.
- Seth Grace for having an amazing last week. We will miss you Seth!
- Something amazing is happening to Amelia Magill.... The spellings and vocabulary she is using in her writing are blowing Mrs Bailey's socks off! Keep it up!
- Jack Woodhouse was just so kind to a friend who had hurt themselves.
- Thank you, Phoebe Hobson and Aubree Donovan, for helping your friend Emilie who had a poorly leg on Tuesday.
- Thank you, Rory Harkness, for holding the door open for Mrs Moore when she was carrying a big box of books down the corridor.
- Rowan Wild has been keeping Miss Harrison on her toes this week with lots of questions. Yesterday he asked her about The Beatles.
- Rory Harkness, Elliot Mills and Sofiya Rattigan found their 5 times tables really tricky this week but through persevering they have cracked it!
- Every time Mrs Bailey teaches in class 3 she is impressed by Lucas Carr. He has impeccable manners and, this week, produced an excellent prediction about our book One Snowy Night. Thank you, Lucas.
- Sophie Pickwell was bouncing around like Tigger on Monday, she was excited to join her friends back in school - it made Miss Kane and Mrs T smile lots.
- Amelia Menhennet and George Harwood have been super-duper helpers at tidy up time this week. Thank you so much.
- Lucian Worrall has been busy showing off his dazzling maths skills this week - keep it up!
- Harry Radford, Reggie Platts, Riley Fleetwood and Rosalie Roberts have blown Miss Kane's socks off this week during phonics!
- Beautiful manners from Nancy Wharton- Lovett, Jonah Thistlewood and Ella-Jo Brown have made class 6 such a wonderful place this week. Thank you.
- It has been lovely having Skyla and Evie Taff back this week. It's like they have never been away.
- Harry Kaine has done some lovely writing about farm animals this week.
- We have been impressed with Henry Smith's reading this week. Keep it up, Henry!
- Without even being asked, Teddy Bailey helped Miss Rogers to pick up all the hundreds of pattern squares that had been tipped out of the basket. Thank you, Teddy.
- Harry Owens put all the animals away - quickly, sensibly and willingly.
- Ava Dawson and Grayson Howcroft did a super job of weeding the Nursery garden. They worked very hard.
- Alfie Chappell is always such a friendly little man to everyone he meets.
- Mrs Hearnshaw would like to thank Jack Hopkins for making her smile in drumming with his comment of 'I've been really practising you know?' It was a pleasure Jack and thank you also for your excellent listening skills!





## **Heating Replacement**

Work began over the Easter holidays as planned. Things seem to be going well, we just wanted to remind parents that we do not have any heating in school so if we do hit a cold spell, please send your child with layers, a fleece etc.

We do have some small heaters in school to try and warm things up but children may still feel a little chilly when they have been playing outside if it is cold out.

## **Spare clothes**

We are short of larger size trousers for boys in school and socks. If you have any to donate we'd really appreciate it. Thank you.

## **Useful information**

We have been asked to inform parents that there is a new child minder in our area. Carissa's Tiney home nursery. She is based on Sitwell Avenue and her contact number is 07502018213.

The children's out of school achievements this week. Keep them coming. What they do and learn out of school is as important as what they do here.

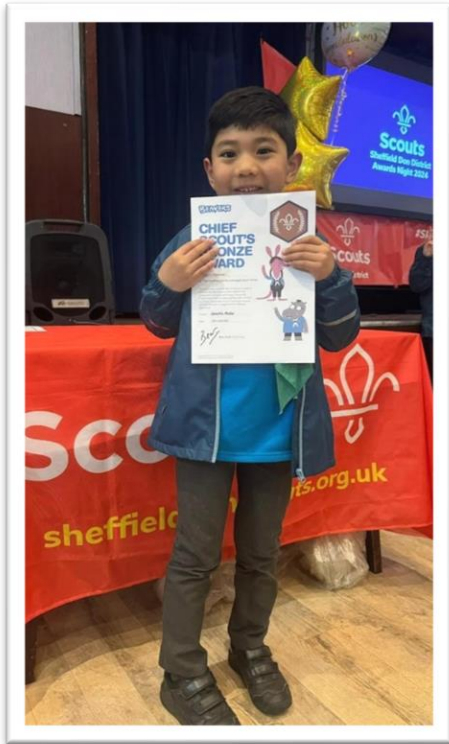


This lovely girl was very proud of herself for the badges and her bronze award that she won at Rainbows this week. Well done – keep it up!



Well done to this little mermaid who is super proud of receiving her stage 3 badge and certificate in swimming.

**Tweak of the Week:** No rough play inside or outside.



Well done to this lovely boy who, attended the local Scouts award evening last night and was awarded with the Chief Scouts Bronze Award. Amazing!

# INDOOR Table Top SALE 2024

**Sunday 19th May**  
**10am - 1pm** (Stalls set up from 9:00am)

**Free entry and car parking**

For further information, including stall prices, or to book a table: please visit our website or contact the Centre

By phone: 0114 288 3792

Or email: [admin@stocksbridgeclc.co.uk](mailto:admin@stocksbridgeclc.co.uk)

**Food and drinks**  
**available all day from**



For more information  
and to download a stall  
booking form



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