



Hapton C.E./Methodist Primary School
Head Teacher: Mrs Amourelle Leyland
Tel: 01282 771657
Hapton C.E./Methodist Primary School

Hapton's Weekly News

15th May 2026

Our Christian Value this half term:
Compassion

Be kind to
one another and
build each other up.

- 1 Thessalonians 5:11



We were incredibly proud to see Ella-Mai demonstrate our Christian value of compassion at the recent cross-country event. During the race, she noticed that a friend was struggling and made the selfless decision to stop and help, even though this meant she would have to give up her place in the race. This thoughtful act reflects the teaching of Jesus to "love your neighbour as yourself" and shows true kindness, empathy, and care for others above personal success. Ella-Mai is a wonderful example of how our values come to life in everyday actions.





Achievements!

	Star	Star	Value
Class 1	Albie	Nancy	Elijah
Class 2	Teddi	Willow J	Nancy-Lou
Class 3	Joey C	Hunter	Eva A
Class 4	Jayden	Jessica S-R	Eva B

Attendance winners- Class 1, well done!! 🏆🏆

Dates for the diary

- Monday 18th May- Class photos.
- **Friday 22nd May**- Break the Rules Day!
- Friday 22nd May- Break up for half term at 3.15pm.



Places are filling up quickly for our holiday club! If you would like to book your child on for the week or a select number of days for the first week of our Spring Bank holiday, please give us a call in the office or contact Mr. Burton directly on 07722001913 or email him at aimeducation2022@gmail.com

~~School
Rules~~



BREAK THE RULES DAY

Friday 22nd May 2026

Break as many of these rules as you like, but
remember to PAY the price!

50p per rule break

Rules that can be broken:

1. Wear a football shirt
2. Wear trainers
3. Crazy hair (Hair accessories, glitter etc.)
4. Wear nail varnish
5. Bring an unhealthy break time snack
6. Wear a hoodie.

Money to be brought in on the day and given to
class teacher.

Menu

School dinners for week commencing 18th May are:

Monday- Vegetarian Sausage roll, Tomato & Mascarpone Pasta or Jacket Potato

Tuesday- Pulled Pork Burrito, Mac'n' Cheese or Jacket Potato

Wednesday- Roast Chicken, Loaded Potato Wedges or Sandwiches

Thursday- Burger, Pasta & Tomato Sauce or Jacket Potato

Friday- Fish, Pizza or Sandwiches.

Important Information!

This is a gentle reminder that if there is an outstanding balance on your child's school money account, please could you arrange the payments as soon as possible.

We understand that sometimes payments can be overlooked or delayed. If you have already made this payment, please accept our thanks and disregard this message.

If you are experiencing any difficulties or need to discuss a payment plan, please do not hesitate to contact the school office—our staff will be happy to support you confidentially.

Thank you for your continued support.

Parental Advice and Support!

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](https://www.thenationalcollege.com).

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 tea drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and - in extreme cases - even more serious conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

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.

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.

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.

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.

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 healthy 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 conversations 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 Taste4, a sensory food education charity.

#WakeUpWednesday The National College

Source: See full references at https://www.thenationalcollege.com/sites/default/files/2024-04/energy_drinks.pdf

@wake_up_weds | /www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024

We hope you have a lovely weekend!

"I will lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth." Psalm 121 v 1-2