

Cann Hall Primary School

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Sarah Crookes

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Wendy Byrne



Friday 19th April 2024

Dear Parents and Carers,

As always it was lovely to welcome you all back on Monday morning. We hope you had a lovely Easter break and feel refreshed and ready for the busy term ahead.

Here is an overview detailing some of the key topics your children will be learning over the first half of this summer term:

Year	Class Texts	Main Topics
EYFS	Frozen Planet Animals in Cold Places Handa's Surprise	Our Wonderful World – Look how diverse our wonderful world is and how can we help to protect it?
Year 1	The Magic Bojabi Tree Tinga Tinga Tales	Changes in living memory and Edward TingaTinga inspired art.
Year 2	River Story	The Importance of Rivers – comparing the River Thames to the River Nile.
Year 3	A River Ran Wild	Where is Europe? Natural forms and Abstract Art inspired by Picasso.
Year 4	Running Wild Butterfly Lion	Climate change – how are humans affecting climate? Testing the suitability of materials in Design and Technology.
Year 5	Why the Whales Came	The Human Geography of South America – The Amazon Rainforest.
Year 6	The Summer We Turned Green	The Great Pacific Garbage Patch – how do humans affect the planet they live on and what are we doing about it?

Don't forget, if you would like to know what other topics your children will be learning, in every subject this next half term, or indeed across the whole year and future years, you can find our curriculum overview here, [Cann Hall Primary School - Curriculum \(compassps.uk\)](http://Cann Hall Primary School - Curriculum (compassps.uk)).

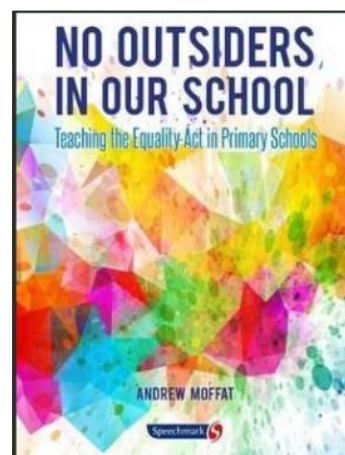
Personal, social, health and economic (PSHE) at Cann Hall

Personal, social, health and economic (PSHE) education it is an important and necessary part of the children's education and can include many areas of study.

As a school, we tailor our PSHE programme to reflect the needs of our pupils. We plan our PSHE schemes of learning to ensure that we equip our pupils with a sound understanding of risk and the knowledge and skills required for them to be able to make safe and informed decisions.

Our PSHE programme builds on the statutory content outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

To enhance our PSHE programme we also use 'No Outsiders in our School', which is a resource that supports the delivery of the objectives outlined in the Equality Act 2010 and the provision of PSHE education for every child. The lessons included in this resource are aimed at EYFS through to Year 6. They promote equality for all sections of the community through a selection of picture books, which sensitively address issues such as ethnicity, gender, ability, religion, sexual orientation, disability, and age. In using this resource, we want to ensure that the children leave our school fully prepared and accepting of living in a community full of difference and diversity.



Year One Trip to Colchester Zoo





The Year One children had a fantastic day at Colchester Zoo on Tuesday, despite the changeable weather. Thank you to the Year One team for organising this trip – which is going to really support the children's learning, over this half term. Thank you to the PTA for supporting with the cost of this trip and finally a huge thank you to those parents, governors, and friends of Cann Hall, who gave up their own time to help on the day. We hope you have warmed up now!

Free Parent/Carer Workshop



Don't forget the free parent/carers workshop, we are offering, here at Cann Hall on Monday 29th April, from 2-2.50pm.

The workshop will focus on helping your child, if they are suffering with anxiety and it will be run by the North East Essex Mental Health Support Team.

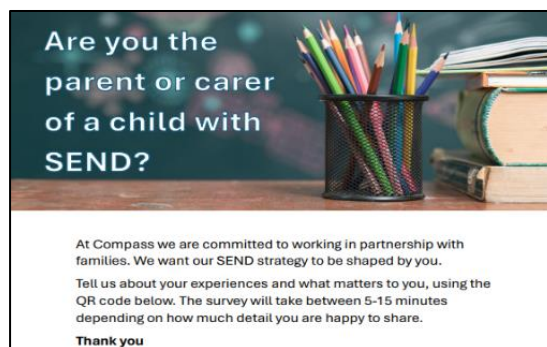
If you would like to attend, or would like any more information, please contact either Mrs McWilliams, our learning mentor on smcfwilliams@compassps.uk, Mrs Innes, our Pastoral Manager on sinnes@compassps.uk or Miss Deal, our SENDCo on ldeal@compassps.uk.

Help us develop our SEND strategy

If you are the parent or carer of a child with SEND, tell us about your experiences and what matters to you, using this link

<https://forms.office.com/e/jbKF415v2S>

Thank you in advance for taking a few minutes to complete this survey.



Free SEND Support for Parents and Carers



The Community & Family Learning Team (ACL) have set up **SEND support for Parents & Carers sessions** commencing in April 2024. These include online sessions as well as face to face.

if you have a child in school diagnosed with a Special Educational Need & Disability. Or if you have child in school who is undiagnosed with a specific need, but there are signs/behaviours to suggest they may have a need, and maybe they are on a long waiting list for diagnosis? Or you are a parent/carers/grandparent who may benefit from meeting up with likeminded adults to share experiences, views, and gain advice. **Find out more information and sign up, using the QR code or by telephoning 0345 603 7635, Initial Teaching Training (ITT) Recruitment Event**

Attendance Update

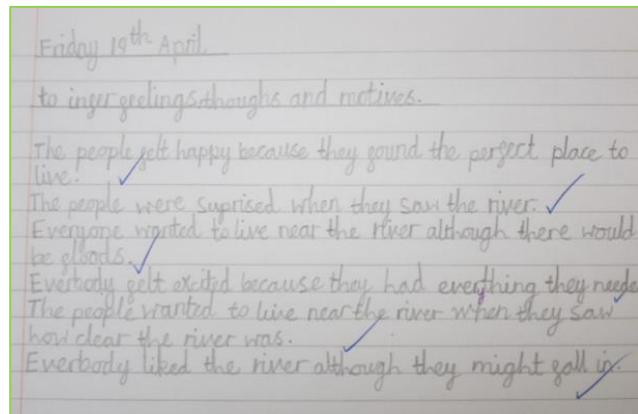


We have maintained our attendance of **94%** again, this week. Let's try to move up to the next rung of the ladder. There is so much fantastic learning planned for this half term, trips, and sporting activities to name a few, it would be such a shame for your child to miss out on any of it.

You will have all received a letter this week regarding your child's attendance. These letters are just to make sure we are keeping you up to date with your child's attendance on a regular basis.

Handwriting Update

This week we are sharing this example of beautiful handwriting from Emily in 3R.



Sports News!




Cann Hall

Alton Park



This week, our netball team played our last league match against Alton Park Junior School.

Another match to be proud of! We dominated the whole game and worked well together to secure our final win.

Our players of the match were George T, Holly B & Jess. The final score was: Cann Hall 14 v 2 Alton Park



Netball Success

Football Star

During the Easter holiday, Louis, in Year 3, was named man of the match for his football team, Holland FC, during a 6-1 win over Brightlingsea. Well done Louis – we're sure this will be one of many trophies and medals to come in the future!





Scaling the Heights



We were sent these brilliant photographs of Eve climbing Snowdon, during the Easter holidays, one on the climb up and one at the summit with a cloudy view. Eve and her family managed the climb of 1085 metres to the summit and down

in 6.5 hours. This was Eve's first mountain climb – wow what an achievement!

What we all need to know about energy drinks



While the short-term benefit of energy drinks can be appealing, we must not ignore the possible health risks. More and more evidence is showing that consuming these drinks on a regular basis can have negative effects on the heart and blood pressure and even cause dependency on these products, to keep users' at a 'normal' level. Even though it is illegal to sell these drinks to under 16s the rise in children and young people using these energy drinks is a concern, increasing the risk of these health issues arising in children, at a time in their lives where such impacts can have greater, longer-lasting consequences.

The full-sized guide, found at the end of this letter, produced by The National College, addresses these possible hazards and gives you lots of helpful information about how to minimise them for children who like the occasional can.

KIDSZONE

At the end of this letter, you will find two posters advertising KIDSZONE's After School & Breakfast Club and their Summer Holiday Club. They have a special offer on, which allows parents 1 day FREE for every 10 days paid in advance so do take a look, if you think this is a service you would be interested in.



Are you interested in becoming a teacher? Do you have a degree?

If so, our local Initial Teaching Training Programme is holding a drop-in coffee morning for those of you who would be interested in finding out more. This event is being held between **10am-12noon on Saturday 27th April @ Tendring Education Centre, Jaywick Lane, Clacton-on-Sea, CO16 8BE.**

Come and join our wonderful team!



We are currently looking to recruit a Midday Assistant (MDA). If you would like to apply for this 10-hour vacancy, please click on this link for more information and the application form;

<https://mynewterm.com/jobs/138911/EDV-2024-CHPS-61050>

A final plea

Thank you to those of you who are working with us to keep our community safe, by not parking on the zigzag or double yellow lines outside the school on Constable Avenue. Unfortunately, we are noticing lots of cars now being parked on the double yellow lines on the corner of Reigate Avenue, which is making it difficult for cars to pull out onto Constable Avenue and see if anyone is crossing. Please make sure you are giving yourself enough time to find somewhere legal and safe to park. Thank you.

Upcoming dates for your diary

22.4.2024: Dental surveys for some year groups

2.5.2024: Cann Hall small hall being used as a polling station – school open but there will be changes to the use of gates.

6.5.2023: Bank holiday

13.5.2024-17.5.2024: KS2 SATs Week (Year 6)

14.5.2024: 11+ Registration opens

16.5.2024: Census Day

21.5.2024: School Discos- Rec, Y1 & 2 15.10-16.10; Y3 & 4 16.20-17.20; Y5 & 6 17.30-18.30

24.5.2024: Whole School Sponsored Laps Event

25.5.2024-2.6.2024: Half term

3.6.2024: Children Return to School

5.6.2024: World Environment Day (Everyone to wear green and a special assembly led by the school council)

10.6.2024: PTA Father's Day pop up shop

17.6.2024: School Photographs

24.6.2024-28.6.2024: Transition week

24.6.2024: Transition story time @2.30pm (teachers move to current class)

25.6.2024: Transition game @2.15pm (children move to new classroom)

26.6.2024: Moving up day, and Year 6 transition to CCHS & CCA, followed by Secondary School Transition Meetings after school

28.6.2024: Sports Day

28.6.2024: 11+ Registration closes

30.6.2024-3.7.2024: Year 6 Residential to PGL Woodbridge

5.7.2024: PTA Summer Fair on the field from 2pm

10.7.2024: Open evening 3.30-5.30pm, then EYFS new parent meeting at 5pm

12.7.2024: Reserve PTA Summer Fair on the field from 2pm (if the weather was poor on 7.7.2023)

15.7.2024-19.7.2024: Activity week including inter-class competitions

15.7.2024: Reports sent home to parents and carers

16.7.2024: Y6 Production Dress Rehearsal to Grandparents at 9.30am



A charitable trust
company number: 10360957

Chief Executive Officer: John Camp OBE

Registered address: C/o Alderwood Primary School, Rainham Close, Eltham, London SE9 2JB

16.7.2024: Y6 Production Early Performance at 3.30pm

17.7.2024: Y6 Production Late Performance at 6.30pm

18.7.2024: Year 6 Party from 16.00-19.00

19.7.2024 @10.00: Year 6 Leavers Assembly

20.7.2024 & 21.7.2024: Non-Pupil Days

Have a lovely weekend.

Kindest regards



Sarah Crookes & Wendy Byrne

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 Walsingham 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



The National College



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KIDZONE

Breakfast and After School Club



CALL: 07535495415

Breakfast Club 7.30am - 9am £4.50

After Schol Club 3pm - 6pm £10

**Holiday Club £20 Half Day £40 Full Day
(Ask About Offers)**



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KidZone

Summer Holiday Club

24th July - 30th August



at Cann Hall School



COME AND JOIN IN THE ACTIVE FUN THIS SUMMER

£20 for Half a Day £40 for Full Day

**Book and pay for 10 Day's IN ADVANCE for just £360!
thats 1 Day completely FREE**

CALL: 07535495415




Chestnut Grove
Kindergarten

Located at Cann Hall Primary School, Constable Avenue, CO16 8DA

THE
COMPASS
PARTNERSHIP OF SCHOOLS

A charitable trust
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