

RL Roundup

Dear Parents and Carers,

It is hard to believe it is already summer term and even harder to believe when we look outside at the weather! We are all excited about the term ahead, there are so many wonderful opportunities and experiences for our pupils to come. We have got lots of visits planned as well as visits to school.

As always at the start of the term we have been talking about 'The Red Lane Way' with our pupils and what it means to be a part of our school community and what is expected. This covers a range of factors from behaviour, attitude, attendance and also learning in the classroom.

As a senior leadership team in school we are always evaluating the school's work and considering how we can make our school and even better place. As part of this we hold regular events throughout the year for parents to come into school whether this is through assemblies, knowledge showcase events, coffee mornings, parent conferences or workshops. We have been seeking parent views on these things throughout the year and are delighted with the positive responses we have received. We are thankful to parents who completed feedback forms during parent conferences but we would like to hear from even more of you and so next week we will be sending home the parent questionnaires for you. If you have already completed one then there is no need to do another but if you haven't then please take the time to return it even if you are very happy with everything we do. It is important we know what parents are pleased with as well as how you think we can be even better. If you prefer to feedback in person then this can be arranged. We know that at times we are delivering difficult messages about attendance, behaviour or learning but we must do this to ensure that our children in school receive the very best education and as school leaders it is our responsibility to do this. I thank you in advance for taking the time to contribute to making Red Lane even better.



Mrs Driver

The Law on Attendance

It is the **legal responsibility of every parent** to make sure their child receives that education either by attendance at a school or by education otherwise than at a school. Where parents decide to have their child registered at school, they have an additional **legal duty to ensure their child attends that school regularly**. This means their child must attend every day that the school is open, except in a small number of allowable circumstances such as being too ill to attend or being given permission for an absence in advance from the school.

How to report a child's absence

- ◆ Call 01204 333580 before 9:30am
- ◆ Select option 1
- ◆ Leave a voicemail if there is no answer with your child's name, class and reason for absence **then press star**.
- ◆ Alternately you can send the office a DOJO message.



Eco Councils Eco Tip:

"When shopping, remember to take your bags for life with you. This will help reduce plastic waste"

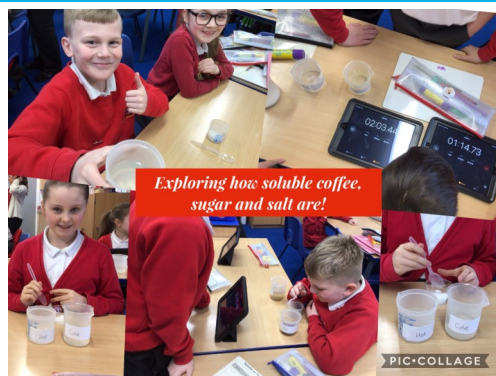




Year 5 have investigated how to separate materials using, sieving, filtering, picking, evaporation, dissolving and magnetism



This week there has been the launch of our Playground Pals. The Playground Activity Leaders (PALs) have undergone a leadership programme to ensure they are equipped with the knowledge to support younger children at lunchtimes.



Year 5 enjoying their scientific investigation, exploring solubility



Miss Phillips is super impressed with our topic homework based on our geography topic of maps



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Diary Dates



End of Year Events

Monday 15th July – Optional Parent Conference
Tuesday 16th July – Transition Day
Wednesday 17th July – Transition Day
Wednesday 17th July – Presentation Evening @ 6.00pm
Friday 19th July – Year 6 Leavers Assembly. Time TBC
Friday 19th July – school closes for summer @ 1.30pm

Sports Day

We plan to hold our sports day on the following days. In the event of bad weather we will look at the weather forecast and schedule a new date.

Tuesday 18th June 9.15am – Rec D & 2.30- Rec J
Wednesday 19th June - KS1@ 9.15am KS2 @10.30am

Class Assemblies Thursdays @3pm

25th April – Rec J
9th May – Rec D
23rd May – 5M
28th June – 5T
4th July – 2F

Fri 19th July – Y6 leavers
Time TBC

Knowledge Showcase

Parents are invited into class between 3.00 and 4.00 so that we can show you our books and talk to you about everything that we have learnt.

Thursday 23rd May 3.30- 4.15pm

*EYFS will receive 'Stay & Play Sessions' separately

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Good time keeping means...

...making sure your child is at school and ready to learn, before the school bell rings!

Did you know? - being 15 minutes late each day is the same as missing **two weeks** of school!*



**Lost minutes =
Lost learning!**



Every Schoolday Counts

but every **minute** is equally important! * Over one full academic year



Do I need to keep my child off school?



Chicken Pox Until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhoea & Vomiting 48 hours from last episode	Glandular Fever No need to stay off but school or nursery should be informed	Hand, foot & mouth No need to stay off but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	Scabies Until after first treatment	Scarlet Fever 24 hours after commencing antibiotics	Slapped Cheek No need to stay off but school or nursery should be informed	Whooping Cough 48 Hours after commencing antibiotics
Flu Until recovered	Head Lice No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis No need to stay off but school or nursery should be informed		

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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.



#WakeUpWednesday

The National College

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

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School Holidays 24/25

September 2024							
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October 2024							
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November 2024							
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February 2025							
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March 2025							
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April 2025							
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May 2025							
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June 2025							
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July 2025							
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August 2025							
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