

# Matthew's C.E (Aided) Primary School and Nursery Centre



*'I can do all things because Christ gives me strength' Philippians 4:13*

## Friday Feature: 10th October 2025



This half-term we are focusing on the Christian Value of Generosity

*'God loves a cheerful giver' 2 Corinthians 9.7*



## Bikeability

### What is Bikeability?

Bikeability cycle training gives children a life skill they will never forget. From basic skills to advanced journeys, we've got your children covered.

Telford & Wrekin Council offers National Standard Bikeability Cycle Training to all schools within the Borough. Bikeability is promoted and supported by Active Travel England and the Bikeability Trust.

Training is delivered by fully qualified, DBS checked instructors where budding cyclists gain the confidence they need to advance their cycling skills and become more independent riders on today's roads. What's more, they'll have bucket loads of fun too!

The Road Safety team offer Level 1 and 2 Bikeability training to all children who can ride a bike without stabilisers in years 5 and 6 in all schools in Telford and Wrekin. This is through funding from the Bikeability Trust and we can even support with the use of bikes and helmets if needed. Our objective is to get as many children Level 2 trained as possible before they transition to secondary school and develop essential life skills.

Has your child missed out on taking part in a course at school? Bikeability courses often run at Telford Bike Hub in Telford Town Park during the school holidays, sessions available to book at [Tickets Telford](https://www.tickets.telford.gov.uk/) or for more information on school holiday sessions email [roadsafety@telford.gov.uk](mailto:roadsafety@telford.gov.uk) or follow @TravelTelford on Facebook.

*"Bikeability is good for your health and safety. We did things like how to do a U turn which we did on the road. We learnt where we should stop on the road if a car was coming. We loved it!" —Maddie & Noah Year 5*

TravelTelford



## Weekly prayer

Dear God,

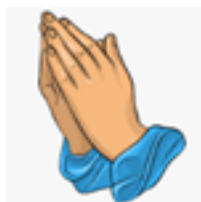
Help us to help our friends if they are lonely or worried or hurt.

Help us to keep our families and friendships together.

Help our families if they are sick or need us to help to do things.

Help us to be kind to our friends and families.

Amen



## Pupils of the Week



Nursery	Connie
R St Francis	Elijah M
1: St Teresa	Leila
1/2: St Nicholas	Bella –Rose
2: St Joseph	Harry
3: St Cecilia	Jessimiel
3/4: St Sophia	Yanis
4: St Kateri	Chloe
5: St Thomas	Jiselle
6: St Padre	Daphne

## Readers of the Week

R :St Francis	Knox
1: St Teresa	Harseerat
1/2: St Nicholas	Phoebe
2: St Joseph	Lillie
3: St Cecilia	Lena
3/4: St Sophia	Cohen
4: St Kateri	Ayla-Grace
5: St Thomas	Evie
6 : St Padre	Amelia J



## Attendance Award

This week the attendance award has gone to St Joseph year 2—



## Applying for Reception or Year 7 Places

Applying for Reception places and Year 7 Places for September 2026

Applications for Reception places and Year 7 places to start in September 2026 are now being taken by Telford and Wrekin Council. [School admissions - Telford & Wrekin Council](#)

Children born between 1 September 2021 and 31 August 2022 will start primary school from September 2026. Parents need to apply for a reception place by **15 January 2026**. Children with an Education, Health and Care Plan (EHCP) must apply by 31 October 2025.

Children born between 1 September 2014 and 31 August 2015 will start secondary school from September 2026. Parents need to apply for a Year 7 place by **31 October 2025**.

## Future Dates

**14 and 15 October**

Parent Consultations—book on the app

**20 October**  
**2.30pm to 3pm**

Mrs Jones class—Teddy Bear's Picnic

**21 October**  
**2.30pm to 3pm**

Miss Blocksidge class—Teddy Bear's Picnic

**22 October**  
**2.30pm to 3pm**

Mrs Hulme class—Teddy Bear's Picnic

**Thurs 23 October**

Wear Pink for Breast Cancer day

**Fri 24 October**

**PD Day**

**Mon 3 November**

Back to school

**10—14 November**

Anti bullying week

**14 November**

Children in Need

**5 December**

Carols by Candlelight

**9 December**  
**11 December**  
**12 December**  
**15 December**  
**16 December**

EYFS Christmas production AM  
KS1 Christmas production PM  
KS1 Christmas production AM  
KS2 Christmas production PM  
KS2 Christmas production AM



## A little ask

Please could all children in Mrs Barfield's class bring a glass jar in next week for our class Christmas fayre project.





# What Parents & Educators Need to Know about ENERGY DRINKS

## 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.

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



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