



Which Week?

This Week: Monday 21st October (Week 2)

Next week: HALF TERM (Sat 26th Oct—Sun 3rd Nov)

Return: Monday 4th October (Week 1)

Inside Kingshurst

GCSE Art Students TATE a Break in London!

Educational visits are an important part of complimenting the learning that has taken place within the classroom and adding a 'cultural capital' to the experience of the students, forming deeper connections to what they have studied and the context of real life. We were therefore delighted when Mrs Moore, Subject Leader for Art, proposed an opportunity for all of our Year 11 GCSE Art students to visit not one, but two galleries in the centre of London—the TATE Modern and TATE Britain.

Given the extended excursion to the capital, the group committed to a full-day of activity, first visiting the TATE Modern and



having some time on the South Bank to have lunch and see some of the sights. They then hopped back on the coach and transitioned a little further around the River Thames to TATE Britain where students had the experience of engaging in some art work of their own whilst inspired by some of the finest collection of British artwork before their return to the Academy for 8pm and no doubt a good night's sleep following a very busy but invigorating day!



B:M2024

DIG DEEPER, LOOK CLOSER, THINK BIGGER

Massive thanks to the History Faculty, and in particular, Ms Shaikh and Mr Whyte for leading on delivering Black History Month assemblies to every one of our College over the course of the last fortnight, something of which we are proud has become a fixture for many years now during this important month on the academic calendar. Further information on Black History Month can be obtained by [CLICKING HERE](#).

MOCK EXAMS

Start
SOON

Year 11 and Year 13 Mock Exams

As the first half term draws to a close, we would like to remind students, parents and carers that our Year 11 and Year 13 students will be commencing their first phase of mock examinations as on the second week of the new half term. These will therefore commence on Monday 11th November and we take place over a two week period.

For clarity, all students will be issued with their own bespoke exam timetable this week, listing all of their specific exams, their location and seat within the exam venue. A letter will also be emailed with full details.

National College: What Parents & Educators Need to Know about Energy Drinks



While the short-term benefits of energy drinks can be attractive, it's not wise to ignore the potential health risks. Consuming these beverages regularly can have negative effects on the heart and blood pressure, and even cause dependency on these products to keep users' energy at a 'normal' level. Factoring in that many shops have issued a voluntary ban on selling these drinks to under-16s, the rise in children and young people using energy drinks is a cause for concern.

This marked increase in young people using highly caffeinated drinks to supplement their energy has heightened 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 guide (on page 2) addresses these possible hazards, letting you know how to minimise them for children and young people who like the occasional can.



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.



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

#WakeUpWednesday®

The National College®