



Which Week?

This Week: Monday 12th Jan (Week 1)

Next Week: Monday 19th Jan (Week 2)

Inside Kingshurst

2026
HAPPY NEW YEAR

New Year, New Extra Curricular Offer

We very much hope that all of our families managed to enjoy the festive break and New Year celebrations.

As 2026 begins, we are delighted to share our extra-curricular programme for the New Year, both on the website and on page 3 of the newsletter. This includes a daily set of activities that take place at either lunchtime or after school.

[CLICK HERE TO GO TO THE NEW EXTRA-CURRICULAR TIMETABLE](#)

Remote Learning Schedule

With an update on the temporary closure ([CLICK HERE](#)) coming through at the end of last term, please find a reminder of the programme of which year group will be away from the academy of which days over the course of January 2026.

Remote Learning information will continue to be communicated directly with parents and carers via text and email the day before their child's year group are away from the academy. In addition to this, all remote learning information can be accessed via the 'Letters Home' section of the Academy website ([CLICK HERE](#)).

The West End Comes to Kingshurst!

Dance Studio (B035) after school. BRING PE KIT.

AUDITIONS

SIX

DANCE AUDITIONS:

Key Stage 4 & 5:
Thursday 8 January

Key Stage 3:
Monday 12 January

VOCAL AUDITIONS:

Year 7 & 8:
Tuesday 13 January

Year 9, 10, 11, 12, & 13:
Wednesday 14 January

Following-on from the success of the festive production of A Christmas Carol, the Performing Arts Team are already looking to kick-off the New Year with two further West End classics of Six The Musical and Annie.

Whereas auditions will take place later this term for Annie, the current attention is on casting our brilliant students into the vocal and dancing roles for Six The Musical. Auditions will be taking place next week, with the one set to take place last Thursday being rearranged shortly after.

DATE	YEAR GROUPS IN	YEAR GROUPS OUT
Mon 5 th Jan	INSET DAY	ALL
Tues 6 th Jan	7, 8, 10, 11, 12 & 13	9
Weds 7 th Jan	7, 9, 10, 11, 12 & 13	8
Thurs 8 th Jan	8, 9, 10, 11, 12 & 13	7
Fri 9 th Jan	7, 8, 9, 11, 12 & 13	10
Mon 12 th Jan	7, 8, 9, 11, 12 & 13	10
Tues 13 th Jan	7, 8, 10, 11, 12 & 13	9
Weds 14 th Jan	7, 9, 10, 11, 12 & 13	8
Thurs 15 th Jan	8, 9, 10, 11, 12 & 13	7
Fri 16 th Jan	8, 9, 10, 11, 12 & 13	7
Mon 19 th Jan	7, 8, 9, 11, 12 & 13	10
Tues 20 th Jan	7, 8, 10, 11, 12 & 13	9
Weds 21 st Jan	7, 9, 10, 11, 12 & 13	8
Thurs 22 nd Jan	8, 9, 10, 11, 12 & 13	7
Fri 23 rd Jan	7, 9, 10, 11, 12 & 13	8
Mon 26 th Jan	7, 8, 9, 11, 12 & 13	10
Tues 27 th Jan	7, 8, 10, 11, 12 & 13	9
Weds 28 th Jan	7, 9, 10, 11, 12 & 13	8
Thurs 29 th Jan	8, 9, 10, 11, 12 & 13	7
Fri 30 th Jan	Trust INSET Day	ALL

Year 11 Progress Review Evening: Thursday 15th January - Communications have already been electronically sent out to parents and carers of Year 11 students to advise them of this Thursday's Progress Review Evening from 4pm to 6.30pm. A link to the letter outlining the arrangements and how to make a booking can be found by clicking on the following link. [CLICK HERE](#)

National Online Safety: What Parents 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. [CLICK HERE](#)

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.

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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Extra-Curricular Timetable 2025-2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7:30am-8:15am		Breakfast Club – Miss Roe - Sports Hall – Year 7 and 8		Breakfast Club – Miss Roe - Sports Hall – Year 7 and 8	
Lunchtime Lunch 1: 12:35pm-1:05pm Lunch 2: 1:35pm-2:05pm	Craft Club – Miss Sevares – Year 7, 9 and 11 – A311 Ethos Team Drop-In – Year 8 and 9 – D021 Football – Tennis Courts - All Years	Careers Drop In – Year 8 and 10 – Mrs Robinson and Mrs Cunningham – D024 and D025 Football – Tennis Courts - All Years	Careers Drop In – Year 7, 9 and 11 – Mrs Robinson and Mrs Cunningham – D024 and D025 Ethos Team Drop-In – Year 7 – D021 Pride Group – Miss Macintosh – Week 1 and 2 – Lunch 1 – Year 7, 9, 11 – A113 Pride Group – Miss Macintosh – Week 1 and Week 2 – Lunch 2 – Year 8 and 10 – A113 Football – Tennis Courts - All Years	Ethos Team Drop-In – Year 11 – D021 Bracelet Making – Mrs Pickard – Year 7 - D216 Chess Club – Mrs Pickard – Year 7 – D216 Football – Tennis Courts - All Years	Ethos Team Drop-In – Year 10 and Post 16 – D021 Football – Tennis Courts - All Years
After School 3:05pm-4:00pm	Drama Club/Show Rehearsals – Year 7 to Year 13 – Miss Foshay and Mr Bradley – Drama Studio - B040 Gymnastics – Miss Roe – Year 7 to Year 11 – Gym Dance – Miss Norris – Year 7 – Dance Studio Girls Football – Year 7 to Year 13 - 3G – BCFC Foundation	Dance – Mr Venson – Year 8 – Dance Studio Football – Mr Shaylor – Year 7 to Year 8 (Boys and Girls) - 3G Badminton – Miss Roe – Year 7 to Year 13 – Sports Hall Handwriting Club – Year 7 to Year 11 – A111 SENDE Creative Movement – Year 7 to Year 13 – Gym - BCFC Foundation Warhammer Club – Mr Urbanas and Mr Nseiri – Year 7 to Year 13 – A027	Staff CPD Choir – Miss Chinn – Year 7 to Year 13 – B124 Basketball – Year 7 to Year 13 – Sports Hall - BCFC Foundation	Dance – Miss Norris – Year 9 – Dance Studio Dance – Mr Venson – Year 10 and 11 – Drama Studio Football – Year 9 to Year 11 - Mr Shaylor and Mr Mutton – 3G Cooking Club – Miss Hartshorne – Year 7 to Year 13 – A101 Dodgeball – Miss Roe – Year 7 and 8 – Gym Rugby – Mr Lohr – Year 7 to Year 9 – Field Pride Group – Miss Macintosh – Year 7 to Year 13 – A113 Creative Writing Club – Year 7 to Year 13 – A206 - Miss Smith and Miss Stone Homework Club – Year 7 to Year 11 – D111 Badminton/Table Tennis – Sports Hall/Gym - BCFC Foundation	Dungeons and Dragons – Mr Rainsford – Year 7 to Year 13 – B039 Offload - Social Club with card games, board games and music – Year 7 to Year 13 - Fishbowl/ B126 – BCFC Foundation Cooking Club – Miss Hartshorne – Year 7 to Year 13 – A101