

29<sup>th</sup> March 2021

## End of term letter – Spring 2021

Dear Parents/Carers,

As we approach the end of this term, I'd like to wish you a happy Easter and share some important updates with you.

### Wednesday 31<sup>st</sup> March

This is the last day of the Spring term and school will end at the usual time for each year group with normal timetabled activities continuing. There will be an extended Learning Family Time in the morning to celebrate pupils' achievements this term.

### School Returns

We start the summer term on Monday 19<sup>th</sup> April. Gates open at 8:30 am and all pupils are on site by 8:40 am.

### Uniform

The vast majority of pupils have met our expectations and this includes being in the correct PE kit. The school feels that allowing pupils to attend in School PE kit is a better option than losing exercise opportunities by having to change in and out of kit, so we intend to continue this arrangement for the foreseeable future. This means that the investment in correct PE kit makes good financial sense.

The majority of pupils also meet expectations in relation to wearing a plain coat and guidance is given where a coat does not meet these. I do appreciate that there can be pressure from children for parents to purchase coats that are mainly fashion items. E.g. Denim, leather jackets, furs. We appreciate that these are a matter of self-expression and are welcome on non-uniform days or in pupils' free time, but they aren't accepted as school uniform. Please visit <https://compass-schools.com/for-parents/uniform-parents/> for information about our uniform requirements. If in doubt, please ask your child's head of year.

### Unhealthy Food and Drinks

Compass School provides a healthy lunch with a range of hot and cold food, breaktime snacks and free fruit.

Our behaviour expectations state:

"Ensure that only healthy snacks (under 100 calories) and drinks are brought onto the school site, such as fruit and water, and that these are consumed during break or lunch time. Fizzy drinks, sweets, chocolates, crisps or any other snacks containing more than 100 calories are not allowed on site."

We have noticed that some pupils are drinking energy drinks before the start at school purchased from local shops. Despite the benefits they are marketed as providing, these are in reality very unhealthy due to the sugar and caffeine content. These can actually leave you feeling more tired and can cause behaviour problems. Mr Flowers (Head of Sport) has put together information to support you and your child to make the right choices regarding how pocket money is spent. This can be found at the end of this letter.



## Key Dates

Term dates for the next academic year, 2021-22, have been published on our website. Visit: <https://compass-schools.com/for-parents/key-dates/>

**Year 7 Parents' Evening** will take place virtually using School Cloud on Monday 26<sup>th</sup>, 4:30 – 7pm.

## Attendance Rewards

A number of rewards are planned for the end of term to celebrate that fantastic attendance we have seen from our students. Students have worked hard to maintain excellent attendance and engagement in physical virtual school. Particular congratulations to the students that have achieved 100% attendance. This is no mean feat and we are very proud of them and their families who have worked hard to make this possible.

## Our Journey

Our termly newsletter will be published during the Easter break. Please look out for this and enjoy the fantastic stories of our pupils' achievements this term.

Yours faithfully,



Marcus Huntley  
**Principal**

## Energy Drinks what do they do and their impact on our body?

What are the common drinks:

- Lucozade
- Red bull
- Monster
- Mountain Dew
- Rockstar
- Relentless
- Boost
- Power Aid

Drink	 Lucozade Energy orange (500ml)	 Redbull (250ml)	 Monster (500ml can)	 Rockstar (500ml can)	 Mountain Dew (330ml bottle)
Caffeine	60mg	80mg	180mg	160mg	56mg
Sugar	62 grams	26g	55g	69g	43g

### What do they do:

They are drinks are supposed to make you feel energised, both mentally and physically. They do this by having certain stimulants in them such as caffeine and sugar to generate the feeling of being physically and mentally alert.

They are sometimes termed as sports drinks, and often try to brand themselves as “healthy” due to links to sports e.g. Lucozade being sponsors of events like the London marathon. But is this really the case?

### How do these drinks give you an artificial physical and mental alertness?

It's down to the ingredients, they all have caffeine as a main ingredient they may also contain sugar and other ingredients such as guarana.

Caffeine is a stimulant for central nervous system, and so it makes you feel more awake and alert.

Guarana is a plant that works in a very similar way to caffeine so it helps to make you more alert and feel less physically tired.

Sugar gets turned into glucose which is your bodies quick energy source. Sugar will give a very quick, and short lasting energy spike for your muscles and brain.

## **What's the problem with energy drinks?**

It's the quantities of each stimulant, see the table below with the amount of caffeine and sugar in each energy drink. **Note quantities will be given as if you had drunk a full can or bottle.**

### **Comparison:**

1 teaspoon of sugar= 4g

1 Starbucks espresso = 80mg of caffeine

### **Caffeine recommendations:**

Current UK guidance suggests adults should not regularly consume more than 400mg of caffeine per day.

Children and adolescence should consume no more than 3mg per kg of body weight

- An average 12 year old should consume no more than 96mg of caffeine per day
- An average 14 year old should consume no more than 150mg of caffeine per day

### **Sugar recommendations:**

UK guidance suggests 30g of sugar per day should be consumed.

Sugar acts as a fast energy hit with a very quick energy low as shown below.

This means that consuming too much sugar will make you feel more tired and have less energy.

Long term too much sugar is linked to health issues such as diabetes and obesity.

### **Energy drinks and health:**

There have been limited studies on the impact of energy drinks on health, but the studies that are currently available suggest that;

- Increased risk of headaches
- Sleeping problems
- Irritability
- Fatigue and tiredness
- Increased risk of obesity
- Dental issues
- Increased risk of nervousness or anxiety

Source:

<https://www.nutrition.org.uk/nutritioninthenews/headlines/childrenenergydrinks.html>

### **So why do athletes use them?**

The simple truth is that athletes are not looking at health in competition or training, they are focused on winning their competition. Some of these energy drinks do provide excellent short term fast energy hits that will help keep them performing to a high level. Don't forget they are taking small sips little and often throughout their tournament to keep a constant low dosage of quick energy.

Remember that athletes have very regimented routines of high intensity training, followed by a few hours of recovery sleep each day after training and will sometimes do multiple training sessions in a day. They also have personalised nutrition plans to ensure they have all the correct nutritional requirements and so will have a very healthy diet.