



Principals Newsletter

BOWER PARK ACADEMY

Friday 19th April 2024

Dear Parent/Carer,

Welcome back to the Summer Term! With Spring finally sprung we can look forward to brighter, longer days ahead. I hope you are all well rested and ready for the busy term ahead!

Uniform Expectations

At Bower Park Academy, we believe that school uniform plays a valuable role in contributing to the ethos of the school which, in turn, sets the tone for learning. A uniform supports positive behaviour for learning and ensures children of all races and backgrounds feel like they belong to one community. It also prepares students for future dress codes in employment. Uniform is also a way to ensure public recognition, and we expect it to be worn with pride. Therefore, full school uniform must be worn when travelling to and from school. We expect all students to follow the uniform policy, and rely on parents for their full support. Any student wearing incorrect uniform and/or items not part of the uniform policy such as false eyelashes/ false nails will be asked to remove them and will receive a detention.

Judo British Schools Championships

Last month, 700 pupils across the country headed to Sheffield to battle it out to be crowned British Schools Judo Champion 2024. The British Schools Championships has been a great development championship for not only developing the next generation of judoka but also referees, officials and coaches. Well done to Emily V, Year 9, for competing in the Championship and your remarkable performance.

Year 10 Mock Exams

Well done to our Year 10 students for completing their Mock exams this week. You have shown real maturity and an exemplary attitude to your studies. These exams are a major milestone in Key Stage 4 and we look forward to discussing the results at Progress Evening on the 15th May.

Year 11 Block D Intervention

Year 11 parents, please find attached a link to the Block D intervention timetable which indicates the subjects, dates and timings of the sessions. These are scheduled until the 8th May. This is targeted programme of intervention, meaning that relevant departments will contact you to inform if your son/daughter is scheduled to attend.

Key Dates for Summer Term 1

Please see below for a list of upcoming events at Bower Park Academy in Summer Term 1.

Parent Coffee Morning	Tuesday 30 th April 2024 at 9am, South Hall
Year 9 DTP and Meningitis ACWY Vaccine	Tuesday 1 st and Wednesday 2 nd May 2024
Bank Holiday Monday- School Closed	Monday 6 th May 2024
Year 8 HPV Vaccination	Thursday 9 th May 2024
Year 10 Progress Evening	Wednesday 15 th May 2024
Year 10 Work Experience Week	Monday 20 th May 2024- Friday 24 th May 2024
May Half-Term	Monday 27 th May 2024- Friday 31 st May 2024

After a busy first week back, have a restful weekend!

Yours faithfully,



Mr E Aylett
Principal

Year 11 – Block D intervention (22nd April – 8th May 2024)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22nd April Maths 3pm – 4pm</p>	<p>23rd April Higher Maths 7.30am-8.30am Science 3pm – 4pm</p>	<p>24th April English morning masterclass (7.30am-8.30am) Foundation Maths (7.30am-8.30am) English targeted sessions (3+/4+) Literature & Language 3pm -4pm Maths targeted intervention (3+/4+) 3pm – 4pm RE 3pm - 4pm</p>	<p>25th April Sociology 7.45am – 8.30pm English 3pm – 4pm</p>	<p>26th April Further Maths 7.30 – 8.30am</p>
<p>29th April Maths 3pm – 4pm</p>	<p>30th April Higher Maths 7.30am-8.30am Science 3pm – 4pm</p>	<p>1st May English morning masterclass (7.30am-8.30am) Foundation Maths (7.30am-8.30am) English targeted sessions (3+/4+) Literature & Language 3pm -4pm Maths targeted intervention (3+/4+) 3pm – 4pm</p>	<p>2nd May Sociology 7.45am – 8.30pm English 3pm – 4pm</p>	<p>3rd May Further Maths 7.30 – 8.30am</p>

		RE 3pm - 4pm		
6th May Bank Holiday	7th May Higher Maths 7.30am-8.30am Science 3pm – 4pm	8th May English morning masterclass (7.30am-8.30am) Foundation Maths (7.30am-8.30am) English targeted sessions (3+/4+) Literature & Language 3pm -4pm Maths targeted intervention (3+/4+) 3pm – 4pm RE 3pm - 4pm	9th May Form exams begin	

Clubs this Summer

Remember, get your club loyalty card signed by your teacher

Politics Club
 with Mr Hilliard
 NS05, Monday after school
 3pm – 3.45pm

Make Up and SFX Club
 with Miss Matthews
 NG03, Tuesday after school
 3pm – 4pm

Novice Dance Club
 with Miss Anderson
 NG06, Monday after school
 3pm – 4pm

Citizenship and Wellbeing Club
 with Mrs Freer
 BG02, Tuesday after school
 3pm -3.45pm

Photography Club
 with Miss Grieveson
 TG04, Tuesday after school
 2.55pm – 3.55pm

Art Club
 with Miss Trombetta
 NG01, Tuesday after school
 2.55pm – 3.55pm

Future Engineers Club
 with Mr Miah/Miss Binni
 TG01, Friday after school
 3pm – 4pm

Intermediate Dance Club
 with Miss Anderson
 NG06, Friday after school
 3pm – 4pm

Revision and Recharge Club
 with Mr Browne
 NG02, every lunchtime
 1.20pm – 1.55pm

Rock School Club
 with Mr Mackenzie
 NG05, Tuesday after school
 3pm – 4pm

'MyPlace' homework Club
 with Miss Till
 Library, Monday, Tuesday,
 Thursday, Friday after school
 2.55pm – 3.55pm

Maths lunchtime Club
 with Mrs Shorter
 SF03, Monday lunchtime
 1.20pm – 1.55pm

Drama Club
 with Mrs Lechmere
 NG04, Thursday after school
 3pm – 4pm

NEW Bible Study Club
 with Ms Adediran and Ms Anderson
 NG06, Wednesday lunchtime
 1.20pm – 1.55pm

Open Library
 with Mrs Smith
 Library, every lunchtime

Stronger Together Club
 with Miss Grieveson
 TG04, Friday after school
 2.55pm – 3.40pm

Maths afterschool Club
 with Mrs Shorter
 SF03, Monday afterschool
 3pm – 3.45pm

KS3 Gardening Club
 with Mrs Davis
 School Gardens, Tuesday and
 Friday lunchtime
 1.20pm – 1.55pm

Science Club
 with Miss Pankhania
 SG04, Thursday after school
 3pm – 3.45pm

Daily Prayer
 with Mr Ahmed
 NF01, every lunchtime

Hair Braiding Club
 with Mrs Joseph
 NG03, Friday after school
 2.55pm – 4pm

*Go to PE at 2.55pm and get
 changed for all sporting clubs.
 3.10pm start*

PE Rounders Club
 Tuesday and Friday after school

PE Athletics Club
 Monday after school

Weekly Prayer
 with Mr Ahmed
 NF01, every Friday lunchtime

PE Table Tennis Club
 Friday after school

PE Cricket Club
 Thursday after school

Regularly attending clubs? Get your red pin from Mr Browne

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

Autism 'cure' misinformation



Have you heard about a new doctor coming from overseas in April offering to cure children of their autism?

Please be aware that there is no known cure to autism currently and this dangerous claim could pose very serious problems for vulnerable children while also creating financial problems for parents/carers.

If you hear or experience this issue, you can report this confidentially by contacting Newham's Multi-Agency Safeguarding Hub by calling **0203 373 4600**.

If you require any advice, please scan the QR code which provides useful information on Autism.



Do you need free translation?

radução? tradução?
¿traducción? tłumaczeni
itumq? اترجموا | অনুবাদ
urjumaad? asekyere?

020 3376 8182
Code: 2452319



JPL WARRIORS

U14s Trials

2024/2025



Current school years 7s & 8s

Trials Every Thursday in April

Venue: Stepney Green 3G Astro

Time: 6pm - 7:30pm



WARRIORS

SCAN HERE



- 2 Year Guarantee
- Elite Pathway
- Personal Development Plan
- Yearly Football Tour
- Team Socials
- Home Games in East London

www.vickyparkrangersfc.com

Thames Chase Fun Run



Sunday, 12 May 2024

10am – 3pm

Arrive from 10am - Fun Run begins at 11am - Distance 1.8miles

Walk, run, jog or dance your way around! Come and take part in the Thames Chase Community Forest Fun Run. Walk around Thames Chase and help raise money for the charity. Enjoy the beautiful landscape, dress up in your best fancy dress costume and receive a medal at the end of the event.

Entries are a £4 donation each

Please book via the Thames Chase Visitor Centre: 01708 642970 or via Ticket Tailor
We will also have a variety of stalls to enjoy, as well as the Forest Centre Tearoom being open for refreshments.

This event is suitable for all ages and abilities and is taking place on the accessible Forestry England paths suitable for buggies and wheelchairs, dogs on leads are welcome.

For more information call 01708 642970 or visit the Thames Chase Forest Centre, Pike Lane, Upminster RM14 3NS.
Email: enquiries@thameschase.org.uk
Website: www.thameschase.org.uk
Thames Chase: Charity no. 1115627 Company no. 5687558.