



What's On Camstradden?

Week beginning: 26th January 2026



Fuel Zone - Week 1

- See QR code for menu choices



Monday: PE Day for: P1A, P1B, P2, P4, P5/4

- Football Champions Group - 1:15-2:45pm
- DHS Sports Leaders working with groups from P6/5, P7/6 and P.7
- Soccer 4 working with P.4 and P5/4
- P5 Swimming – Don't forget your towel, trunks or costume!

Tuesday: PE Day for: P2, P3, P3/2, P5, P6/5, P7/6

- Kyla, sports coach in school
- Tracy, Play Therapist in school
- Lee, Family Support Worker in school



Wednesday: PE Day for: P3, P3/2, P5/4

- Tracy, Play Therapist in school
- Lee, Family Support Worker in school
- P1-P7 Scots Showcase performances at 9.30am & 2pm. Use links in email to get tickets.
- Creative Café –Parent & Child Club- All welcome! -3pm



Thursday: PE Day for: P1A, P1B, P5, P6/5, P7/6, P7

- Kyla, sports coach in school
- LifeLink 1:1 Counselling in school
- Parent ESOL Group -2pm

Friday: PE Day for: - P4, P7/6

- Whole-school assembly
- P5/4 Showcase Assembly- 9:15am- P5/4 Parents welcome!
- Bagel Friday for P1-3
- Clyde College Parent Course- Massage & Aromatherapy- 12:45pm



A wee heads up...

Scots Showcase- Get yer tickets noo!

All of the classes (P1-P7) have been learning about Scots Language. Please join us for a showcase of Scottish poems and songs on Wednesday 28th January. There will be a 9:30am and 2pm performance. Tickets will be allocated on a first-come basis. Please book via the links attached to this weekly email. We look forward to seeing you there!

P7 Prom- Please check the School Calendar on slide 4 for confirmed date!

Energy Drinks-To support health and wellbeing, children are encouraged to bring water to school. Energy drinks are **not permitted** in school due to high caffeine and sugar levels which can impact concentration, physical health and readiness to learn. We have included more information on the next slide.



What's On Camstradden?

After School and Lunchtime Clubs

Term 3 – Starting Week beginning: 19th January 2026



Monday

Lunch Time

- P5-7 - Girls Football – Mr Reid
- P6-7 – Bluebell Room Lunch Club

After School (3pm-4pm)

- P4-7 - Dance - Mrs Douglas
- P1-3 – Board Games Club – Mr Imrie

Tuesday

Lunch Time

- P6 & P7 - Girls Netball - Kyla

After School (3pm-4pm)

- DHS Dance After-School Club
- P3-5 - Dance Club - Coach

Wednesday

Lunch Time

- P4-P7 - Choir - Mrs Copeland

After School (3pm-4pm)

- P2-3 - Mini Kickers – Coach
- P3-5 – Cheer Leading Club – Miss Gallacher
- Creative Cafe parent and child group

Thursday

Lunch Time

- P3-5 – Bluebell Room Lunch Club

After School (3pm-4pm)

- P6-7 – Rugby - Coach
- P6-7 – Athletics - Coach
- P5-7 - Football - Coach

Friday

Lunch Time

- P5-7 - Running Club – Mrs Copeland
- P5-7 - Mixed Football – Mr Reid

ENERGY DRINKS AND YOUNG PEOPLE

WHAT IS AN ENERGY DRINK?

Energy drinks typically include ingredients to help 'boost energy' including sugar, caffeine, taurine and ginseng.

Zero' or 'Diet' versions use sweeteners to reduce the calorie content, but maintain high levels of caffeine.

ENERGY DRINKS EFFECTS

PHYSICAL EFFECTS

Increased blood pressure, sleep disturbances, headaches and stomach aches, as well as injuries from hyperactivity.

MENTAL EFFECTS

Energy drinks can effect mental health and effects include sensation-seeking behaviour, self-destructive behaviour, insomnia, problems with behavioural regulation and poor lifestyle behaviours, such as poor diet.



AMOUNT OF CAFFEINE IN ENERGY DRINKS



Typically energy drinks in the UK will contain 32mg of caffeine per 100ml. A small can (250ml) will contain 80mg and a large can (500ml) will contain 160mg of caffeine nearly the same as 2 cups of coffee.

READ THE LABELS

By law in the UK drinks that contain high levels of caffeine must include a warning on their labels:

"Not suitable for children, pregnant women and persons sensitive to caffeine."

HOW MUCH IS TOO MUCH?

Energy drinks are not recommended for under 16's.

The maximum safe amount of caffeine for children is 3mg/kg of bodyweight per day.

To work this out multiply weight in kilograms (kgs) with 3.

An Average 10 year old is around 30kg (4st 10lbs) therefore $30 \times 3\text{mg} = 90\text{mg}$ of caffeine is the maximum safe amount of caffeine per day.

A large energy drink (500ml can) typically contains 160mg of caffeine, nearly double the maximum safe amount for a 10 year old!



ENERGY DRINKS, BONES AND TEETH



Childhood is when our bones grow the most and it is important to maximise their growth for bone health later in life. Caffeine can interfere with calcium absorption and therefore potentially effect bone health and increase risk of bone issues later in life.



The sugar contained in some energy drinks can also contribute to increased risk of tooth decay.



HEALTHY DRINK OPTIONS

Drink plenty of water. Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.

Drink semi-skimmed, 1% fat or skimmed milk Milk is a good source of calcium, which helps build and maintain healthy bones. Milk also contains protein, vitamins, minerals, and does not cause tooth decay.





SCHOOL CALENDAR 2025-2026



AUGUST

- Pupils Return- Thur 14th
- School Photos- Wed 27th

SEPTEMBER

- Drumchapel High- Open Evening- P6&7 Parents - Mon 8th
- HOLIDAY- Fri 26th & Mon 29th

OCTOBER

- Anti -Racism- Wear Red- Thur 9th
- HOLIDAY-Fri 10th-Fri 17th
- PC Bingo Night- Fri 24th
- PC Halloween Disco- Thur 30th
- Class Halloween Parties- Fri 31st

NOVEMBER

- Parent's Night- Tue 11th & Thur 20th
- Children in Need- Fri 14th
- Dentist Fluoride Visit P1-4 - 25th & 26th

DECEMBER

- Flu Vaccination - Fri 5th
- Christmas Fair- Thur 11th
- Nativity- Tue 16th & Wed 17th
- Class Parties- Wed 17th & Thur 18th
- Panto-Fri 19th
- Schools Close- Fri 19th @ 2:30pm

JANUARY

- Pupils Return-Mon 5th

FEBRUARY

- HOLIDAY-Mon 16th- Wed 18th

MARCH

- Parent's Night- Tue 3rd & Thur 12th
- World Book Day- Thur 5th
- P7 Residential Trip- Tue 17th - Fri 20th
- Red Nose Day-Fri 20th- Wear something **RED**!

APRIL

- Schools Close- Thur 2nd @2:30pm
- HOLIDAY- Fri 3rd-Fri 17th
- Pupils Return-Mon 20th

MAY

- HOLIDAY-Mon 4th
- HOLIDAY-Thur 7th
- HOLIDAY-Fri 22nd-Mon 25th
- Sport's Day- tbc.

JUNE

- P7 Prom - Thurs 18th
- Prize Giving & Graduation- Wed 24th
- Schools Close- Thur 25th @1:00pm

More dates will be added as events are confirmed