

What's on at Lawmuir?

Week Beginning 22nd April 2024

Lunch Menu
Week 2

Monday 22nd April

- Breakfast Club 8.30am

Tuesday 23rd April

- Breakfast Club 8.30am
- Mrs Kirkhope – LTA Training

Wednesday 24th April

- Breakfast Club 8.30am
- **Children & Young Peoples Commissioner visiting**
- P7 Group - Moving On Project – Bellshill Academy
- Miss Hurst - SECI Training

Thursday 25th April

- Breakfast Club 8.30am
- Miss Hurst – Cluster Meeting
- **R9 VE Day Celebration**

Friday 26th April

- Breakfast Club 8.30am
- Whole School Assembly
- P6 Group – Enhanced Transition Bellshill Academy

Dates for Your Diary

April

Wednesday 24th April – Children & Young Peoples Commissioner visiting

Thursday 25th April - R9 VE Day Celebration – Parents Invited

Tuesday 30th April - New Build class sessions

May

Wednesday 1st May – P7 Wear Yellow Walk

Thursday 2nd May – Inservice Day – Pupils not in school

Friday 3rd May – R5 & R6 Assembly for Parents

Monday 6th May – Holiday – School Closed

Friday 24th May – Monday 27th May – Holiday – School Closed

Tuesday 28th – 30th May – Rookie Rockstar Sessions

Friday 7th June – Soccer Aid Fundraiser

Thursday 20th June – P7 Leavers Assembly 2pm

Friday 21st June – P7 Gradfest pm

Wednesday 26th June – School Closes for Summer at 1pm



Be Safe - Be successful - Be Sensible - Be Smart

HT Award Winners 19th April 2024



Class of the Week
10
House of the Week
Nevis
Line of the Week
9



Be Safe

Be successful

Be Sensible

Be Smart

R5 & R6 Glasgow Trip

R5 & R6 had a very successful day on their class outing.

They loved being on the open top bus and learning about

Glasgow's history. We enjoyed hopping off for a play at

Glasgow Green, Kelvingrove and the Riverside Museum.

Everyone commented on what a credit to our school they were.





P7 VE Day Celebration

Lawmuir Primary School

Thursday 25th April 2024

2pm – 3pm

Tickets £2.50 each

(Refreshments will be served)

Bring & Buy Sale

The Bring & Buy Sale Room 9 organised was a great success and raised £350 for graduation funds. Thank you so much to everyone who supported this event.



New Intake 2024

09/05/24 – 13.45 – 14.45

Parent & Carer information session in the hall. Children with P1 teachers in R1 & R2.

16/05/24 – 11.15-11.45

Children plus one parent/carer for school lunch.

30/05/24 – 13.45 – 14.45

Children with P1 teachers in R1 & R2.

13/06/24 – 13.45 – 14.45

Children with P1 teachers for Teddy Bears Picnic

Childrens Rights UNCRC

The Children and Young People's Commissioner of Scotland Nicola Killean is visiting Lawmuir on Wednesday the 24th of April between 10am and 1pm.

Look out for the photos on Twitter!



Changes to Pick Ups

Please try to advise your child where they should go or who is picking them up in the morning before school. Should this change please let us know as soon as possible and preferably before lunchtime. Please keep phone calls to the office after this time to a minimum and only in an emergency situation where you will be held up etc. Sometimes we only have one member of staff in the office and it is very difficult to get multiple messages to multiple pupils at the last minute. Thanks for your co-operation.

Snacks

Please send children with only a small snack for playtime. This is only a 15 minute break and some snacks aren't able to be eaten in the time or children are having no time to play. We try to promote a healthy lifestyle so a piece of fruit and a small drink is perfect!

R7 Parents Appointments

These are being rescheduled this week. If you haven't already done so please call the school office to make an alternative appointment as soon as possible.

These are available Thursday and Friday next week.

Stanley Cups

Please do not send your child to school with Stanley Cups. These are large, heavy and take up a lot of space on desks and tables. They are ceramic and may smash when dropped. They are also impractical for school and get in the way of learning. They are not safe to take to the playground.

Please send a normal drinks bottle to school instead of Stanley Cups or equivalent. Thank you for your co-operation.



Nut Free School

Please remember we are a nut free school and products containing nuts including Nutella shouldn't be brought into school at any time. Many Thanks.





Room 5 & 6 Class Assembly

We invite you to come along and see our showcase of our learning all about 'Glasgow'



FRIDAY | MAY 03 | 02:30 P.M.

ASSEMBLY HALL,
LAWMUIR PRIMARY SCHOOL



WE HOPE YOU CAN MAKE IT!

What Parents & Educators Need to Know about ENERGY DRINKS

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.

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.

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.

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.

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 TasteEd, a sensory food education charity.



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