

Dear Parents/Carers, Governors and Friends,

Stephen Lawrence Day

This week, our school community remembered the life of Stephen Lawrence and the work of his mother, Baroness Lawrence, in her fight not only for justice for her son – but for all of our children to live without fear of racism, injustice or without hope.

As part of our value of 'Reflection' this month, three questions were asked:

Where have we been?

Where are we now?

Where do we want to be?



These questions are not only for us as individuals, but also for our community and wider society.

We thought about the 9 Protected Characteristics and would like to encourage you to continue these conversations at home.

Ultimately, we want a society that is fair and just, so that we can all feel safe, valued and respected. In school, we will continue the conversation about the protected characteristics as part of celebrating the aspects of who we are that make us unique, but also protect us legally from being discriminated against.

Our Family homework project this month (page 8) will give you the chance to continue these conversations at home. As usual, there are options and lots of opportunity to be creative! We look forward, as always, to seeing what you come up with.

Parent forum

Thanks to the parents who were able to join us – good turn out! We discussed reading (including the 'word millionaire' award), the school street and the upcoming RSE meetings for parents. It was a very constructive session. The next one is on Wed 5th June.

Safeguarding Update – Energy Drinks

Close to a third of children in the UK consume energy drinks at least once every week.

While these high-caffeine drinks might be touted as a shortcut to a boost in focus and productivity, even a moderate intake can lead to significant impacts on the heart, sleeping patterns and mental wellbeing as well as possible long-term dependency to keep users at a 'normal' level. With celebrity spokespeople, colourful branding and the potential added element of peer pressure, it's unsurprising that young people are sometimes drawn to these products, often unaware of the potential negative impact they might be having on mind and body. It's illegal for shops to sell these products to under-16s and therefore the rise in children using energy drinks is a cause for concern. Please look at the **guide** on page 4 which explains the hazards in more detail. Parents are encouraged to read through this with their children.

Attendance for week beginning 22nd April 2024

Ash 85.2%	1B 90%	2G 96.4%	3F 94.7%	4A 94.6%	5G 90.7%	6C 97.6%
Birch 91.2%	1G 93.7%	2C 89.6%	3S 89.3%	4L 96.3%	5H 95.7%	6D 94.1%
Oak 95.4%	1S 94.8%	2F 92.3%	3H 98.5%	4T 95.4%	5W 91.4%	6F 91.7%

Well done to **Oak, 2G, 3H, 4L, 4T, 5H** and **6C** with attendance above 95%.

Overall attendance since September 2023: **93.26%**

Who had 100% in the Spring term?

Turn to the last page to find out!

SCHOOL YEAR 2023/2024 – upcoming dates



DATE	YEAR	EVENT
Thu 2 nd May		School used as polling station – school remains open
Mon 6 th May	all	May Bank Holiday – school closed
Tue 7 th May	all	School Street operational
Tue 7 th – Thu 9 th May	all	RSE meetings for parents/carers – see page 6
Thu 23 rd May	Y6	3:30pm Year 6 residential meeting
27/05/24 – 31/05/24	all	Summer Half Term Break – school closed
Wed 5 th June	all	Parent Forum 8:55am in Community Room
Mon 10 th June	Y1-6	M&M Theatre production The Railway Children
Mon 17 th June	all	INSET DAY – School Closed
Mon 24 – Wed 26 June	Y6	Residential Visit
Thu 11 th July	Y2	Seaside visit
Fri 12 th July	KS1 & KS2	Sports Day & Picnic
Tue 16 th July	all	Summer celebration & PoW Carnival Parade
Thu 18 th July	Y6	Year 6 Disco
Mon 22 nd July	all	Parents' Evening
Tue 23 rd July	Nursery all	Final School Day for Nursery Year group end of term celebrations
Wed 24 th July	Y6 all	Year 6 Leavers assembly 11am Half Day - finish at 1:30pm

**journeys
& places**

Road closed to
motor traffic

School Street

**Prince of Wales
Primary School**

Monday to Friday
During term time only
8.30am to 9.00am
3.00pm to 3.30pm

Residents who live within
the zone are eligible for
an exemption

Find out about healthier and safer streets
journeysandplaces.enfield.gov.uk/schoolstreets



In March we focus on REFLECTION

These pupils received a certificate this week:

Bethany 1B, Klea 1G, Thomas 1S, Thijash 2C, Ruzgar 2F, Jasmin 2G, Dumebi 3F, Sena 3H, Alicia 3S, Emily 4A, Cristiano 4L, Khelyon 4T, Junior 5G, Wassim 5H, Selin 5W, Alessandro 6C, Maxwell 6D & Hatib 6F



Outstanding
UPSTANDER behaviour

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.



#WakeUpWednesday

The National College

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

NETBALL

The Prince of Wales Netball team played their final tournament on Tuesday 23rd April. We played in two matches with a friendly on the end. The first match was against Forty Hill and we played brilliantly with lots of team work and fast paced feet carrying us around the court, the final score was 5-3 to Forty Hill.

Our second match was against St James, a school with numerous players who play in borough Netball squads yet we managed to have a great match, the final score was 7-0 to St James but our team remained in high spirits throughout.

Even though our tournament is complete, POW will be hosting some friendly Netball matches against local teams to keep practicing our playing.

We have had a fantastic season with different children playing in the different tournaments all year.

A huge well done to all of those children who have played in our tournaments! A massive thank you to all the parents and staff who have supported us throughout - cheering us on and driving children to off-site matches, we couldn't have done it without you!

Miss Cross – PE Lead



April 2024

Dear Parents and Carers,

RSE: Teaching of RSE

Relationships and Sex Education (RSE), along with Health Education, is a statutory requirement of the PSHE curriculum. The key purpose of RSE and Health Education, as stated by the DfE, is to provide pupils with the knowledge and skills to create informed decisions about their health and develop positive relationships in order to pursue a happy and successful adult life.

At Prince of Wales Primary School, we teach RSE through a scheme of work called The Christopher Winter Project (CWP), which contains age-appropriate materials for each year group. This ensures that we are fully compliant with the statutory duties stated in the National Curriculum for Science and RSE. We ensure that the pupils receive high-quality teaching of RSE in an age-appropriate manner.

I would very much welcome parents and carers to attend a meeting before we begin teaching RSE next half term. During this, I will share what will be taught in each year group, as well as explaining how it will be taught. You will also have the opportunity to ask any questions that you may have.

Please find below the date and time of each meeting.

Year Groups	Date	Time & Location
Years 1 & 2	Tuesday 7 th May	8.50am Community Room
Years 3 & 4	Wednesday 8 th May	8.50am Community Room
Years 5 & 6	Thursday 9 th May	8.50am Community Room

You may also wish to read the policy for RSE, which can be found on the school website at [RSE-Relationship-Sex-Education-Policy.pdf \(princeofwales.enfield.sch.uk\)](https://www.princeofwales.enfield.sch.uk/rse-Relationship-Sex-Education-Policy.pdf).

If you would like to raise any specific concerns or if you have questions regarding what your child is going to learn, please get in touch with the school office at office@princeofwales.enfield.sch.uk before Friday 3rd May.

Yours sincerely,

K. Stylli **PSHE Lead**



In July, the Olympics are being held in Paris and to celebrate the year of the Olympics, Prince of Wales are going to have a competition to travel virtually around the world from Athens to Paris.

Every class has their own unique team name and children can log activities they do at home which are transferred into kilometres to travel around the world!



To log an activity:

- Go to getset.co.uk
- Click on Path to Paris
- **Scroll down** and click 'Log activity'
- Type in our school's pin: 1734
- Pick your classes team name
- Log your activity



Find your Path to Paris team

Enter your unique PIN

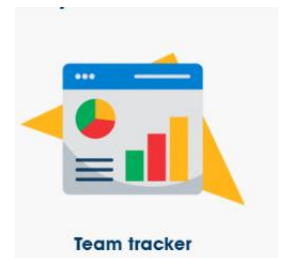
Remember me

Remember to sign out afterwards if you're using a shared computer, for example in a library or school.

Every time you log an activity you will see the progress your class has made to travel the 65000km around the world to Paris.

You can check your team's progress at any time by clicking on 'Team tracker'.

There will be a prize for the class who reaches Paris first so start logging your activities now! See you at the finish line!



Miss Cross – PE Lead



April and May Family Home-learning Project

Our school value for the months of April and May is Reflection. This word can mean lots of things to different people. Reflecting is about taking a moment to pause, to look back, to consider something about ourselves, others or the world around us. Reflecting can allow us to make decisions or plan next steps; to take action. It can also help us to find out who we are and who we want to be, whilst thinking about where we started or came from.



It is up to you whether you choose to focus on reflecting on yourself or the world around you. Below are some suggestions of activities you could try to help you focus on our value of Reflection.

Suggested activities to help you reflect on yourself:

- Keep a daily diary or journal. Think about something positive from the day and perhaps something you found challenging.
- Practice mindfulness activities like colouring in, quiet walks in nature through a local park,
- Write a poem about yourself and the things you love the most about who you are. It could be an acrostic poem (each line starts with a letter from your name)
- Create a self-portrait. Spend time looking at yourself in the mirror. If you can, look back at old photographs of yourself. How has your appearance changed?

Suggested activities to help you reflect on others or the world around you and think about/act to make a difference:

- Find out about a local charity. What work do they do? Who are they helping? How can you help to raise awareness, or funds, for the charity?
- What national or global charities do you know that are working towards a better world? Talk to your family about a charity that you would like to support and think about how you could do this.
- Look into the 'Protected Characteristics'. How can we make sure everyone is treated fairly and gets what they need, no matter who they are?
- Reflect on the diversity of our school and local community. How could you represent this through art, poetry or music?



Share your Reflection projects with us by the **24th May**

Bookmaker like me workshop!

Reading for pleasure will always be a priority at Prince of Wales. On Tuesday 16th April, 30 children travelled to the Discover Story Centre in Stratford for a special workshop with two professional authors. First, we heard from Joseph Coelho, the current Waterstones Children's Laureate. He talked about his journey to becoming an author and using many of his own experiences growing up. He performed one of his poems and gave lots of advice for writing different styles of poems. Afterwards, we heard from new author, Venessa Taylor. She also talked about her journey to becoming an author.



This opportunity was very popular and lots of children in years 4 and 5 wrote brilliant letters to persuade me that they should receive a space on the trip. It was amazing to read ALL of the letters and the decisions was very difficult. We will continue to look for similar workshops in the future.

For now, for those members of our school community who are interested in being an author in the future, the advice from Joseph Coelho was clear. It took him nearly 10 years to become a published author and he received many knock backs in the early days when he first began sending stories to different publishing houses – but he never gave up! His resilience and creativity eventually earned him the success he has today. In his words, “If you want to be a writer, you have to

write”. Don't stop. Write down your ideas and enjoy finding and exploring new books and stories.

If you are looking for another way to engage your children in stories or a paid activity to do at the weekend, do take a look at the website for the Discover Story Centre in Stratford. It is 20 minutes away from Enfield Lock station and there are frequent interactive exhibitions and story telling sessions. The space encourages brilliant use of language and is a great day out. <https://discover.org.uk/>



Ms Knightley – English Lead

County Lines Community Event

County Lines affects school communities across the country including (sadly) Prince of Wales' and is not limited to schools in 'deprived' or inner-city areas. Protect your family by ensuring you are adequately informed.

Exodus Youth Worx UK will be part of a free local event hosted by Leo Powell to educate and raise awareness on County Lines on Saturday 4th May from 10:30-13:30 at Wilbury Primary School, Edmonton N18 1DE.

Leo Powell is one of the UK's leading County Lines Educators, demonstrating a wealth of knowledge and expertise in the area of gangs, grooming, exploitation and more.

Below is a snapshot of what will be covered in the training session:

- What County Lines is
- The phone lines
- The homes
- County Lines slang
- Cuckooing
- Why County Lines has come to such prominence
- The profit
- Statistics
- Modern Slavery
- National Referral Mechanism
- Exploitation (Child Criminal Exploitation and Child Sexual Exploitation)
- The different types of grooming
- Demographic of those targeted
- Gangs and the link to County Lines
- Barriers to engagement with young people
- How to spot the signs
- What parents can do
- How parents can report County Lines
- How young people can report County Lines

Also in attendance:

- Jules Trompowsky - North London and West London Rescue and Response Coordinator
- Sabrina Hewitt - Exploitation and County Lines Specialist
- Tara Hanna - Director at Exodus Youth Worx UK

Whether you're a parent, carer or a practitioner, everyone is welcome to attend!

This event will raise awareness and education on County Lines, which will include how our children and young people are being groomed and exploited, and also the signs to look out for and loads more!

This event is free and local in Edmonton. Use this link to book a place:

<https://www.ticketsource.co.uk/leo-powell/t-eavxaov>



The poster features the Leo Powell logo (a stylized 'LP' in a circle) and the text 'LEO POWELL' in the top left. The main title 'COUNTY LINES COMMUNITY EVENT' is in large, bold, white letters. Below it, the date and time 'SAT 4TH MAY 10AM TO 1:30PM' are displayed. A call to action reads 'BOOK YOUR FREE TICKET LIMITED SPACES AVAILABLE'. At the bottom, there are four small portrait photos of speakers: a man and three women. The website 'www.leopowell.co.uk' is at the bottom.













Back to School for the Summer Term!

As the clocks have moved forward recently and the warmer and lighter evenings have arrived, your child's sleep pattern may have been disrupted. A daily routine is important and will support good sleep hygiene (sleep routine).



Quality Sleep for Children is Important.

Sleep Hygiene; tips for a good night's sleep:-

-  Exercise – this could be a walk home from school or a trip to the park.
-  Tidy toys before dinner – to limit stimulation and encourage winding down.
-  Dinner - Aiming for the same time each evening helps to build a routine.
-  Slow things down after dinner – Relaxing activities (like reading/looking at books)
– No physical exercise in the hour before bed.
-  No sugary snacks before bed – Avoid fizzy drinks, chocolate, sweets, crisps etc.
-  Limit drinks an hour before bed – to avoid night-time accidents and promote uninterrupted sleep.
-  No devices! Switch off tablets/phones 1hour before bedtime to minimise stimulating blue light.
-  Bedroom environment – Minimise distractions. Check noise levels, temperature, lighting; blackout blinds, nightlight. No toys out.
-  Create a bedtime routine to stick to – e.g., bathroom, pyjamas, clean teeth, story time.
-  Lights out at a set time each night, or have night light in hallway.

If you would like any more advice, please contact the Enfield School Nursing Team on:
0203 9887300 (option 2) or email us at northmid.cedarsn@nhs.net.

Housing conferences

for council tenants and leaseholders

my **HOME**

Have your say and
learn more about
everything to do
with your home

Tenants' Conference:
Saturday 15th June 2024 - time 11am to 3pm

Leaseholders' Conference:
Saturday 6th July 2024 - time 11am to 3pm

FREE LUNCH
FREE PRIZE DRAW

Oasis Academy Hadley
South Street,
Ponders End,
EN3 4PX

To book a place at either conference please email:
myhome@enfield.gov.uk or call 020 8132 0799

For more details visit:
www.enfield.gov.uk/councilhousing



Schools, Parenting and Child Development: Introduction to SEND

Where: Online
When: 03.05.24 – 21.06.24
How Long: 7 sessions
Time: 9:30am – 11:30am
Reference: Q00014434
Cost: Free to £51.80

This short course will introduce you to what is meant by special educational needs and disabilities (SEND). The course will provide an initial understanding of the spectrum of autistic disorders and how they can affect people in a variety of ways, as well as exploring the importance of a person-centred approach to provide support. It's important to be aware of the range of special needs you can encounter when dealing with others. Special needs education courses can help you understand what to expect and how to support all learning needs.

Start your journey today



Find out more:

Simply visit [thewea.info/
findmycourse](http://thewea.info/findmycourse) or call 01132 002194

WEA Adult Learning
Within Reach



Scan this QR code to book online,
using a smartphone or tablet.

If you receive certain benefits you may be entitled to a free course.

The WEA is a charity registered in England and Wales
(no. 1112775) and in Scotland (no. SC039239).

Amazing, 137 children achieved 100% attendance for the Spring Term

Year 1	Year 2	Year 3	Year 4	YEAR 5	Year 6
Elijah	Kaya	Lena	Vladislav	Oyku	Angello
Nahum	Sofiat	Dumebi	Destiny	Cameron-Kaan	Tyler
Kiara	Ava	Emeent	Oscar	Agnes	Yamin
Olek	Aliyar	Janelle	Imran	Phoebe	Ela
Aaliyah	Inna	Antonia	Aaliya	Neda	Sadia
Jasmine	Esmae	Sena	Hanan	Gabriela	Constance
Phoebe	Gabriella	Lara	Amelia	Halil	Kezia
Adar	Tayarna	Naz	Jessica	Reggie	Elnathan
Ayla	Sarya	Altai	Eliana	Senuja	Wahab
Aaisha	Eylem	Ethan	Bersu	Anaiyah	Ariah
Halimah	Victoria	Rebecca	Shireen	Christakis	Christos
Maleena	Jasiel	Aiden-Kaan	Botan	Hasanali	Nida
Jonas	Mudser	Ryhan	Ashton	Justin	Lily
Kejdi	Amine	Osinachukwu	Nathanael	Selin	Maxwell
Victor	Mailey	Alicia	Khelyon	Kimberly	Hafsa
Mert	Aras	Maria	Jayden	Kaiden	Yunus
Ayda	Aleyah	Samuel		Anna	Toprak
	Nathan	Olivia		Bella	Thivshan
	Sophie	Jada		Covenant	David
	Zainab	Kaylah		Nisa	Kevin
		Hira		Maisie	Ibrahim
		Simal		Riesa	



Enfield Carers Centre

CARERS WEEK

FAMILY FUN DAY


Enfield Carers Centre
Empowering Carers

TOMBOLA STALLS

TALENT SHOW

KIDS GAMES

INFO STALLS

BOUNCY CASTLES

Saturday 8th June 2024
12 - 4pm
Enfield Town Library Green

LIVE ENTERTAINMENT

MUSIC

MASCOTS

FOOD & DRINK

PRIZES

FREE ENTRY

Charity Reg. No: 1140089

