

Friday 21st
November 2025

Queen Victoria Primary School Newsletter



Key Dates

21st Nov—Parents' Coffee Morning

3rd Dec—iRock Concert

5th Dec—INSET Day

9th Dec—Year 4 music concert

11th Dec—Christmas Disco

17th Dec—Christmas Dinner

18th Dec—Nursery Nativity

19th Dec—Nursery Christmas Party

19th Dec—Last day of term

5th Jan—Start of Spring Term 1

9th Jan—Rick Whittington Performance

13th Jan—Fussy Eating workshop for parents 9-11am

Class Assemblies

6H—27th November

2J—4th December

2O—11th December

5M—29th January

5H—5th February

5S—12th February

All assemblies start at 9.15am

This week's News

We've had another busy and engaging week in school, filled with enriching learning experiences and opportunities for our children.

On Tuesday, we welcomed the team from DORCAS, who delivered their My Body Belongs to Me workshops to children in Year 1 and Year 6. These important sessions help children to understand personal safety, recognise safe and unsafe situations, and know who they can talk to if they ever feel worried. The workshops were delivered sensitively and age-appropriately, and the children responded really positively.

On Wednesday afternoon, Year 3 enjoyed an exciting visit from a special guest who brought the Iron Age to life. Both classes took part in hands-on activities and immersive storytelling to deepen their understanding of this historical period. The children loved exploring artefacts and learning more about life in Britain thousands of years ago.

A huge thank you to all the families who joined us for the Friends of Queen Vic coffee morning on Friday. The Friends group are now preparing for our Christmas events in December and are seeking volunteers to help make these activities a success. If you would like to offer some time or get involved, please contact the school office—we would be delighted to hear from you. Today, local artist Sarah Williams returned to school to continue work on our exciting new KS2 art project for the quad area. A group of children from across Key Stage 2 worked alongside Sarah to begin creating the final pieces, using design ideas contributed by every KS2 child. The artwork is already looking fantastic, and the group will continue next week—we can't wait to see the finished results!

Reminders

- Please ensure your child brings a warm winter coat to school every day—ideally waterproof, as the weather is becoming increasingly cold and wet. Hats, gloves and scarves are also very welcome. Please label all belongings with your child's name so that we can return items promptly if they are misplaced.
- A polite reminder to please park safely and considerately around school. Do not block pavements, as this puts pedestrians—especially children—at risk. Avoid parking on the yellow zig-zags at all times. If possible, allow a little extra time to "park and stride" from a safe location nearby. Thank you for helping us keep our school community safe.

Wishing all our families a restful weekend.



Queen Victoria Primary School Let's Celebrate!



Children at the Heart. Aspiration. Responsible. Excellence



Positive Notes & Behaviour Recognition

We love letting our families know when their children have been caught doing something great in school! All staff give out **Positive Notes** regularly for children who are going out of their way in role modelling our school CARE values. We also love recognising children who follow our school rules: Ready, Respectful & Safe, and conduct themselves well in school by adding them to class recognition boards. Children who demonstrate exemplary behaviour are awarded a **Behaviour Recognition Note** to bring home to let their grown-ups know they have been golden.



CARE Awards

Each week, teachers award one child in their class who has had a remarkable week in demonstrating our school values or going above and beyond to follow our school Golden Rules: Ready, Respectful and Safe.

Children are awarded these certificates during our Friday Celebration Assemblies and are invited to have squash and biscuits with a senior leader as a special treat.

A huge well done to this week's super stars!



CARE Award Winners This Week

Nursery:

Thea

Reception:

Isaac and Frankie

Year One:

Ivy-Mai and Cami

Year Two:

Olivia-Rose and Bhuvithvan

Year Three:

Amelia-Mai and Savannah

Year Four:

Amelia and Penelope

Year Five:

Darcie, Eshaal and Riley

Year Six:

Esme, Tommy and Charlie

Well Done to all!

Queen Victoria Primary School Attendance



We are excited to launch our Not Off in November attendance challenge! Throughout the month, we are encouraging all children to aim for 100% attendance and be in school every single day.

Each week, pupils who achieve full attendance will receive a weekly treat as a celebration of their commitment.

Children who become Attendance HEROES – Here, Every day, Ready, On time – for the whole of November will be entered into a special end-of-month prize draw!



Class Attendance

	Attendance (%)
RD	85.00
RF	94.12
1S	95.56
1P	94.29
2J	93.12
2O	94.14
3B	94.29
3M	96.90
4CB	95.36
4P	96.33
5H	96.00
5S	96.40
5M	95.42
6C	98.10
6H	88.57
6S	90.45



Not Off in November!

Be an Attendance HERO –
Here, Every day, Ready, On time!

Let's aim for 100% attendance this month!

Every single day counts – your learning, your friends, your fun



Your mission:

- Come to school every day in November
- Be on time and ready to learn
- Support your classmates – encourage everyone to be-in

Earn an end-of-month treat!

Keep checking the attendance boards each week!



This week's attendance: **94.64%** (Y1-Y6)



Queen Victoria Primary School Primary Science Quality Mark



We are very proud to share that **Queen Victoria Primary School has been awarded the Primary Science Quality Mark (PSQM) for 2025–2028!** This national award recognises schools that offer high-quality, inspiring science education – and we are delighted that the fantastic work happening here has been celebrated.

The Primary Science Quality Mark is led by the University of Hertfordshire and has been running for over ten years. PSQM helps schools build a strong foundation in science by supporting subject leaders to raise the profile, quality and enjoyment of science across the whole school.



As part of the year-long programme, our Science Leader, Mrs Hughes, worked closely with staff across all year groups to strengthen our curriculum, create exciting hands-on learning opportunities and make sure every child can experience the joy of scientific discovery before passing on the baton to Mrs Brown. This has included everything from practical investigations and debates to science clubs, trips and enrichment activities that bring learning to life.

PSQM
Primary Science
Quality Mark

Powered by

University of
Hertfordshire **UH**

Helen Sizer, PSQM Director, said:

“By achieving the Primary Science Quality Mark, a school has shown commitment to raising the profile and quality of science education... Such success is only possible through the collective effort of the whole school community, and all those involved should be incredibly proud of this achievement.”



We certainly are! Thank you to our brilliant children, hardworking staff and supportive families for helping to make science such a vibrant and exciting part of life at Queen Vic. We look forward to building on this success and continuing to inspire curious, confident young scientists.



Queen Victoria Primary School

Year 3 Iron Age Workshop



On Wednesday Year 3 had an Iron Age workshop. They learnt all about how humans first started using metal instead of stone to make tools and weapons. The children were able to hold Iron spears, swords, shields, helmet's and armour.



Notices

Could all parents please fill the Christmas Lunch form on ParentPay? Even if your child is having a packed lunch, we would still like you to complete this for us. Thank you.



QUEEN VICTORIA PRIMARY SCHOOL

CHRISTMAS LUNCH

Roast Turkey
or
Quorn Fillet (v)

Served with Roast Potatoes, Broccoli Florets, Carrot Batons, Button Sprouts, Pigs in Blankets, Stuffing Balls & Gravy

or

Warm Turkey Bap
With Roast Potatoes, Veg & Gravy

Ice Cream
Christmas Sprinkle Sponge
Festive Biscuits
Christmas Pudding

17TH DECEMBER



Notices

Fussy Eating Free local workshops



Fed up with stressful mealtimes? We're here to help...

As parents we want our children to eat well – and to enjoy mealtimes together

Come along and get support and new ideas for:

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

Venue:

Queen Victoria Primary

Date:

Tuesday 13th January
9am - 11am

Contact:

01384 888970





Notices

Nursery Places

We have spaces in our afternoon from January. If your child turned 3 or will be turning 3 between 1st September 2025– 31st December 2025. Please come to the school office and register your interest with us.

BRIERLEY HILL MUSICAL THEATRE COMPANY
PRESENTS

SNOW WHITE

The Pantomime

AT
THE CIVIC HALL - BRIERLEY HILL

17th - 24th
JANUARY 2026

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TICKETS FROM

£10

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The poster features a central illustration of Snow White holding a red apple. The background is a dark blue night sky with stars and a small building icon in the top right. The text is primarily in gold and white, with the price '£10' in large red letters.



Starting primary school in September 2026

Why not apply for a place online?

If your child was born between 1 September 2021 and 31 August 2022 they will be due to start primary school in September 2026.

You **MUST** complete an application form either online at www.dudley.gov.uk/admissions or by completing an application form from your home local authority by **15 JANUARY 2026**. You can include five school preferences on the application; there is nothing to gain by only putting one preference.

Applications will be available from **1 October 2025**.

Benefits of applying online

- E-mail decision received by 2pm on day of offer
- It's quick and easy to use
- You can apply 24 hours a day, 7 days a week
- There's no risk that your application will be lost in the post
- You will get email confirmation that your application has been received
- It's safe and secure

The online system will be available 24 hours a day, 7 days a week from 1 October 2025 until the closing date for applications on **15 January 2026**.

Please note: Even if your child already attends a school nursery or has an older sibling at school, do not assume that your child will automatically gain a place at that school. This is a common misconception and often the biggest cause of disappointment for parents who believe otherwise.

For further information please contact Dudley School Admissions Service on **0300 555 2345**.



one click . . . makes it quick
www.dudley.gov.uk/admissions



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.

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