

Friday 12th
December 2025

Queen Victoria Primary School Newsletter



Key Dates

15th Dec—KS1 Craft Afternoon

15th Dec KS2 -Christmas Carols on the playground at 2.30pm

17th Dec—Reception Christmas Concert 2pm

17th Dec—Christmas Dinner and Christmas Jumper Day (non-uniform)

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

6th March—Year 3 trip to Wroxeter Roman City

10th February—Eating Well for less workshop for parents 9-11am

Class Assemblies

5M—29th January

5H—5th February

5S—12th February

1P—12th March

1S—19th March

All assemblies start at 9:15am

This week's News

We have had another busy and joyful week in school as we move closer to the end of term.

On Monday, we continued our school tours for prospective parents. It has been a pleasure meeting new children and families who are considering joining Queen Victoria Primary School. A reminder that **applications for Reception places for September 2026 must be submitted by 15th January 2026.**

On Tuesday, our Year 4 pupils impressed their families with a fantastic music concert, supported by teachers from Dudley Performing Arts. The children showcased their learning on the cornet and violin, and we are incredibly proud of their confidence and progress.

On Thursday morning, 2O wowed their audience with a brilliant class assembly, including wonderful recorder performances. Thank you to all families who joined us to celebrate the children's learning. Later that day, the excitement continued with our Christmas disco — a fun and festive event enjoyed by so many of our pupils. Thank you to everyone who purchased tickets for the event—all funds raised will be used towards enhancing the children's experience in school. We have recently purchased a new outdoor speaker and bubble machine which is being a party feel to our Friday lunchtimes on the playground.

Next week will be Mr McLagan's final week at Queen Victoria Primary School, as he retires at Christmas. Mr McLagan has taught in Year 5 this year and has made a valued contribution to school life over many years. He will be greatly missed by pupils, colleagues and families alike, and we thank him sincerely for his dedication and commitment to our children.

We will also be saying farewell to Mr Clarkson, who is also retiring at the end of this term. Mr Clarkson has been teaching in Year 4 this year and has been a much-valued member of our team. We thank him for the care, enthusiasm and professionalism he has shown throughout his time at Queen Victoria.

We wish both Mr McLagan and Mr Clarkson a very happy and well-deserved retirement.



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:

Joel

Reception:

Archie-Lee and Harrison

Year One:

Kaiden and Lily-Mae

Year Two:

Olivia-Rose and Darcie

Year Three:

Layla-Mai and Raiden

Year Four:

George and Elisei

Year Five:

Grace, Jake and Teddi

Year Six:

Noah and Dasie

Well Done to all!



Queen Victoria Primary School Attendance



Don't Dip in December – Attendance Matters!

Following the fantastic success of our Not Off in November campaign, we are excited to launch our next whole-school attendance initiative: Don't Dip in December!

Throughout December, we want to keep up the brilliant momentum and encourage every child to be in school, every day. To celebrate excellent attendance, every child who achieves 96+% attendance each week will receive a treat – no prize draws, no chance involved – if their attendance is good, they get a treat!

And that's not all...

Children who achieve 96+ % attendance for the whole of December will be entered into our Grand Christmas Draw to win a family hamper, with one winner in every year group.

Let's finish the term strong – stay committed, stay motivated and Don't Dip in December!

Class Attendance This Week

	Attendance (%)
RD	86
RF	97.6
1S	97
1P	96.8
2J	97.8
2O	95.2
3B	92.9
3M	97.6
4CB	97.1
4P	98
5H	92
5S	91.2
5M	88.3
6C	94.4
6H	95.9



This weeks attendance: 92.7 %



Keep checking
the attendance
boards each
week!



Art Work

This term, children across Key Stage 2 have been working with local artist **Sarah Williams** on an inspiring collaborative art project that celebrates our school, our community and our heritage. Over several weeks, pupils contributed their own design ideas, experimented with new artistic techniques, and helped bring four large-scale pieces to life. The finished artworks will soon be installed in our quad area, creating a vibrant and meaningful focal point for everyone to enjoy. This project has not only showcased the creativity and talent of our pupils but has also strengthened their sense of belonging and pride in school.



Queen Victoria Primary School Christmas Disco



Notices

Next Week:

There's lots to look forward to in our last week of term:

Monday 15th December

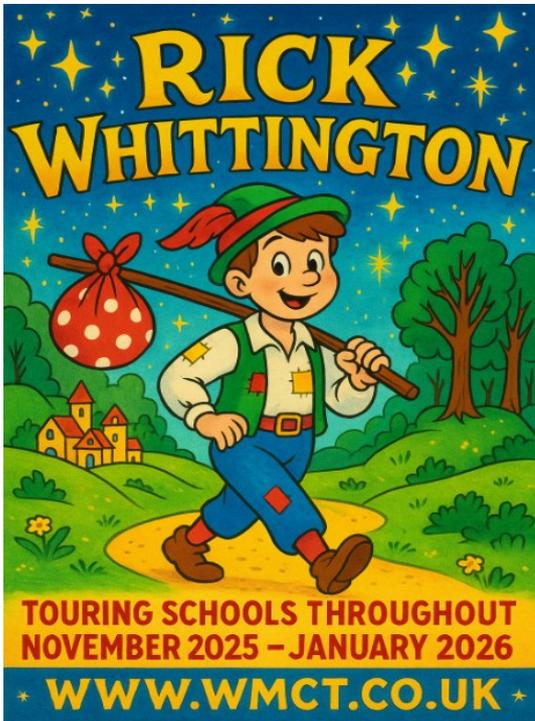
- KS1 Christmas Crafternoon** – parents are warmly invited to join us for festive crafting activities with the children.
- KS2 Christmas Carols on the playground** – families welcome to come along and enjoy seasonal songs performed by our KS2 pupils.

Wednesday 17th December

- Reception Christmas Concert at 2pm** – we look forward to welcoming Reception families.
- Christmas Dinner & Christmas Jumper Day** – children are invited to wear a festive clothing (non-uniform day) to help make the day even more cheerful!

Thursday 18th December

- Nursery Nativity** – a special festive performance from our youngest pupils.



First Week Back:

On Friday 9th January, we will be having a very exciting performance of Rick Whittington in school. This will be for Years 3-6. Please note the performance it is purely a treat for the children, sorry we can't accommodate any parents for the show.



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

Eating well for less Free local workshops



Healthy eating doesn't have to be expensive - and can be delicious!

Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank?

This workshop helps the whole family to eat well for less including:

- Tips for a cheaper, healthy shopping basket
- Healthy meal planning to make the most of the food you buy
- Recipes for tasty, simple and healthy low-cost meals

Venue:
Queen Victoria Primary.

Date:
Tuesday 10th February
9am - 11am

Contact:
01384 888970

There are a limited number of places available at these workshops, so please book your place with the school office to avoid disappointment.

The Potty Training Guide



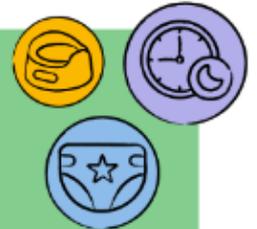
Where do I go for help?

You can get help from your childminder, nursery, pre-school team, health visitor and children's centre or family hub.

You can ask about potty training during any conversations you have with your health visiting team. You can expect your health visitor to talk about potty training at your child's 9-12 month health review.



There's plenty of expert advice available, including for families of children with SEND. Visit the Potty Training Guide website for useful links, resources, and tips from the clinicians at ERIC, The Children's Bowel and Bladder Charity.





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

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