

Year 9 Parent Notes

This week our assembly focused on the negative health effects of sugary drinks and the impact these can have at school. It was discussed that drinking energy and sugary drinks regularly, such as Lucozade, Coca Cola and Red Bull can be very damaging for children's health. Sugary drinks cause peaks and troughs in energy levels making it difficult for students to concentrate at school. The high sugar content and acidity of the drinks also has a negative effect on dental health and can cause tooth decay.

A small 500ml bottle of Coca Cola has the equivalent of 13 teaspoons of sugar in! The guideline daily amount for teenagers is no more than 8-9 teaspoons of added sugar a day. Please discuss this with your child and make them aware of healthier options such as water, semi-skimmed milk and diluted fruit juice (half water, half fruit juice). No energy drinks should be bought into school and will be confiscated if seen by staff. These small changes are not only beneficial to the children's short and long term health, but also aids positive behaviour in class on a day to day basis.

The NHS Change 4 Life scheme has some really useful tips regarding sugar and healthy eating that you can find here:

<https://www.nhs.uk/change4life-beta/food-facts/sugar#9ze5AXP2elAoyMcK.97>

Many subjects are running assessments in class this week and next. These are to help inform both teachers and students about their performance in subjects and therefore their suitability to choose it as an option for GCSE. Students should be revising at home for these assessments in order to achieve the best result they can.

The school show 'Anything Goes' has been running this week with great success – Friday and Saturday completely sold out! Due to so many talented students wanting to take part there have been two casts. They have all been working tirelessly to put on a wonderful and funny show.

In line with this, congratulations and well done to the following Year 9 students for taking part and giving up so much time to the school show - Isabelle Haywood, Riley Bower, Lottie Kerr, Madeline Budgen, Evie Strange, Skye Whelan, Samuel Heath, Tom Davies, Lydia Domingues, Jonah Rumsey, Connor Delger, Noah Douglas-Johnson, Samuel Weightman, Robyn Chapman, Sam Oxlade, Luca Rastelli and Campbell Watson

Finally, a reminder that the next guest speaker for Future Friday on Friday 15 December will be Oliver Newland, from Panasonic. Oliver will be discussing career options in the technology and broadcasting industries – a fantastic job prospect with our growing reliance on technology! If your son/daughter is interested in attending this talk, please ask them to sign up via their tutor.

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