

THE OTTER

THE NEWSLETTER OF OTTERBOURNE CHURCH OF ENGLAND PRIMARY SCHOOL.



Dear Families

Following the May Fayre newsletter earlier in the week, this is a more general follow-up with some of the regular items that I like to share with you all.

It would be wrong though, to miss the opportunity to say 'Thank You' to everyone who has asked about helping out or already signed up to give an hour or two - we really do rely on volunteers to support the event, so if you are able to offer a bit of time running a stall or tidying up at the end, it would be greatly appreciated. The signup sheet is on the office door.

All of the other details from earlier in the week, are included here just in case you missed them.

With best wishes for a good weekend,

Mr Geraghty

It is the end of an era as we have to say farewell to Christine Bruce who has given 14 years of love and support to the children and families who attend The Holt.

We all wish her the very best for her retirement. Christine's last day is Tuesday 30th April.

The experiences just keep on coming for our children, with our Year Rs becoming café owners for the day under the careful supervision of Marco Bertacchini at Platform 1. The children learned about health and hygiene, making menus and how to engage with customers - and the day ended with the children presenting sandwiches they had made for their families.

This really was a wonderful, rich, life-experience and I need to thank Marco and his team for making us feel very welcome and supporting the school for the day.

All that and only 1 broken plate!



Recently, the school was invited to attend the official opening of the Queen Elizabeth Memorial Garden, which is situated at the end of the footpath that leads to school.

This new addition to the village is a place for rest and reflection, and we are delighted to be supporting the local council with the upkeep of the area: we will be maintaining the flowers and keeping a watchful eye on litter and anything else that might make the garden anything less than welcoming and tranquil.

If you would also like to help with this, please let me or Mrs Simmons know. As always, we would appreciate any donations of flowers and plants and anyone who would like to be part of the 'gardening team' would be warmly welcome.

My thanks to Mrs Simmons and her husband for attending the official opening in my absence. Mrs Simmons runs our school Eco-Council, which is responsible for helping the school be more 'green' amongst many great activities.



SCHOOL UNIFORM

It is unavoidable that sometimes children will not be able to come to school in the usual uniform, whether that be for ill-fitting or broken shoes which are in the process of being quickly replaced, or for other individual needs. For other children, unless there is a need that has been brought to our attention, there is an expectation that they will be in a school uniform that reflects the uniform policy, including long hair to be tied back. I feel really proud when I see the children in our uniform looking smart and presentable. The uniform gives a sense of belonging which I firmly believe is incredibly important, and I want them to feel pride when wearing it. Please help me give them that sense of pride and belonging by ensuring children are in school with the correct uniform and footwear. If you need to discuss this for any reason, please do come in and see me, especially if you need support - there is always a lot of pre-loved uniform available.

Many thanks for your help and understanding.



We are hoping to add another little stall for the children this year, in the form of a Children's Tombola. This would include small gifts, toys, cuddlies etc that would be exciting for the children to win. If you have anything of this type, maybe the odd unwanted Christmas gift, that you are happy to donate to the fair, please start bringing them in to the school office - we know we can find a good home, and appreciate the donations.

FOS ON SOCIAL MEDIA - Please look out for the updates about the May Fayre on the FOS Facebook page and your class WhatsApp groups.

DONATIONS DAY - We are grateful for all donations! Anything you are happy to donate, can be brought in to the office at any time but the main day for this will be May 17th, which is Pentecost, when the children are invited to wear an item of red as part of their school uniform.

Friends of Otterbourne School

AGM - Letter to Parents

Dear Parents,

We hope you had a cracking Easter! The Friends of Otterbourne School (FOS) held it's AGM just before we broke up. Thank you to those who were able to attend. We have included the minutes and summary of income / expenditure for last academic year (22/23) below.

FOS was able to donate £11,500 to school which is fantastic. This money was spent on extra resources that benefit all our children. Over the summer some of the money will be spent on a new bike shed. This will mean staff and pupils can store bikes and scooters securely within the school grounds. The school hope this will be a brilliant and long lasting addition to the facilities.

During this current school year the FOS donations have funded:

KS1 play equipment	Phonic bug club training & resources
Visualisers for each classroom	Outdoor equipment
New fencing for Yr R playground	Outdoor learning and science equipment
Recycling bins	New music teaching.

NEXT EVENT.....

May Fayre – Saturday 18th May in the school grounds from 12 to 3pm. This is a fun event enjoyed by pupils, staff and parents. A big thank you to anyone who came to the Fayre planning meeting just before Easter or who has already offered to help. If you haven't already volunteered and would like to please contact your year representative via the WhatsApp groups, message Frankie on 07977 582294 or sign up on the sheet that will be up outside school soon.

HOW CAN I HELP?

Help on a stall / on the BBQ / bar during the Fayre. No previous knowledge / experience required just some enthusiasm.

We divide the Fayre into hour slots so everyone has a chance to help and enjoy the Fayre.

Set up / clear up before / afterwards

DO YOU WORK FOR A LARGE COMPANY? You may be able to apply for 'MATCH FUNDING' from them. This costs you nothing – the company donate to FOS on your behalf. Please check with colleagues / your HR department. If any letters / applications are required please ask a member of FOS as we have templates used for previous applications.

SPONSORSHIP – would you or the company you work for like to sponsor the Fayre in exchange for advertising? Please let us know if so.

RAFFLE PRIZES – we are looking for donations to use on the raffle or silent auction.

Fingers crossed the Summer Term brings some sunshine!

Best wishes,

FOS

AGM - Minutes

Meeting title: FOS AGM Meeting

Date: 22/03/24
Time: 1400

Location: Otterbourne C of E Primary School

Present: Anna Menday, Molly Robinson, Debbie Tear, Paul Webb, Hannah Webb, Kate Palmer (Co-chair), Kat Reese (Co-chair), Sophie Dibben (Treasurer), Martin Geraghty (Headteacher), Francine Davies (Secretary), Rhys Davies, Nick Barker, Jordan Dove, Liam Palmer, Carla Squib

Apologies: Debbie Rushton, Laura Barrett

Agenda item	Action	Person Responsible
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Welcome & Apologies	The Co-chairs welcomed all attendees and thanked everyone for coming.	
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Approval of previous minutes	The minutes for the previous AGM (24/03/23) were noted and approved.	
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Co-chair's report	<p>Report from Kate Palmer, Co-chair</p> <ul style="list-style-type: none">• Firstly, I wanted to say a huge thanks to Kat for being Co-Chair with me for 2 years now and before that helping the committee for another 5 years. Kat's knowledge of how to pull the events together is amazing and I hope we won't lose that even as she formally steps down from the committee.• Secondly, a huge thank you to everyone else – the other committee members, Hannah Webb and all the other parents and teachers who get involved and help out – we hope you find helping fun but also rewarding when you see the sums raised and the benefit that makes to the school. Thank you to Andy Peskett who has organised all the BBQs over the years his son has been at Otterbourne. He will be leaving at the end of this academic year so new BBQ lead will need to be found.• 22/23 – I will let Sophie review the accounts but needless to say the £12.6k raised and £11.5k donation to school are amazing. I am sure Mr Geraghty can update us on what's been purchased in school with the funds.• Finally, we would really welcome involvement from other parents. This year the quiz is being organised by year 1/3 parents and that has made a difference to the work load for the committee. Our focus will now be on the May Fayre and we welcome all new ideas. As the school reduces in size we are well aware that	
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there are fewer people to help out at events and so our plans may reduce as a result but if you can help in any way please get in touch.

Treasurer's report

Sophie Dibben provided a treasurer's report.

FOS accounts 2022-2023

Thank you to Anna Munday for auditing these accounts and in supporting me in the Treasurer role.

FOS generated a net income of £12.6k during the year to 31st August 2023.

School fundraising events raised the majority of that income, with the main event being the 2023 May Fayre which raised just under £5k. The other biggest fundraisers of the 2022/23 year were the quiz nights (£1.8k), social event after Sports Day (£1.6k) and the Christmas Raffle/secret santa shopping (£1.3k combined). The Fireworks night is a very high cost event, so in 2022 the income raised from ticket sales and on the night only made a small surplus on top of costs, the event last year really suffered from not having the business sponsorship and match funding of previous years when it raised in excess of £2k.

We raised over £2k more through events than we did in the previous year, however we raised just under £2k less on donations so overall the net income was only £200 higher than in 2021/22. Most donation income we received was through match funding.

FOS made a donation to the school of £11.5k in March 2023.

There was a surplus in the bank at the end of August 2023 of £9.2k.

2023-2024 Fundraising Update

We have had a good start to fundraising this academic year, with some big events such as the quiz, May Fayre and Sports Day still to come. So far across the Harvest trail, Art exhibition cake sale, uniform sales Christmas raffle, Santa Sleigh, Secret Santa & Wonder Woman shop sales we have so far raised over £4k which is great.

We will be receiving a £500 donation from Tesco's this month and increasing donations and grants are an area we hope we can focus on this year.

Following the Art sale exhibition and Harvest trail FOS made a donation of £600 to the school in November to

fund the purchases of the visualisers for each class. FOS will make a £11k donation to the school this month.

During this current school year the FOS donations have funded: KS1 play equipment, Phonic bug club training & resources, Visualisers for each classroom, outdoor equipment, new fencing for Yr R playground, Outdoor learning and science equipment, recycling bins, new music teaching. £6,500 of our donation will also be used in this coming financial year on a bike shed.

Thank you to all Friends of Otterbourne School for your continued generosity and support!

Headteacher's report

Martin Geraghty thanked everyone for their hard work during the year. Particularly to Debbie Tear who is regularly at school volunteering.

The big purchase for the summer will be the bike shed. This will mean everyone's bikes and scooters can be securely stored within the school grounds. It will be used by the whole school – staff and pupils and is in keeping with some key values for school in clouding sustainability and a focus on health and wellbeing through physical activity.

Mr Geraghty suggested a 'FOS update' newsletter as the first newsletter back after Easter – this can include the minutes of this meeting and general updates to ensure transparency and hopefully encourage maximal engagement for the events planned for the remainder of the school year.

Mr Geraghty thanked Leanne who is involved in grant applications.

Election of committee members

Kat Reese stood down as Co-Chair. She will continue to support FOS with her experience of running events. She was thanked for all her hard work over a number of years.

Chair - Kate Palmer stood again. Proposed by Kat Reese, seconded by Sophie Dibben. Vote unanimous.

Treasurer. - Sophie Dibben stood again. Proposed by Hannah Webb, seconded by Carla Squib. Vote unanimous.

Secretary - Francine Davies stood again. Proposed by Kate Palmer, seconded by Debbie Tear. Vote unanimous.

The committee will be in post for a further year until the elections at the next AGM.

It was noted that a number of committee members have children in similar years. Ideally new members would

take over these roles over the next one or two years so the outgoing committee can provide support during the handover.

Aims for the year ahead

The events for the remainder of the academic year were discussed.

May Fayre – Sat 18th May 2024. This is enjoyed by the children. Staff promises and some stalls are already being planned. This is the biggest fundraiser of the year and requires numerous volunteers to help it run smoothly.

Father's Day sale – exact date TBC. Thoroughly enjoyed by the children. Liv Jones and Sophie Dibben did the majority of the present buying for the Mother's Day sale. Sophie will speak to Liv about whether she would be willing to help again.

Colour run – likely in June - in honour of Mrs Compton. ?KR to lead the organisation of this. The post Sports Day BBQ and disco have been popular in the last 2 years. ?move the BBQ and disco to after the colour run.

Sports Day. ?drinks and ice creams after this. The ability for a post Sports day event to be held will rely on volunteers to organise and run this.

Virtual Duck race. Charlotte Stillwell has been looking into this. Hopefully this will run after Easter.

Ideas for next academic year

- Willy Wonka type event around Easter. Children can buy a chocolate bar for a small fee. Some have golden tickets in them which win prizes. Carla Squib has details as a company has emailed her.
- An event for the first half of the Autumn Term - ?wine tasting or similar. There are companies that run these vs a DIY event. This may not raise money for the school but would be a good way for parents to meet up after the summer holidays and to welcome new parents. It may raised awareness of FOS and encourage volunteers for future events.

AOB

No other business

AGM

Simplified Financial Summary

2022-2023

High level summary of all FOS income 2022/23	Income	Expenditure	Net profit
	£	£	£
Fireworks 2022	4,775	4,382	393
Quiz nights 2022	2,668	807	1,861
Christmas Raffle/Secret Santa 2022	2,884	1,506	1,378
Scarecrow 2022	159		159
May Fayre 2023	7,246	2,288	4,958
Sports day 2023	2,347	677	1,669
Mother's Day / Father's Day sales	1,745	1,324	421
Amazon/Giving machine	354		354
School uniform sales	269		269
Other donations	1,128		1,128
Total fundraising	23,576	10,985	12,591
Total grants/donations/match funds	2,118	0	2,118
TOTAL INCOME			14,709

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



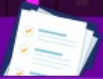
It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption 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.



The National College

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

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FROM EARLIER THIS WEEK

Do you have a gazebo you can spare?

In order to protect stalls and volunteers from the elements, we would be very grateful if you could loan yours for the event. These can be brought to school at any time between now and the event or we can collect them nearer the time if that is easier.



MAY

FAYRE

OTTERBOURNE C.E. PRIMARY SCHOOL



SATURDAY 18th MAY

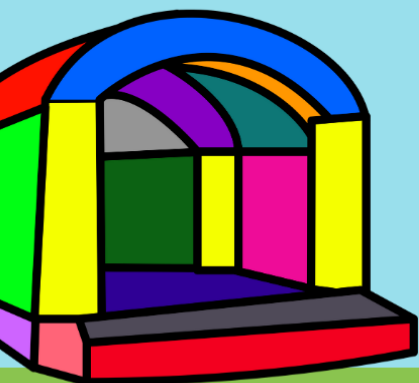
11.45am-3pm

Fayre opened by our May
Queen and King at 12pm

FREE ENTRY

JOIN US FOR LOTS OF FUN!

- bouncy castle •
- fun games •
- maypole dancing •
- BBQ •
- BAR •
- entertainment •
- yummy food •
- and much more!



A festive banner for the May Fayre at Otterbourne C.E. Primary School. The banner features the word 'MAY' in white, outlined letters on a yellow background, and 'FAYRE' in red, outlined letters on a light blue background. Below this, 'OTTERBOURNE C.E. PRIMARY SCHOOL' is written in teal. The banner is decorated with colorful triangular flags in shades of orange, green, and red, and a yellow sun is visible at the bottom center.

MAY FAYRE

OTTERBOURNE C.E. PRIMARY SCHOOL

We Need Your Help

Firstly, thank you for all the volunteers who have already come forward to offer their help with this year's May Fayre. One thing we are very keen on this year is seeing new faces on the friendly FOS team. We understand some parents are unable to commit to FOS all year round but any help that can be given towards the biggest fund raising event in the calendar is great.

If you are happy to help, there will be a timetable available outside the school office from tomorrow. Volunteers are needed for setting up, helping with the BBQ, bar, stalls etc. Please put your name down where you are able to help. Hopefully, by working together, we can ensure the event is enjoyed by everyone and raises as much as we can for the children and the school!

Thank you in advance,

FOS

MAY FAYRE



Cake Competition



CAN YOU OR YOUR CHILD BAKE A CAKE OR SWEET TREAT?

THIS YEARS MAY FAYRE COMPETION IS THEMED

'WONKA'

THE MAY KING AND QUEEN WILL CHOOSE THE WINNERS

DONATIONS TO BE BROUGHT IN BEFORE THE FAYRE ON SATURDAY 18TH MAY. ONCE JUDGED CAKES WILL BE SOLD.

MAY FAYRE

HELP



COULD YOU JOIN THE BBQ TEAM AND HELP THEM IN ADVANCE OR ON THE DAY?

OR

DO YOU HAVE TIME TO VISIT BOOKERS WITH A LIST OR A SUPERMARKET TO COLLECT ANY LAST MINUTE ITEMS?

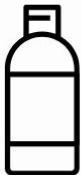
IF YOU CAN HELP WITH ANY OF THE ABOVE, PLEASE LET THE SCHOOL OR YEAR GROUP WHATS APP KNOW



MAY FAYRE

ITEMS TO DONATE HOW CAN YOU HELP?

**YOU CAN HELP US AHEAD OF THE FAYRE
BY GATHERING ITEMS TO DONATE**



DONATE A BOTTLE TO OUR TOMBOLA

A simple line drawing of a red and white striped candy with a wrapper.

**SWEETS - A CUP WILL COME HOME A
WEEK BEFORE THE FAYRE TO BE FILLED
WITH SWEETS AND RETURNED TO
SCHOOL**

**IF YOU CAN HELP WITH EITHER OF THE ABOVE
PLEASE BRING TO SCHOOL ON FRIDAY 17TH
MAY
THANK YOU**