



RC/JAE

10 September 2025

Dear Parents and Carers

Welcome back from your summer break. I hope that you and your family had a peaceful time enjoying some of the great local events and the spells of summer sunshine. Our new academic year begins with a celebration of the amazing GCSE results that last year's Year 11 achieved. The cohort achieved a strong set of outcomes that have supported the significant majority of the year group into profitable Post 16 placements within local colleges, training providers, or employment.

Individual highlights include:

- Areej J - 8x grade 9, 2x grade 8
- Ted N - 1x grade 9, 2x grade 8, 3x grade 7, 4x grade 6
- Caitlyn W - 1x grade 9, 2x grade 8, 6x grade 7
- Ciara M - 1x grade 9, 1x grade 8, 4x grade 7, 3x grade 6
- Freddie T - 1x grade 9, 1x grade 8, 1x grade 7, 6x grade 6
- Alfie A - 4x grade 8, 5x grade 7
- Brooke S - 2x grade 8, 3x grade 7, 3x grade 6
- Emonie S - 2x grade 8, 3x grade 7, 3x grade 6

While there are no National Progress measures for this cohort, due to them not completing SATs in Year 6, there are individuals who have demonstrated high levels of success and improvement during their five-year journey with us here at Portchester Community School. They include:

Sam M, Jess G, Mia H, Muzhda N, Esmail H, Finlay L, Erica S, and Kieran T.

New Mobile Phone Policy – from September 2025

- Portchester Community School applies an **'Away for the Day'** policy which means **pupils are not permitted to use their mobile phones during the school day or on the school site.** (This includes during lessons, in the time between lessons, at breaktimes, and at lunchtimes.)
- Should a parent/carer wish for their child to bring a mobile phone into school, it should be switched off and carried out of sight in the pupil's school bag by **the first bell at 8.40 am and not be seen until the final bell at 3.10 pm** (2.10 pm on a Friday), therefore, 'Away for the Day'.



Headteacher: Mr R Carlyle BEd (Hons)

Portchester Community School

White Hart Lane, Portchester, Fareham, Hampshire, PO16 9BD

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Successful Learners – Confident Individuals – Responsible Citizens



Parents may have seen in the National news this week that the Government is consulting to ban the sale of high-caffeine drinks to under 16s. The school fully supports this and will continue to enforce the ban of high caffeine drinks in school – for more information, please see the DfE website.

Press release

Ban on selling high-caffeine energy drinks to boost kids' health

The government will consult on banning the sale of high-caffeine energy drinks to under-16s due to negative impacts on children's physical and mental health.


From: [Department of Health and Social Care](#), [Department for Education](#), [The Rt Hon Bridget Phillipson MP](#) and [The Rt Hon Wes Streeting MP](#)


Published 2 September 2025


- Government to ban sale of high-caffeine energy drinks to under-16s
- Evidence links the drinks to negative impacts on children's physical and mental health, sleep quality and educational outcomes
- Move backed by parents and teachers and will deliver significant long-term health benefits as part of government's Plan for Change
- Children will be protected from the harm caused by high-caffeine energy drinks under [new proposals to ban their sale to under-16s](#).
- Around 100,000 children consume at least one high-caffeine energy drink every day. There is growing evidence linking these drinks to harmful effects on children, including disrupted sleep, increased anxiety, poor concentration and reduced educational outcomes.

PTA Information

- Next meeting is on Monday 15 September at 6.30 pm in the Conference Room.
- Next Preloved Uniform Sale and Coffee Morning – Saturday 18 October 10.00 am – 12.00 pm in the Conference Room.


**PORTCHESTER
COMMUNITY SCHOOL**


**PORTCHESTER COMMUNITY SCHOOL**
OPEN EVENING 2025
THURSDAY 2ND OCTOBER 6-8PM

**PORTCHESTER
COMMUNITY SCHOOL**

- ✓ Tour the school and explore the excellent facilities
- ✓ Meet the great pupils and staff
- ✓ Sample some lessons and activities
- ✓ Listen to the Headteacher's welcome talk – 7pm Main Hall
- ✓ Secure your place for September 2026

Nurturing children into 'successful', 'confident' and 'responsible' young adults – Ofsted 2024

**Ofsted
Good
Provider**

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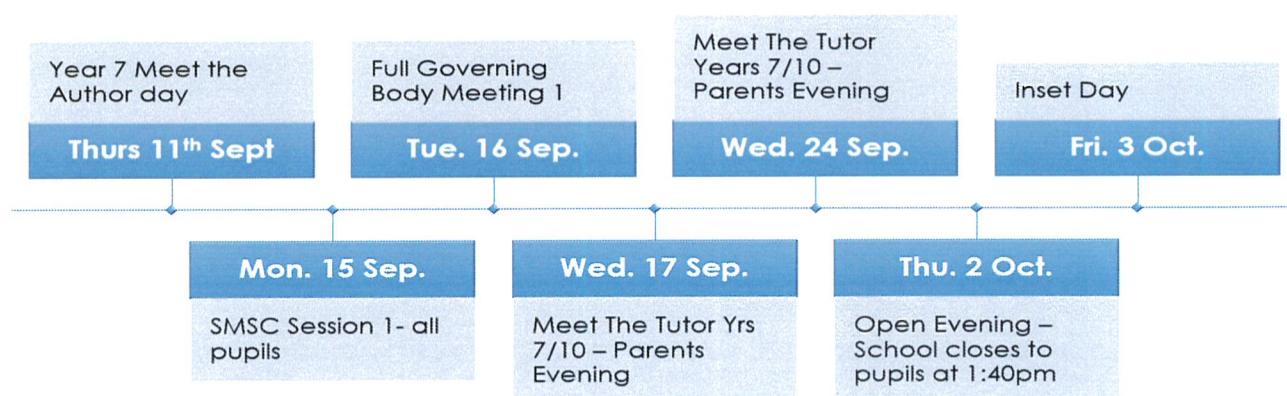
Please see below for the new arrangements regarding the school day every Friday. Pupils have been made aware that this arrangement is a privilege and will be under constant review.

The school week from September 2025



	Monday - Thursday.	Friday (compressed day)
First bell 8:40	8:40 - 9:00	8:40 - 9:00
Registration / Tutor / Assembly		
Period 1	9:00 - 10:00	9:00 - 9:50
Period 2	10:05 - 11:05	9:50 - 10:40
Break 1	11:05 - 11:35	10:40 - 11:10
Period 3	11:35 - 12:35	11:10 - 12:00
Period 4	12:40 - 1:40	12:00 - 12:50
Break 2	1:40 - 2:10	12:50 - 1:20
Period 5	2:10 - 3:10	1:20 - 2:10
Followed by Enrichment		

LOOKING AHEAD



Thank you in advance of your continued support at the start of a busy new academic year. Please continue to contact the school when needed and update us on any changes such as contact numbers and emails so that we can keep information flowing between home and school.

Yours sincerely

Mr R Carlyle
Headteacher

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What Parents & Educators Need to Know about ENERGY DRINKS

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

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



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Source: See full reference list on guide page at

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