



## WHOLE SCHOOL INFORMATION

### Parking Outside School

We appreciate for various reasons some pupils have to be picked up at the end of the school. Please could we ask that parents not to park on the zig zag lines, not only can you be fined but it could also lead to 3 points on your licence. Our main concern is for the safety of our pupils, when people park in this area it could can cause issue to oncoming traffic and could potentially lead to accident.

We do have staff on duty to supervise the pupils leaving, but we have been informed by the local authority that we are unable to supervise the crossing, despite requesting for staff to be trained.

### Energy & Fizzy Drinks

Energy drinks are fizzy drinks which contain high levels of sugar, caffeine and stimulants. The stimulants they contain are often guarana, taurine and ginseng. Energy drinks are not the same as sports drinks and should not be used for hydration during exercise.

Energy drinks are not recommended for children under the age of 16 years.

Make the healthy swap; swap your energy drink for water to keep your body and teeth healthy.

Water is the best drink for keeping hydrated when playing sport. It's also free!

#### Harmful effects of energy drinks

Illustration of blue drinks can with an orange lightning bolt on the front. White text in purple boxes asks 'Energy drinks, what's the harm?'

The high levels of sugar, caffeine, and stimulants contained in energy drinks can cause some serious health problems including:

- Sleep problems
- Hyperactivity and behavioural problems
- Tooth decay
- Weight gain
- Anxiety

## Sugar in energy drinks

One large can of energy drink can contain:

- 14 cubes of sugar - which is twice the recommended daily amount for a young person aged 11 years and over
- 220 calories - you would need to run for 41 minutes to burn it off
- Recommended daily intake of sugar for children 11 and over is 30 grams per day (7 cubes)

## Caffeine in energy drinks

One large energy drink can contain the equivalent amount of caffeine as 2 strong cups of coffee.

Caffeine is an addictive substance which is found in coffee, tea, chocolate, cola and energy drinks. It has a stimulant effect and high daily intakes can cause serious side effects. Try to limit the amount of caffeine in your diet.

Amount of caffeine in food and drink:

Food / Drink	Amount of caffeine
Large energy drink	180mg
Cup of coffee	95mg
Can of coke	40mg
50g bar of dark chocolate	25mg

## Stimulants in energy drinks

Energy drinks contain stimulants such as guarana, taurine, and ginseng. The stimulant effects of energy drinks can cause hyperactivity, sleep problems and poor concentration. This can lead to poor performance at school. This the reason why both energy and fizzy drinks are banned from school. Please remind your child of this and the huge benefits of drinking water and avoiding energy and fizzy drinks.

# YEAR 10 INFORMATION

## Work Experience

Please remember that there is a deadline of 17th March 2025 to return your completed Work Experience Self-Found Placement form. As a reminder, this is not a school deadline, it is an E2W deadline and will not be extended under any circumstances, so do not delay with organising a placement. The self-found placement form can be found here: [Letters](#)



## SAFEGUARDING CORNER

## Attendance Matters

Whilst attendance matters from an exam results perspective, we are just as focused on its impact on the well-being and safety of our pupils

By being in school pupils are supervised and given several opportunities every day to discuss pastoral concerns. Not only that they are able to learn about happy and healthy relationships through their interactions with others. The PSHE curriculum alongside assemblies and tutor periods teaches pupils all about keeping themselves safe in an ever-changing world

This year so far almost 1100 pupils have been in school all day every day which is superb.

We look forward to strong attendance continuing for all pupils

## USEFUL INFORMATION & LINKS

Access the Malet Lambert website:	<a href="https://maletlambert.co.uk">maletlambert.co.uk</a>
General enquiries email:	<a href="mailto:enquiries@maletlambert.hull.sch.uk">enquiries@maletlambert.hull.sch.uk</a>
Report a pupil absence or appointment:	<a href="mailto:attendance@maletlambert.hull.sch.uk">attendance@maletlambert.hull.sch.uk</a>
Purchase school items, including planners:	<a href="https://shop.maletlambert.co.uk">shop.maletlambert.co.uk</a>
Follow us on Facebook:	<a href="https://facebook.com/maletlambertofficial">facebook.com/maletlambertofficial</a>
Follow us on Twitter:	<a href="https://twitter.com/maletlambert">twitter.com/maletlambert</a>
House Team email addresses:	<a href="#">Contacts</a>
Important letters:	<a href="#">Important Letters</a>
Newsletters:	<a href="#">Newsletters</a>
School Year with Key Dates, 2024-2025:	<a href="#">Term Dates 2024-2025</a>
PE After School Clubs	<a href="#">PE Clubs Term 1</a>
Pastoral and Well-being Support (PAWS):	<a href="#">P.A.W.S for Thought</a>

- ▶ If you cannot access the Arbor Parent App, please contact reception
- ▶ If you need a copy of your ParentPay activation code, please contact reception
- ▶ If you need a hard copy of any of the items in this newsletter, please contact reception
- ▶ To inform us that your child will be absent from school,
  - call the Attendance Office, ☎ **374211** (option 1)  
or
  - email ✉ [attendance@maletlambert.hull.sch.uk](mailto:attendance@maletlambert.hull.sch.uk)
- ▶ The school can be emailed via: [enquiries@maletlambert.hull.sch.uk](mailto:enquiries@maletlambert.hull.sch.uk)
- ▶ If you change your email address or any contact details, please let us know as soon as possible by emailing [enquiries@maletlambert.hull.sch.uk](mailto:enquiries@maletlambert.hull.sch.uk)

## THINGS TO REMEMBER

### COLLECTING PUPILS FROM SCHOOL

If you are collecting your child from school, for whatever reason, you must bring ID, if someone else is collecting your child on your behalf, they must also bring ID and must be an emergency contact on our SIMS record.

### PARENTS/CARERS VISITING THE SCHOOL

As you are aware we are a very large secondary school and staff time is always taken up with appointments and duties. If you do need a face to face appointment with any member of staff, you will need to book a pre-arranged appointment. Please contact the school to arrange this. Unfortunately, if you do decide to come to the school without an appointment, the time you will be waiting to see a member of staff cannot be determined.

### MALET LAMBERT SHOP

If you wish to purchase a pupil planner or revision guides please remember these are available via the [Malet Lambert Shop](#) and not your individual ParentPay account.

### FIZZY AND ENERGY DRINKS

Please be reminded that pupils are not permitted to bring Energy and fizzy drinks into school, this now also includes the new PRIME drink. Any pupils found with any types of these drinks will have them confiscated and disposed of.

### LUNCHTIME

You must ensure that your children have money in their ParentPay accounts to pay for their lunch each day.

### YOUTH SUPPORT SERVICES – PUPILS AGED 13+

Once our pupils reach Year 9, we pass pupil information to our local authority and / or provider of youth support services as they have responsibilities in relation to the education or training of 13-19 year olds under section 507B of the Education Act 1996. This enables them to provide services as follows:

- youth support services
- careers advisers

A parent or carer can object to any information in addition to their child's name, address and date of birth being passed to their local authority or provider of youth support services by informing us via email to [enquiries@maletlambert.hull.sch.uk](mailto:enquiries@maletlambert.hull.sch.uk). This right is transferred to the child / pupil once they reach the age 16. Data is securely transferred to the youth support service via encrypted email and is stored electronically and held for in accordance with the local authorities retention schedule.

For full details of how pupil data is used please see our Privacy Notice here:

<https://maletlambert.co.uk/privacy-notices/>



## DATES FOR YOUR DIARY

### Malet Lambert Calendar 2024-2025

Date	Event
Thursday 10 <sup>th</sup> October 2024	Settling in Evening
Wednesday 16 <sup>th</sup> October 2024	Year 11 Photographs
Thursday 17 <sup>th</sup> October 2024	Key Stage 4 Event
Monday 28 <sup>th</sup> October 2024	October Half Term
Monday 4 <sup>th</sup> November 2024	School Re-opens
Thursday 7 <sup>th</sup> November 2024	Year 10 Progress Evening (Population A)
Wednesday 13 <sup>th</sup> November 2024	Year 10 Progress Evening (Population B)
Wednesday 13 <sup>th</sup> November 2024	Flu Vaccinations – Whole School
Wednesday 20 <sup>th</sup> November 2024	Flu Vaccinations – Whole School
Thursday 28 <sup>th</sup> November 2024	Year 9 Options Evening
Monday 2 <sup>nd</sup> December 2024	Year 11 Core Mocks

Tuesday 3 <sup>rd</sup> December 2024	Year 11 Core Mocks
Wednesday 4 <sup>th</sup> December 2024	Year 11 Core Mocks
Thursday 5 <sup>th</sup> December 2024	Year 11 Core Mocks
Friday 6 <sup>th</sup> December 2024	Year 11 Core Mocks
Monday 9 <sup>th</sup> December 2024	Year 11 Options Mocks
Tuesday 10 <sup>th</sup> December 2024	Year 11 Options Mocks
Wednesday 11 <sup>th</sup> December 2024	Year 11 Options Mocks
Thursday 12 <sup>th</sup> December 2024	Year 11 Options Mocks
Thursday 12 <sup>th</sup> December 2024	Christmas Lunch
Friday 13 <sup>th</sup> December 2024	Year 11 Options Mocks
Thursday 19 <sup>th</sup> December 2024	Christmas Concert
Monday 23 <sup>rd</sup> December 2024	Christmas Holidays
Monday 6 <sup>th</sup> January 2025	Staff Training Day
Tuesday 7 <sup>th</sup> January 2025	School Re-opens
Thursday 9 <sup>th</sup> January 2025	Year 9 Progress Evening (Population A/B)
Thursday 16 <sup>th</sup> January 2025	Year 9 Progress Evening (Population C/D)
Thursday 23 <sup>rd</sup> January 2025	Achievement Evening
Thursday 30 <sup>th</sup> January 2025	Year 11 Progress Evening (Population A)
Wednesday 5 <sup>th</sup> February 2025	Year 11 Progress Evening (Population B)
Friday 14 <sup>th</sup> February 2025	Annual Ski Trip (half term week)
Monday 17 <sup>th</sup> February 2025	February Half Term
Monday 24 <sup>th</sup> February 2025	School Re-opens
Thursday 13 <sup>th</sup> March 2025	Year 7 Progress Evening (Population A/B)
Wednesday 19 <sup>th</sup> March 2025	Year 7 Progress Evening (Population C/D)
Wednesday 2 <sup>nd</sup> April 2025	Prison Me, No Way
Friday 4 <sup>th</sup> April 2025	Staff Training Day
Monday 7 <sup>th</sup> April 2025	Easter Holidays
Tuesday 22 <sup>nd</sup> April 2025	School Re-opens
Thursday 1 <sup>st</sup> May 2025	Year 8 Progress Evening (Population A/B)
Monday 5 <sup>th</sup> May 2025	Bank Holiday
Wednesday 7 <sup>th</sup> May 2025	Year 8 Progress Evening (Population C/D)
Monday 12 <sup>th</sup> May 2025	Year 10 Work Experience Week (5 days)
Monday 26 <sup>th</sup> May 2025	May Half Term
Monday 2 <sup>nd</sup> June 2025	School Re-opens
Thursday 19 <sup>th</sup> June 2025	Sports Day Trials
Wednesday 2 <sup>nd</sup> July 2025	Year 11 Prom
Thursday 3 <sup>rd</sup> July 2025	Sports Day
Thursday 10 <sup>th</sup> July 2025	Transition Evening
Friday 18 <sup>th</sup> July 2025	Last day of term