



Wednesday 20th December 2023

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Message from the Headteacher

As we approach the end of this term, I wanted to take a moment to extend my warmest wishes to you and your families for a festive and joyful Christmas!

It has been a busy term filled with growth, learning, and shared experiences. The pupils have worked hard and their achievements are a testament to their dedication and the support they receive from both school and home. We are grateful for the strong sense of community at Kilburn Grange School.

Wishing you all a Merry Christmas and a Happy New Year! May the coming year bring even more success, happiness, and wonderful memories for you and your family. Looking forward to seeing you all the pupils back at school on the 8th of January, 2024.

Best wishes,

Helen Khinich

*H. Khinich
Headteacher*

Urgent Message: Concerns Regarding the "Prime Drink"



I would like to bring to your attention a matter of great importance concerning a drink that has recently gained popularity among children, known as the "Prime Drink."

My concern arises from emerging reports and studies highlighting potential dangers associated with the consumption of this beverage. Whilst, I understand that young people are often drawn to new trends, it is crucial to be informed about the potential risks and make decisions that prioritise the well-being of our children.

As of now, there is limited information available about the specific ingredients and manufacturing processes involved in the production of the Prime Drink. Some reports suggest that it may contain high levels of caffeine, artificial additives and excessive sugars, which can pose serious health risks, especially for young children.

The potential dangers associated with the Prime Drink include:

Health Risks: Excessive caffeine intake can lead to increased heart rate, high blood pressure, anxiety, and disrupted sleep patterns. Additionally, the presence of artificial additives and high sugar content can contribute to various health issues, including obesity and dental problems.

Unknown Ingredients: The lack of transparency regarding the ingredients used in the Prime Drink raises concerns about potential allergens and other substances that could have adverse effects on health.

Lack of Regulation: Due to the novelty of the Prime Drink, there may be a lack of regulatory oversight, making it difficult to ensure the safety and quality of the product.

As parents, I encourage you to engage in open conversations with your children about the potential risks associated with the Prime Drink. It is essential to educate them about making informed choices regarding their health and well-being. Additionally, I recommend monitoring their beverage choices and discussing alternatives that promote a healthier lifestyle.



Winners Section



	Caring Heart Recognition
Reception	Munira
Hazel	Pouk
Holly	Malak
Oak	Jaden
Pine	Luc
Sycamore	Damani
Walnut	Habib
Willow	Naba

Christmas Extravaganza!







KEY Dates & Notices

Merry
Christmas
AND
HAPPY NEW YEAR

January 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monday, 8 January 2024

Please note that other events may be added to this list and, very occasionally, some may be postponed. We will notify parents in the relevant classes of these additional events or changes via Class Dojo, email and text message.