



St Osmund's Catholic Primary School Newsletter

Love for God ~ Love for Each Other ~ Love for Learning

Anti-bullying theatre and workshops

Our PSHE curriculum at St Osmund's is known as our 'Health and Wellbeing' curriculum. Through the school the children learn the full PSHE curriculum - and more - using our Life to the Full scheme. In addition, we supplement our curriculum with additional enrichment activities and to that end, on Friday next week we welcome some specialists to St Osmund's to run an anti-bullying theatre show for Reception to Year 4, and workshops for Years 3-6. Our visitors will be teaching our children:

- To understand the definition of bullying with reference to a Power Imbalance.
- How we can speak up and *make a noise about bullying* if we think someone is being bullied.
- To learn and apply conflict resolution techniques, including effective use of voice tonality and body language.
- To understand and identify the different ways that bullying can happen including verbal, physical and cyberbullying.

We take the safety of our children very seriously and as our Mission Statement goes, we want all our children to show love, care and respect... Love for God ~ Love for Each Other ~ Love for Learning. This respect, love and care is to be shown to each other and to adults at all times. Our health and wellbeing curriculum alongside enrichment activities such as these workshops, support our children to understand how to treat one another and to prepare them for a successful and happy life.

Half Term Tennis Camp

Victoria Park Community Tennis is running Junior Tennis camps during half term. These camps are a mix of fun games and tennis development and are a great way for children to burn some energy!

The camp runs from Monday 23rd – Wednesday 25th October from 09.30-12.30pm and are in 3 groups based on age ranging from 5-16 year olds, covering all abilities. For more details including prices please go to www.victoriaparktennis.org.uk and click on the link HOLIDAY CAMPS.

End of the school day

We only consider allowing Year 6 children to walk home on their own at the end of the day.

Please note that if you wish this, you need to let us know at school and provide written confirmation. However, this is a joint decision. As a school, if we decide that your child is not ready to walk home by themselves, we will not allow it. This is rooted in our safeguarding duty of care. If you wish to discuss your child walking home, please contact us.

Pre-Loved Uniform Sale & Swap

Our PSA are holding a Pre-loved uniform sale and swap after school on Friday 06 October 2023. They are happy to swap good condition uniform or sell for a donation.

Parents Evening Sign-up Sheets

The sign-up sheets will be in the playground all next week from Monday morning at 8.55am, until Friday morning, at drop off and pick up time.

Sexual Health and Wellbeing

To further enhance our PSHE curriculum, girls in year 5 and 6, and boys in year 6 will benefit from a talk from two local GPs on 19.10. Topics covered include sexual reproduction, personal hygiene, puberty and body changes. Please see the office if you have any questions.

Star of the Week Awards

Rec: Keagan and Julia
Year 1: Tito and Harriet
Year 2: Rehaan and Annette
Year 3: Jones and Angel-Grace
Year 4: Freya and Aaron
Year 5: Lena and Ryan
Year 6: Celin and Tommy



Dates for your diary...

[www.twitter.com](https://www.twitter.com/@St_OsmundsCP)
@St_OsmundsCP

- 02.10.23 ~ Parents Evening sign up sheets available ~ All week
- 05.10.23 ~ Yr 4 Trip to Old Sarum ~ 9.30- 12pm
- 05.10.23 ~ Harvest Mass ~ Whole School ~ 2pm School Hall
- 06.10.23 ~ Anti-Bullying Workshops
- 06.10.23 ~ PSA Pre Loved Uniform Sale and Swap
- 10.10.23 ~ Parents Evening ~ 3:30pm-6:30pm
- 11.10.23 ~ Parents Evening ~ 4:00pm-7:00pm
- 17.10.23 ~ Last day of Term 1
- 18.10.23 ~ Teacher Training Day
- 30.10.23 ~ Term 2 begins
- 20.12.23 ~ Last day of Term 2 ~ 1:30pm

Mr R Sanderson
Headteacher

Lord, we pray for all those affected by the terrible coach crash on the M53 yesterday. We pray for the families of those who have tragically lost their lives, and we pray for the quick recovery of the injured.

Lord bring them comfort. Surround them with our prayers for strength.

We ask this in Jesus' name. Amen.

Safeguarding Team

If you have any concerns about a child's welfare or safety, please speak to a member of the school safeguarding team:

Mr Sanderson – Designated Safeguarding Lead
Mrs Chapman – Deputy Designated Safeguarding Lead
Mrs Sambrook – Deputy Designated Safeguarding Lead
Mrs Windsor – Deputy Designated Safeguarding Lead

Vaping dangers

In the UK, the proportion of 11 to 18-year-olds who vape doubled between 2020 and 2022   That figure has continued to rise – a worrying trend that's not exactly been countered by frequent portrayals of vaping as cool and fashionable on social media platforms. 

Many young vapers simply aren't aware of the habit's potential pitfalls – but with risks including unregulated products, toxic ingredients and future nicotine addiction, there's plenty for trusted adults to help children understand. The guide below from National Online Safety brings you the essential info.

Apply for a School Place

Applications for secondary school places close on 31 October 2023. If your child is in Year 6 please log on to Gov.UK and follow the instructions to apply for a secondary school place.

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What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



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