



## St Bartholomew's CE Primary School



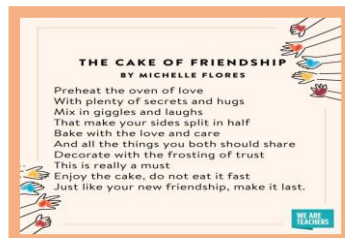
### News in school 29.9.23

Good afternoon,

What a beautiful week it has been. We formally welcomed our reception children into our school and as you can see below, the children were beaming with excitement. Our year 6 children were amazing at supporting and encouraging them. They offered a gentle hand and a warm smile throughout the service. It was then lovely to welcome parents back to school to share lunch with their child. Thank you so much to everyone who came and shared in such a special celebration.



Throughout the week I have witnessed friendship across all our school – from comforting others who are anxious, to inventing new games on the playground, sharing smiles, holding doors open and simply taking time to listen to each other. I feel very lucky to be able to work in such a warm and caring school.



### Photos

Individual and Family photos take place on Thursday 5<sup>th</sup> October. If you would like photos taken with pre-school children, please come to the school hall at 8.30am.

### Vaping

Please can I remind all parents that we are a non-smoking site and that this includes any form of smoking, including vaping.

### COVID-19

Since March 2022 when the final Covid restrictions were lifted, the UKHSA advised that COVID-19 should be managed like other respiratory infections, such as flu, with no requirement to perform an LFT. Children and staff with respiratory symptoms such as COVID-19, who have a high temperature or do not feel well enough to carry out normal activities, should try to stay at home and avoid contact with others until they no longer have a temperature or feel well enough to return to school.

If an individual has access to LFTs the advice is as follows:

- It is not recommended that children are tested for COVID-19, however if they do test, the advice is to stay at home and avoid contact with other people for **3** days from the date of the positive test, with the day of the test being day **0**. A child who is a close contact of someone who has tested positive for COVID-19 should continue to attend school as normal.
- Adults with a positive COVID-19 test should try to stay at home and avoid others for **5** days after the test has been taken, with the day of the test being day **0**.

Symptoms of COVID-19 (similar to illnesses such as influenza and norovirus):

- ❖ High temperature
- ❖ Loss or change to sense of smell or taste
- ❖ Shortness of breath
- ❖ Headache
- ❖ Aching body
- ❖ Sore throat
- ❖ Blocked or runny nose
- ❖ Loss of appetite
- ❖ Diarrhoea
- ❖ Feeling sick or being sick
- ❖ New continuous cough

### *School worship*



### ***Bible verse of the week***

Friends challenge each other to meet the highest good  
(Proverbs 27:17).

### **Family Celebration Collective Worship – Friday 6<sup>th</sup> October**

Family Celebration Collective Worship on Friday 6<sup>th</sup> October will take a different stance. We will be joining the virtual launch of the Dioceses new vision. Parents/carers/guardians are welcome to join us, however there won't be any certificates awarded until our normal Monday Collective Worship.

### **After School Kids Club**

Please be aware that if parents/carers/guardians are more than 10 minutes late collecting from after school clubs at 4pm there will be a charge of a full hour, per child, childcare cost.

### **Pencil Cases**

Thank you very much to everyone who has supported us by providing their children with stationery for their pencil cases, however a large number of children do not have glue sticks. Glue sticks are a staple part of school life and are used up very quickly. Please remember to ask your child regularly if they require anything replenishing.

### **KS2 SATs Week**

Year 6 children will be taking part in their KS2 SAT tests during w/c 13<sup>th</sup> May 2024 and although we discourage in-term holidays, we ask parents to avoid booking any absences, including medical/dental appointments during this week. Thank you.

Take care

Miss Ingle

### ***Attendance winner of the week***

Oak Class are the attendance winners of the week!

### ***Celebrated this week in Collective Worship***

w/e 29.09.2023	Fantastic award	Excellence award	Team Points award
Apple Class	Harriet	Elizabeth	Ella
Palm Class	Alfie	Iona	Dakota
Oak Class	Caryna	Teodor	Bladen
Willow Class	Molly S	Esme	Yadhavi

## ***Dates for Your Diary***

Date	Time	Event
1 <sup>st</sup> October		West Pinchbeck 10k/School FunRun
3 <sup>rd</sup> October		Spalding Academy Open Evening (Year 4/5/6)
5 <sup>th</sup> October		Individual/Family photographs
12 <sup>th</sup> October		Apple Class trip to Ketton Pumpkins
13 <sup>th</sup> October	2.30pm	Harvest Service at the Church (Children to be collect from Village Hall)
13 <sup>th</sup> October	3.15pm	PTFA refreshments at Village Hall
18 <sup>th</sup> October		Flu Vaccinations
19 <sup>th</sup> October	3.15 – 4.30pm	PTFA Reception Welcome Disco (open to all)
20 <sup>th</sup> October		End of Term 1
31 <sup>st</sup> October		Beginning of Term 2
29 <sup>th</sup> November		Apple Class trip to Tallington Farm

9 <sup>th</sup> December		Track Play
13 <sup>th</sup> December		Christmas Jumper Day
13 <sup>th</sup> December		Christmas Lunch
13 <sup>th</sup> December	3.15-4.30pm	PTFA Christmas Disco
14 <sup>th</sup> December	2.30-5pm	PTFA Christmas Fayre
15 <sup>th</sup> December		Whole school trip to Panto (South Holland Centre)
19 <sup>th</sup> December	6pm	Christingle & Carols by Candlelight at the Church

## Any Other Information

### PE/Swimming Timetable:

	PE	Swimming
Apple	Wednesday	Monday
Palm	Thursday	Tuesday
Oak	Monday	Thursday
Willow	Tuesday	Friday

### Fun Run

On Sunday 1<sup>st</sup> October, we will be collaborating with the Halmer Harriers again to bring you the 2<sup>nd</sup> St Bart's Fun Run. Our Fun Run will be in memory of our lovely Thomas. All monies raised will go to Brainbow who supported Thomas through his journey and towards our new school mural which will include Thomas's handprint, so he is always with us and a part of our school. We will be trying to raise £2000! Mrs Thomas and I will be running the 10K in memory of Thomas on Saturday with the other Halmer Harriers so that we can be on hand to marshal at the Fun Run on the Sunday. There is a box for any donations in the foyer at school should you wish to support us. Entry to run in the Fun Run is £2 per runner and like last year, children and adults can run. Please complete the ParentMail form to let us know you will be running as a register will be taken on the gate, where you will pay, and we want to make sure we have enough burgers and sausages! I hope that we will have another fantastic event and raise as much money as we can for such a good cause.

### School Mobile Phone

We now have a school mobile for afterschool care. The number is: 07936 725986. It will be turned off during the school day. It will only be available for parents who have children attending afterschool care during afterschool care hours. **PLEASE CONTACT THE SCHOOL OFFICE FIRST IN ALL CIRCUMSTANCES.**

### School Opening

Our school office is open from 8.30am to 3.15pm, Monday to Friday. If you wish to contact the school out of these hours, please email [enquiries@stbartholomews.lincs.sch.uk](mailto:enquiries@stbartholomews.lincs.sch.uk) or call 01775 640357 and leave a message on our answerphone.



**Commented [JW1]:** If it's dry, Helen White is coming and bringing the Willoughbee costume. She will be here about 9.30 until 10.15 ish. Would like a photo with some children.



At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) for further information and resources.

# 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.

### 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.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently achieving 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.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 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.

### 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.

### 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.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape liquids (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.

### 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.



Source: <https://www.bbc.co.uk/news/health-65809926>



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