



It's hard to believe that it is already October. September has sped by and the children have done so much already.

As always, the children display fantastic attitudes to learning when I visit their classrooms and are clearly making lots of good progress in their work.

This month we are focusing on good manners and will be rewarding people who always demonstrate these. It really cheers up my day when pupils stop and say good morning, hold a door open or ask how my day has been. I know all staff feel the same way and are trying to model these behaviours throughout our school.

Whilst we are talking about positive behaviours please be reminded that you can check how many Beehive reward points your child has been given on Beehive. This is updated as children receive them so do keep checking.

Hoping you have a great October!

Kind Regards,
Mrs Shilling



Reading Event for Parents



Our **'Reading Event for Parents'** was informative and also brought lots of fun! Following our English Leader's presentation on how we teach reading and how to support your child's reading, we were lucky enough to welcome local author, Steve Skidmore into Brocks Hill.

Steve demonstrated how to have fun and enjoy reading with children, using some very brave parents to help him!

Lucky attendees were able to purchase Steve's books at a discount, as well as having them signed by the author himself!

If you missed out on the event, the slides are now available on our website under **'Parent Information Session'**.

Reading Event for Parents



We were so excited that the Reading is Magic Festival is returning from **2nd - 6th October!** There were so many writers, illustrators and poets who are taking part in the five-day festival which can be beamed straight into homes across the globe.

Sign up via the website: **Reading is Magic festival 2023**



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At The National College, we provide many young learners and trainee educators with the opportunity to strengthen, manage and evidence their professional and personal development, in the place, in the practice. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit 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 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.

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 fluids (unregulated in the UK) contain traces of milt, 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 Health & Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goals to embed a proactive, coordinated approach among both primary and secondary schools to encourage young people to avoid vaping behaviours.



HEALTHY SCHOOLS
DANBURYSHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-69300924>



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OCTOBER WELL-BEING

Physical activity

NEWSLETTER

OCTOBER 2023

PHYSICAL ACTIVITY

To maintain a basic level of health, the Chief Medical Officer recommends children and young people aged 5 to 18 should take part in an average of at least 60 minutes of physical activity per day.

Taking part in Physical Activity has many benefits for children and young people, including; improving fitness, increasing concentration, building a stronger heart, bones and healthier muscles. Being regularly physically active improves self-esteem, lowers stress and encourages a better nights sleep.

The NHS has further information [here](#).



Did you know?

Exercise leads to improved motor skills, better thinking and problem-solving. It's a **BRAIN BOOSTER!**



TRY SOMETHING NEW TODAY!

Now is a great time to try a new sport! Joining a team or trying out a new physical activity gives children the opportunity to meet new friends, develop their confidence, learn how to play by the rules, stay focused, be consistent, and work hard towards their goals. It also gives them a taste of competition and teaches them that there's always room for improvement.

CLICK [HERE](#) TO FIND LOCAL SPORTS CLUBS IN YOUR AREA!

OCTOBER WELL-BEING

2 ACTIVE TRAVEL MONTH

This year's Active Travel Month takes place throughout October and we want as many pupils as possible to get involved!

Actively travelling to school is a great way to boost a child's physical and mental health. It helps them feel alert and ready for the day.

Pupils can actively travel by walking, cycling or scooting to school this month.

Last year 8,185 pupils took part in Active Travel month, can we beat that this year?

'I really enjoyed walking to school and helping the environment.'



CHECK OUT OUR ACTIVE TRAVEL HIGHLIGHTS VIDEO FROM LAST YEAR [HERE!](#)

Key October dates

- International Walk to School Month
- Black History Month
- World Teachers Day- 5th
- World Mental Health Day-10th
- World Food Day-16th

STAY ACTIVE FOR LESS!

Click [here](#) to find helpful resources and information for your family to stay active for less.

Look out for our guide to local walking routes and beautiful green spaces South Leicestershire has to offer.



LET'S GET SOCIAL



GOVONOR'S WORD

GOVERNOR UPDATE

As we are now beginning the second month of the Autumn Term it is super to see that all the children are glad to be back at school and have settled well into their learning. We had our first Local Governing Body (LGB) meeting and this was Face-to-face - we are having two in this way and two online. As usual we had a variety of items discussed and challenged the staff on several issues and scrutinised several documents. We always act as a 'critical friend' but of course with the outstanding results obtained at all levels from Early Years to Year Six we are very pleased to be able to praise our wonderful staff and pupils.

I have listed the Governing Body below as there are one or two changes from this time last year also we have another enthusiastic community governor who is going through the DBS etc. process, at the moment. One significant change is that Tom Matheson and I will be Co-Chairs of the Governors. I have so enjoyed and been proud to be your Chair of Governors for the last six years but my home circumstances have now become more demanding. Tom has been a very supportive Vice-Chair and I am certain he will be excellent in this new role.

DIANE MILLER

Diane Miller Co-Chair Tom Matheson Co-Chair

Community Community

Cathryn Shilling Head of School Sally Wicken Executive Principal

Ex-Officio Ex-Officio

Tasneem Dungarwalla Parent Caroline Bowden Parent

Amrit Mangat Community Shila Rawson Community

Kate Quirk Staff Deepa Odedra Support Staff

Cat Thornton Link Tr