

INCLUSION NEWSLETTER

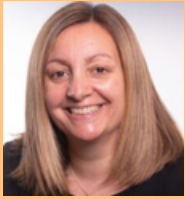
NOVEMBER 2023

Keeping
children safe
is everyone's
responsibility



SEND, SAFEGUARDING AND WELLBING

Meet the Team



Jo Sawyer
Headteacher
Safeguarding



Vicky Hearson
Deputy Headteacher
SENCO
Safeguarding



Natalie Fowles
Safeguarding
Attendance
Pupil Support
ELSA



Jennifer Harbertson
Pupil Support
EAL



Effy Ford
Safeguarding
Pupil Support
Autism Champion
ELSA



Natalie Martin
Deputy Head
Mental Health Lead



Laura Drake
SENCO Assistant

The team does a range of work to support children and families at Park Grove, for example:

- Leading small nurture groups
- Providing 1-1 support for emotional wellbeing
- Coordinating external support and agencies
- Safeguarding
- Supporting children who have English as an Additional Language (EAL)
- Promoting good attendance
- Working with families
- Overseeing the implementation of Pupil Passports, My Support Plans and EHCPs
- Training playground buddies
- Supporting Looked After Children

SAFEGUARDING

Another important role of the team is Safeguarding and Child Protection. All staff working in schools receive extensive training and follow guidance set out by the government in their Keeping Children Safe in Education statutory guidance.

The team has many responsibilities including working with staff and agencies involved in safeguarding children, working with parents and families, giving advice to staff, training staff, managing referrals from staff and investigating concerns passing them onto the correct body as necessary, managing the records of safeguarding and Child Protection concerns, keeping own knowledge up to date etc. If you need any support or guidance please contact the team who are always happy to help.

IF YOU HAVE ANY CONCERNS ABOUT THE SAFETY AND WELFARE OF A CHILD OUTSIDE THE SCHOOL DAY, PLEASE RING THE MASH (MULTI AGENCY SAFEGUARDING TEAM) ON 01904 551900 OR THE OUT OF HOURS SAFEGUARDING TEAM 01609 780780

ANTI-BULLYING WEEK

13-17th November 2023



This year the theme for Anti Bullying week is **Make a Noise about Bullying**

We will be doing lots of work in school around bullying including assemblies and lessons and would like to invite the children to join in with odd socks day on Monday 13th November.



You can find out more information about Anti-Bullying at <https://anti-bullyingalliance.org.uk>



Wear your Odd Socks on Monday 13th November



This term we have been working with the NSPCC to deliver the Speak Out Stay Safe programme.

Speak out Stay safe is a safeguarding programme for children aged 5- to 11-years-old. It is available to all primary schools in the UK and Channel Islands. It helps children understand:

- abuse in all its forms and how to recognise the signs of abuse
- that abuse is never a child's fault and they have the right to be safe
- where to get help and the sources of help available to them, including our [Childline service](#).

The NSPCC Website has more information on the programme as well as a wide range of resources to support parents including guidance on Online Safety.

<https://www.nspcc.org.uk>

Vaping

Vaping has been on the increase for children aged 11 - 17, but we are aware some children at primary school level are also experimenting. Please see the following guide for parents about vaping

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 this. **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 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.

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 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 goals are to provide a positive, coordinated approach to raising primary and secondary schools' awareness of smoking and vaping behaviours.

catch your breath

HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bac.co.uk/news/health/65360428>

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Wellbeing

We love the Action for Happiness monthly Calendars. Why not try some of the activities suggested for November which aim to promote wellbeing and happiness.

Their website has lots of advice and tips as well as an APP you can download

<https://actionforhappiness.org/>

New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Make a list of new things you want to do this month	 2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel		
6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about
13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site
20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show
 27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times	 	 	

ACTION FOR HAPPINESS **Happier · Kinder · Together**

