

PARKLANDS BULLETIN 2nd - 6th October 2023 Week 1



Principal's Message

Dear parents and carers,

What a fantastic and busy week we've had at Parklands!

On Wednesday we had our annual Open Evening event and welcomed hundreds of visitors to see our school in anticipation of applying for admission. The school was buzzing with every department open and many of our pupils acting as guides. It is always wonderful to have the opportunity to show all visitors what a day in life at Parklands will bring, should they choose our school. We received lovely comments and feedback from many visitors that was very heartening to hear, and I am proud of all our staff and the pupils who were a credit to us all.

Last Friday the English Department took a group of Year 10 and 11 students to Stratford Upon Avon to see a performance of Macbeth. The performance was absolutely brilliant, and will really help the pupils to understand the play ready for their GCSE exams. The staff at the theatre were also very complimentary about our pupils, and said that their behaviour was the best of all the schools they have had. It was a late night, but well worth it!

Open evening on Wednesday was followed very quickly by Macmillan Coffee Morning on Thursday, another very busy event at Parklands!

As you will see in the announcement later in this newsletter pupils, staff, and parents supported this very important charitable cause. Cakes were baked, donated, and bought to raise money for Macmillan. It was a lovely community event, a highlight of which was that one of the cakes at the auction was sold for £150; astonishing!

Earlier this week I emailed you all to ask for your support with the traffic and parking issues that we have been encountering at the end of the school day. I have to say that with the introduction of traffic cones in key spots and with your consideration the situation has been much improved, thank you!

As I write this many of year 7 are on their way to the PGL weekend away. We look forward to hearing about what a fantastic weekend they had when they return to school on Monday.

Regards,

Mrs. Batson Principal.

On Monday 2nd October, our **Learning Ambassadors** will be running **Super Learning Day** for all year 7 pupils. During this day, the year 7s will have lessons in: **Friendships**; **Being the Best Learner**; **Technology** at Parklands and a session during period 4 that they have opted into. These opted sessions involve exposure to our Learning Ambassador team and Leadership at Parklands, being run by our **Creative Team**, our **Digital Team** and our **Leading** and **Reading Team**.

Here are all of the Learning Ambassadors involved:

Emily Goring, Isobel Walker, Josh Miller, Liam Dickens, Thomas Nelson, Aaron Denham, Ella Richards, Izzy Frohock, Jake Newns, Beatrice Connor, Alex Walley, Leen Elhabal, Darcie Dunn, Evan Ditchburn, Sophie Wright, Rebecca O'Hanlon, Jessica Hand, Anastasiia Paslavska, Alfie Wood, Shayla Harty, Ned Charlton, Andrew Fan, Konrad Zachaczewski, Joe Hunter, Ayesha Mahmood, Hermione Jones, Ellison Frohock, Thomas Garrett, Matilda Fairhurst, Annabel Fairhurst, May Upton Ewan Watson, Stephanie Ashworth, Laila Fazackerly, Jess Mitchell, Amna Esa, Seb Holbert, Alex Spinks, Jenny Queally, Jamie Monk, Sara Essa.

If your child is involved in running one of these sessions, please encourage them to speak to you about the lesson they will be teaching. It is very daunting to teach a group of your peers and I am sure that they are going to do an **amazing** job! Please wish them luck!

Reporting absences - Please note that all absences need to be reported before 8:35am on the day of absence. Please also report if your child is going to be late.

Ways to report absences:

- EduLink App (most favourable please)
- School absence line 01257 264596 option 1 please leave your child's full name, form group and a reason for absence
- All absences need to be reported daily you cannot 'block book' absences
- Home visits will be conducted for all absences on day 2 or three as per the Lancashire County Council Attendance Pathway

Medical Appointments - The school would prefer that all appointments were made outside of school hours, however we appreciate that this isn't always possible.

In order to allow your child to leave school during school hours **all appointments need to be submitted using the EduLink App** with proof of the appointment (e.g. photo of letter, screenshot of text message) at least the day before.

Please do not email the Houseleaders as they are not responsible for the management of attendance.

Where it isn't possible due to an emergency appointment, proof will need to be supplied upon return from the appointment.

If proof is not supplied the absence will be marked as unauthorised and will be reported on trackers. This is a directive from the Local Authority. (LCC)

Secure - All pupils will be learning about Black History to mark Black history month during Secure on Monday. If you would like to discuss this with your child, the resources will be available to view with your child on their Secure Google Classroom after the session.

Office request

Please could we ask that if you are dropping items off at Reception for your child that it is clearly labelled and, wherever possible, you have let your child know there is something for them to collect from the office. If they have a mobile phone, pupils are able to check their messages at break and lunch. Many thanks.

PARENT FORUM

Please see the dates for this year's Parent Forums;

Tuesday 14th November 6 pm

Tuesday 5th March 6 pm

Tuesday 18th June 6 pm

They take place here in school and over the years they have been used to make some positive changes to our community. If you wish to take part, please email shaslam@parklandsacademy.co.uk We would much rather discuss any concerns you have face to face rather than over social media. Parent Forum is a positive experience for all! Thanks

(Year 7) Weekly discussion questions from the RS Department.

Current Unit - Ultimate Questions

Enquiry Question - Is it possible to find answers to ultimate questions?

- 1. What are the 6 major world religions?
- 2. Why might Totemism be considered a religion?
- 3. In what ways can we see religion in the world today?

(Year 8) Weekly discussion questions from the RS Department.

Current Unit - Prejudice and Discrimination

Enquiry Question - Why do people discriminate?

- 1. What do the keywords stereotype, prejudice and discrimination mean?
- 2. Can you name 5 of the 9 protected characteristics?
- 3. 'The empire on which the sun never sets'. What do you think this quote means?

(Year 9) Weekly discussion questions from the RS Department.

Current Unit - Human Rights and Social Justice

Enquiry Question - Do we still need human rights today?.

- Why was it so important to establish the United Nations after World War II?
- 2. Give some examples of word the United Nations does
- 1. Why do we need human rights today?

Perfect 3s

Excellent Behaviour for Learning goes hand in hand with achievement. It is an excellent indicator of how your child is performing in lessons. Who's had the Perfect 3 since we've been back?

Year 7: 157 pupils to date Year 8: 18 pupils to date

Year 9: 26 pupils to date Year 10: 17 students to date Year 11: 42 students to date

All: 260 students

How many had the perfect 3 in the previous week?

> Year 7: 197 pupils Year 8: 141 pupils Year 9: 164 pupils Year 10: 128 students Year 11:141 students

All: 771 students

Please congratulate your child if they have the Perfect 3. All BfL scores can be seen in the

Edulink app.

How many pupils have a BfL score of 2.99 -3?

> Year 7: 125 pupils Year 8: 91 pupils Year 9: 67 pupils Year 10: 114 students

All: 397 students

Students, please click the link to see what clubs, trips and activities are happening in school Parklands Bulletin

Weekly Learning Support Board - please click here



Head Students' Page

Hello everyone,

What a busy week it's been! I'm so proud to see Parklands coming together as a community over the past week, raising money for charity and showing off how amazing our school is.

First of all, a big thank you to all that helped during open evening; I'm sure you all gave a good impression of the school and represented our ethos really well.

Also, a huge well done to everyone who donated to charity yesterday, whether that be through the raffle, cake auction or just buying cakes from the stalls. It was our most successful coffee morning ever!

Next week is Super Learning Day for year 7s, which is always a fun and rewarding day for them as they have older pupils like myself teaching them!





SO SO much! YOU have helped us raise the LARGEST amount yet! A HUGE thank you to everyone who helped, contributed, donated and baked! We are totally overwhelmed and feel this is a massive part of why our school is so great.

£2807.76

The hampers were won by the following people -

Parents of Jenson G, Regan D, Alexis M and Miss Flight.

Here's to next year!



Two of our students, who won Lancashire County Council's Compassion Project competition as part of Refugee Week, have appeared in LCC's news bulletin! You can read the full article here: https://www.lancashire.gov.uk/lpds/teaching-and-learning/education-improvement-equality-and-diversity/refugee-week/

Well done again to Martyna P and Lizzie P.

Eight of our talented y11 Spanish and French students attended an A Level taster day at Runshaw College as part of their European Day of Languages celebrations. The linguists took part in reading, listening, speaking and writing activities and were an absolute credit to our school.



Does your child experience another language at home? We are holding a coffee afternoon for the parents of all children who have English as an Additional Language on October 9th from 2:15pm-3pm. This is open to all families whose children are exposed to a language other than English at home, even if they are perfectly fluent in English.

The session will share tips on how you can help your children with their home study, but also encourage them to keep up and develop their literacy in their home language. We'd love to see you there. Please email idonohue@parklandsacademy.co.uk if you have any gueries.

PARKLANDS HIGH SCHOOL ENGLISH AS AN ADDITIONAL LANGUAGE DEPARTMENT INVITES YOU TO

AN EVENT FOR ALL FAMILIES
WHO SPEAK A LANGUAGE

OTHER THAN ENGLISH AT HOME

- TIPS ON HOW TO HELP YOUR CHILD'S EDUCATION
- STRATEGIES FOR MAINTAINING THEIR
 HOME LANGUAGE

MONDAY, 9TH OCTOBER 2:15PM-

3PM

Refreshments will be provided.

Email jdonohue@parklandsacademy.co.uk

with any questions

PARKLANDS HIGH SCHOOL ENGLISH JAKO DODATKOWY WYDZIAŁ JĘZYKOWY ZAPRASZA

popo uanie

RODZIN, KTÓRE W DOMU
POSŁUGUJĄ SIĘ JĘZYKIEM

INNYM NIŻ ANGIELSKI

- WSKAZÓWKI, JAK POMÓC DZIECKU W EDUKACJI
- STRATEGIE UTRZYMANIA JĘZYKA
 OJCZYSTEGO

PONIEDZIAŁEK, 9 PAŹDZIERNIKA,

OD 14:15 DO 15:00

zapewniony będzie poczęstunek
e-mail
jdonohue@parklandsacademy.co.uk z
wszelkimi pytaniami

PARKLANDS HIGH SCHOOL ENGLEZĂ CA O LIMBĂ SUPLIMENTARĂ DEPARTAMENT VĂ INVITĂ LA

dup**ă**-amiaza de cafea

UN EVENIMENT PENTRU TOATE
FAMILIILE CARE VORBESC O
ALTĂ LIMBĂ DECÂT ENGLEZA
ACASĂ

- SFATURI DESPRE CUM SĂ AJUTAȚI
 EDUCAȚIA COPILULUI
- . STRATEGII PENTRU MENȚINEREA LIMBII LOR DE ACASĂ

LUNI 9 OCTOMBRIE 14:15-15

vor fi oferite băuturi răcoritoare e-mail

jdonohue@parklandsacademy.co.uk cu orice întrebări

ВЫСШАЯ ШКОЛА **PARKLANDS,**ФАКУЛЬТЕТ АНГЛИЙСКОГО
ЯЗЫКА КАК ДОПОЛНИТЕЛЬНОГО
ЯЗЫКА, ПРИГЛАШАЕТ ВАС НА

кофе после обеда

МЕРОПРИЯТИЕ ДЛЯ ВСЕХ РОДИТЕЛЕЙ, КОТОРЫЕ ГОВОРЯТ ДОМА НЕ НА АНГЛИЙСКОМ

ЯЗЫКЕ

- СОВЕТЫ О ТОМ, КАК ПОМОЧЬ В УЧЕБЕ ВАШЕГО РЕБЕНКА
- СТРАТЕГИИ СОХРАНЕНИЯ РОДНОГО ЯЗЫКА ПОНЕДЕЛЬНИК, **9** ОКТЯБРЯ, **14:15-15:00** прохладительные напитки будут предоставлены электронная почта jdonohue@parklandsacademy.co.uk с любыми вопросами

پارک لینڈز ہائی اسکول انگلش بطور ایک اضافی لینگویج ڈیپارٹمنٹ آپ کو مدعو کرتا ہے۔

> کافی دویہر

گھر میں انگریزی کے علاّوہ کوئی دوسری زبان بولنے والے خاندانوں کے لیے ایک

تقريب

- اپنے بچے کی تعلیم میں مدد کرنے کے طریقے کے بارے میں تجاویز
- اپنی مادری زبان کو برقرار رکھنے کے
 لیے حکمت عملی

پیر **9** اکتوبر دوپہر **9** اکتوبر ریفریشمنٹ فراہم کی جائے گی ای میل jdonohue@parklandsacademy.co.uk کوئی سوال

ЗАПРОШУЄ ВАС НА ФАКУЛЬТЕТ АНГЛІЙСЬКОЇ МОВИ СЕРЕДНЬОЇ ШКОЛИ **PARKLANDS** ЯК ДОДАТКОВОГО

кава після обіду

подія для всіх сімей, які розмовляють вдома не

АНГЛІЙСЬКОЮ МОВОЮ

- ПОРАДИ, ЯК ДОПОМОГТИ ВАШІЙ ДИТИНІ НАВЧАТИСЯ
- СТРАТЕГІЇ ЗБЕРЕЖЕННЯ РІДНОЇ МОВИ

ПОНЕДІЛОК, 9 ЖОВТНЯ, 14:15-15:00

закуски будуть забезпечені електронною поштою jdonohue@parklandsacademy.co.uk з будьякими питаннями

PE Update - What a week!

A good week of fixtures and clubs this week for the boys and girls who made us all proud.

Year 7 boys played their first competitive match and showed great spirit and resilience against an incredibly strong St Michaels team and we know we have a bright future with the team.

Year 9 boys played well against Bishops but unfortunately lost the game, however they have made great strides forward in recent years to now compete with what is a very strong Bishops team.

Year 10 boys played twice and beat Tarleton on Monday to progress in the Lancashire Cup but then got beaten at St Michaels on Tuesday in the last minute, which puts their chances of making the Chorley Cup final in the balance.

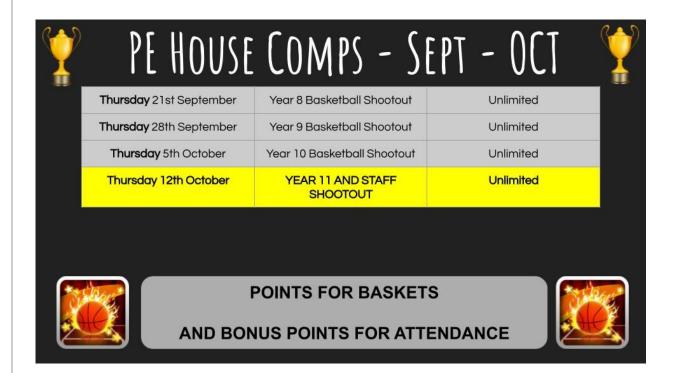
Year 11 boys unfortunately got beaten by Bishops after a brilliant first half; the second half did not go as planned but they worked incredibly hard and showed great character.

The Y10 and 11 Netball team also did very well at Holy Cross in the Chorley competitions and impressed Mrs Sorbie with their excellent attacking and speed of play, which is what they have been working on at training. Keep up the good work girls.

The **U13s** girls football team play tonight in the Lancashire cup and the PE team wish them luck!

Like sport and PE but looking for a club to join? Click Here







HIGH SCHOOL FOOTBALL KIT SPONSORS

We want to say a huge thank you to all the company below who have sponsored a football kit. They are arriving in school and we will be getting the team photos shortly. Thank you for your support!



















Parklands Trips 2024



Please find on link <u>here</u> the following slides all the trips with spaces available and running this year.

Please note some trips may require payments ASAP to catch up.

Please contact the member of staff on the slide for the specific trip for further details.

All the trips are dependent on good behaviour and attendance and pupils can be removed once on a trip for poor behaviour and attendance.

The deadline to sign up for the ski trip is THIS MONTH, places are limited and the trip will not run again until 2027 so don't miss out!

PARKLANDS HIGH SCHOOL SKI TRIP

- 5 full days with ski instruction
- Ski or snowboard hire
- Boot hire
- All meals provided including breakfast on the outbound and inbound journey
- Full area ski lift pass
- Apres ski programme including bowling, pizza, ice cream & disco
- Trip hoody
- Helmet hire
- Comprehensive winter sports insurance.

Open to years 7-10
The next trip will not go until 2027 so
don't miss out!



Please click <u>here</u> for the weekly menu and additional information.



OUR MENU WEEK 1

Choose your favorite dish











Monday

Main Meal

Cottage pie (gluten free) Served with steamed veg £1.90

Vegetarian option Cheese pie Served with steamed veg

Jacket Potatoes with various fillings

Grab & Go Sausage roll £1.15 Chicken wrap £1.90 Pazzini £1.90

Tuesday

Main Meal

Chicken curry (gluten free) With rice £1.90

Vegetarian option Falafel served in pitta with salad & sauce £1,90

Jacket Potatoes with various fillings

Grab & Go Meat & Potato Pie £1.15 Chicken wrap £1.90 Herby Potato Cubes £1.20

Wednesday

Main Meal Lasagna served with salad

Vegetarian option Pasta bake (gluten free) £1.90

Jacket Potatoes with various fillings

Grab & Go Sausage roll £1.15 Chicken wrap £1.90 Pazzini £1.90

Fazziii £1.9

Thursday

Main Meal Spaghetti bolognai (gluten free) £1.90

Vegetarian option Mac & cheese

Jacket Potatoes with various fillings

Grab & Go Cheese pasty £1.15 Panini £1.90

Friday

Main Meal Roast dinner with all the trimmings (gluten free)

Vegetarian option Potato bake With all the trimmings

£1.90 Jacket Potatoes

with various fillings

Grab & Go Sausage rolls £1.15 Chicken wrap £1.90 Chicken strips £1.50

For more information on the vacancies please click here.





Parklands High School: An Academy Southport Road, Chorley, PR7 1LL

Co-Ed Comprehensive with 1107 students on roll. Tel: 01257 264596

www.parklandsacademy.co.uk

Email: admin@parklandsacademy.co.uk

Learn, Respect, Aspire, Achieve

We are currently seeking a dynamic and inspirational Teacher of Computing & Media

Required from January 2024

Full time, permanent. Hours of work are as detailed in the School Teachers Pay and Conditions Document

We are seeking a teacher of Computing & Media to join our small but successful department. The position would suit an experienced practitioner but we would also welcome applications from ECTs / RQTs.

You will receive high quality, comprehensive CPD and support from your colleagues who will coach and guide you through any continued professional development. Parklands has a bespoke ECT/RQT programme in place and staff also benefit from access to the UK's leading provider of corporate healthcare cash plans provided by UK Healthcare and out of hours access to our gym facilities.

Parklands High School is a popular, over-subscribed and high-achieving school. This is an opportunity to work in a friendly, supportive, well-resourced and forward looking environment. If you wish to come and visit us or require more information regarding the role, please contact Andy Miller, Curriculum Leader, by telephone or email (amiller@parklandsacademy.co.uk)

Candidates should complete an electronic application form, available from the TES or our school website, along with a letter of no more than 2 sides of A4, in which you outline your experience and suitability for the position. Electronic applications should be returned to the email address admin@parklandsacademy.co.uk.

Closing date for applications: 12 noon 2nd October 2023 with interviews to be held w/c 19nd October 2023.

Parklands High School is part of the Aspirational Futures Multi Academy Trust. Please note, we reserve the right to withdraw this vacancy at any time and regret we are unable to contact individual applicants who may be unsuccessful. Parklands High School is committed to safeguarding and promoting the welfare of its staff and pupils and expects those working at the School to share this commitment. Applications from ethnic minority candidates and other diverse groups are welcomed. The successful candidate will be required to undertake a criminal record check via the Disclosure and Barring Service as well as qualification and reference checks. Online checks will also be conducted on shortlisted candidates. Copies of our Recruitment and Selection policy are available from hr@parklandsacademy.co.uk'

For more information on the vacancies please click here.





Parklands High School: An Academy Southport Road, Chorley, PR7 1LL

Co-Ed Comprehensive with 1107 students on roll. Tel: 01257 264596 www.parklandsacademy.co.uk
Email: admin@parklandsacademy.co.uk
Learn, Respect, Aspire, Achieve

Vacancies for Exam Invigilators

This is an opportunity to work as part of a team of invigilators at various dates throughout the school year, in particular around the external exam periods in May and June.

This is a casual contract. No experience is necessary as full training will be given and successful applicants will always work with experienced invigilators.

A strong attention to detail and the ability to remain calm, with a pleasant demeanour is highly desirable.

You will be responsible for:

- Maintaining the security of the examination question papers at all times and conducting the examinations in accordance with examination board and JCQ regulations
- · Preparing the exam as required by the examination board
- · Ensuring that the candidates adhere to the exam rules at all times
- · Assisting with any issues that arise during the examination
- · Assisting with any persons needing to leave the examination hall

Parklands High school is committed to safeguarding and promoting the welfare of young people and expects all staff to share this commitment.

The post will be subject to a Disclosure and Barring Service (DBS) check.

Please contact the school Exams Manager, Mrs S Adamson via sadamson@parklandsacademy.co.uk for further details. Application forms available from the vacancies section of school website.

Please note, we reserve the right to withdraw this vacancy at any time and regret we are unable to contact individual applicants who may be unsuccessful. Aspirational Futures is committed to safeguarding and promoting the welfare of its staff and pupils and expects those working at the School to share this commitment. Applications from ethnic minority candidates and other diverse groups are welcomed. The successful candidate will be required to undertake a criminal record check via the Disclosure and Barring Service as well as qualification and reference checks. Online checks will also be conducted on shortlisted candidates Copies of our Recruitment and Selection policy are available from hr@aspirationalfutures.co.uk.

For more information on the vacancies please click here.





Parklands High School: An Academy Southport Road, Chorley, PR7 1LL

Co-Ed Comprehensive with 1128 students on roll. Tel: 01257 264596 www.parklandsacademy.co.uk Email: admin@parklandsacademy.co.uk Learn, Respect, Aspire, Achieve

School Counsellor

Required as soon possible- 37 hrs per week, Term Time only. Grade 7 (SCP19-25) Salary £27,852 - £32,020 (£23,550.52 -£27,074.81 pro rata)

Pastoral care is at the centre of our school community, with the Achievement Team working tirelessly to support all students and ensure they have every opportunity to achieve academically and navigate life beyond the school. We recently received accreditation from the SSAT for transforming practice in wellbeing. This means that Parklands has met the highest standards of the Framework for Exceptional Education and our work in this area is amongst the most effective practice nationally.

To further enhance and develop the support we offer we now have an exciting opportunity for a qualified and experienced School Counsellor. We are seeking to recruit an excellent Counsellor to provide personal counselling to students for 37 hours per week. The successful candidate will have a proven track record of effective therapeutic work with children and young adults as well as dealing with a variety of issues that the modern world presents. You will be able to build and develop effective relationships with students and staff

We offer professional support and career development opportunities. We recognise and value continued professional development and as such, training opportunities will be made available to you throughout your career.

Parklands High School is a popular, oversubscribed, forward thinking and high-achieving school. Our last OFSTED inspection in May 2023 judged us to be "Good" quoting "pupils enjoy attending Parklands High School. They are happy. Leaders have high expectations for all pupils, including those with special educational needs and/or disabilities (SEND). Pupils have positive attitudes towards their learning.". Parkland's staff benefit from access to the UK's leading provider of corporate healthcare cash plans provided by UK Healthcare, we are part of the cycle to work scheme and staff have out of hours access to our brand new gym facilities.

For further information about the role, please contact Natalie Fairhurst, Assistant Principal via telephone or email nfairhurst@parklandsacademy.co.uk. Candidates must complete an electronic application form, available from the school website (paper copies are available), along with a letter of no more than 2 sides of A4, in which you outline your experience and suitability for the position.

Applications should be returned to the email address admin@parklandsacademy.co.uk

Closing date for applications: 12 noon 9. October - interviews to be held 16. October 2023.

Parklands high School is part of the Aspirational Futures Multi Academy Trust.

Please note, we reserve the right to withdraw this vacancy at any time and regret we are unable to contact individual applicants who may be unsuccessful. Parklands High School is committed to safeguarding and promoting the welfare of its staff and pupils and expects those working at the School to share this commitment. Applications from ethnic minority candidates and other diverse groups are welcomed. The successful candidate will be required to undertake a criminal record check via the Disclosure and Barring Service as well as qualification and reference checks. Online checks will also be conducted on shortlisted candidates.













WELCOME BACK! SUPPORT OUR SCHOOL PLAY OUR LOTTERY















- Join the lottery to support our school
- Win weekly cash prizes up to £25,000
- Free entry into the bonus Super Draw

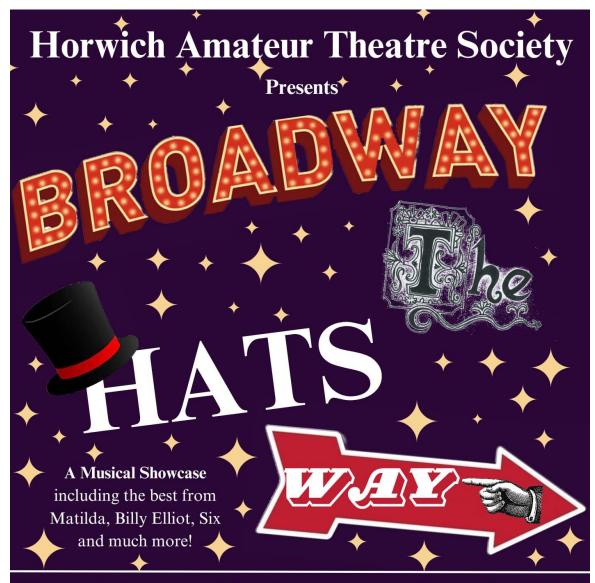
BUY TICKETS:

Go to: www.yourschoollottery.co.uk
And search for: Parklands









Thur 5th - Sat 7th October 2023 at 7:30PM

Tickets: H-A-T-S.net



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 mulds focuses on one of many lesues which we believe trusted adults should be awarded. Places wish was the optional college on ut for further information and resources.

What Parents & Carers Need to Know about HE 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 if 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 toften 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.

WIDER HEALTH CONCERNS

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

UNREGULATED VAPING

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 realted concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible lifer isk 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 strategies of the liquid's content so can't dentify aparential risks.

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 combly 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 wild Vapes are also predominantly made plastic and metal; materials that, of

Meet Our Expert

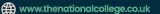
Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire Countly Council and Peterborough City Council), Catch Your Breath is a school-based project cinned or young people, its goal is to embed a proactive, coordinated approach among both primary

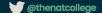


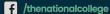


The National College

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









We can help with all kinds of things like......

Emotional Health & Wellbeing
Keeping Healthy Bedwetting
Sleep Bullying Dental Health
Growing Up Keeping Safe
Support with Medical Conditions
in School

Confidentiality

We might inform someone if we are concerned about the safety of you, your child or someone else but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm Monday to Friday (excluding bank holidays).

If you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111. If it is an emergency call 999 or go to the emergency department (A&E). Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number.

Messages are charged at your usual rates.







EMPOWERING PARENTS, **GUARDIANS & CARERS**

Discover essential tips and advice to keep young people safe whilst growing up with confidence.

Be part of our informative event tailored exclusively for parents, carers and guardians with practical insights and expert advice to protect young people and empower them in the digital era.

Specialists will provide an overview of their area, then they will be available for 1:1, detailed discussions.

Managing MH of you and your young person

Healthu relationships

Social media safetu

Healthy eating and weight management



27th September



Lancastrian Suite Town Hall

Chorley PR7 1AL



6pm - 8pm





To book your ticket to this event please scan the QR code here

Careers

Please click <u>here</u> for this week's career news.



Lots of useful information in this week's Career News - click the link and have a read!

Chorley Council have organised a fantastic Careers Event on Monday 9th October from 3pm - 7pm at the Town Hall. There are some major employers involved, so why not go along and meet potential employers?

Scan the QR code in Career News to register. It's free - you have nothing to lose!

Careers

Various college open events coming up soon - try to get to as many as you can to talk to students and staff, check out the facilities and find out more about your chosen subjects/course. Applications are now being accepted, and you need to apply to at least two colleges, even if you intend to take up an apprenticeship position or join the uniformed services. See Miss Berry (top office) if you need any help with application forms.

You can put your predicted or target grades for GCSE, as you won't get your mock results for a while yet. If it asks for a personal statement, you can put 'I will bring this to interview' if you are not sure what to write.

College interviews will only start after Christmas, with Preston College interviews in school in January. Runshaw and Wigan & Leigh will also interview in school in March.