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**Working together to be the best we can possibly be.**

*I can do all things through Christ who strengthens me. Philippians 4.13*

28<sup>th</sup> March 2025

Dear Parents and Carers,

With one week now to go until the Easter holiday, we are delighted with the engagement are pupils are showing to the Bishop's Lent Challenge. Well done everyone!

### **Safeguarding:**

Smoking in your car with a child present is now against the law.

It is worth considering the impact of vaping on children as there is increasing evidence suggesting that second hand smoke from vaping is harmful for those breathing it in.

### **The Dangers of Vaping Around Babies and Kids**

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 [nationalcollege.com](https://nationalcollege.com) 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 offering 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 flavoured 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 positive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviour.

Source: <https://www.bbc.co.uk/news/health-6586924>

**HEALTHY SCHOOLS**  
CAMBRIDGESHIRE & PETERBOROUGH

**The National College**

## Mental Health and Wellbeing:



### Free Healthy Relationship courses for parents

All relationships have their ups and downs, but if parents are regularly arguing in front of their children, it can have negative and lasting consequences. Help is available for parents who want to communicate in a healthier way. Family Hubs are running courses to support parents who would like to improve the relationship with their partner or ex-partner. Courses bookable directly via the QR code.

2025 workshop booking form



**\*\*JUNE/JULY 2025\*\***

**SUMMER TERM ONLINE:** Improve the communication with your partner to support your children (Arguing Better). Online Via Teams Monday 2nd June and Wednesday 4th June- Middy - 1pm

**SUMMER TERM ONLINE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Online Via Teams, Monday 16th June and Wednesday 18th June -Middy to 1pm

**SUMMER TERM ONLINE:** Improve the communication with your partner to support your children (Arguing Better). Online Via Teams Wednesday 26th June and Wednesday 2nd July, 6.30pm to 7.30pm

**SUMMER TERM ONLINE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Online Via Teams Wednesday 9th July and Wednesday 16th July, 6.30pm to 7.30pm

Although the Arguing Better course is most beneficial when attending as a couple, there's no requirement to both attend.

**\*\*Please note these courses are not suitable if there has been any historic or current domestic abuse. If this is your situation and you would like help on where to find domestic abuse support, please contact [rplead@cambridgeshire.gov.uk](mailto:rplead@cambridgeshire.gov.uk) \*\***

## Advice from UK HSA regarding Norovirus:


The UK is seeing extremely high levels of norovirus, with numbers far above the five-year average for this time of year. If you've caught the virus, take steps to avoid passing the infection on. **If your child has diarrhoea or vomiting, they must not return to school or nursery until 48 hours after their symptoms have stopped.** If you are unwell, avoid visiting people in hospitals and care homes to prevent passing on the infection in these settings.

## The Rackham Pre-School:

The Pre-School has spaces available from September 2025. We can accept children from the age of 2 years 6 months. Please contact the school office for more information via [office@rackham.cambs.sch.uk](mailto:office@rackham.cambs.sch.uk)

**TONIGHT! Friends of Witchford Rackham: Easter Family Bingo – Friday 28<sup>th</sup> March at 6.30pm**



	Friday 28 <sup>th</sup> March	TONIGHT! Easter Bingo
	Wednesday 2 <sup>nd</sup> April	Disco for Reception to Year 6 (booking required – see below)
	Sunday 18 <sup>th</sup> May	Yard Sale

**FWR Disco:**

Our next FWR disco will be taking place on Wednesday 2<sup>nd</sup> April. The Reception and KS1 (Year 1&2) disco will be held from 3.25 – 4.25pm. If you would like your child to get changed in their classroom, please send in their disco clothes in a named bag. Children will be collected from the red gates as usual at the end.

The KS2 disco (Years 3, 4, 5 and 6) will be held from 4.45 – 5.45pm. Year 3 and 4 will be collected from the KS1 red gates and year 5 and 6 from the hall door.

The disco cost is £3.00 per child and includes entry, a biscuit and a drink. Please see the following link for biscuit nutritional information - [Sainsbury's online Grocery Shopping and Fresh Food Delivery \(sainsburys.co.uk\)](https://www.sainsbury.co.uk/grocery) Please let the office know by Monday 31st March if your child requires an alternative due to allergies.

To book a place for your child, please login to your MCAS account where you will find the payment option under Products and Trips. **Bookings must be made by 9am on Monday 31st March please.** We will not be able to take payment after this time



### **Pre-Loved uniform sales:**

FWR will be holding their pre-loved uniform sales before and after school, on the following dates:

Friday 25<sup>th</sup> April

Friday 16<sup>th</sup> May

Thursday 26<sup>th</sup> June

### **The Rackham Photographer of the Year competition:**

This Easter we are holding our second annual 'Photographer of the Year' competition.

This year, the theme is 'Light and Shadows'.

Please encourage your child to look at the world around them and notice the changing light within a day. Look carefully at how light casts interesting shadows of different shapes and sizes. Take photographs of light and shadows that interest your child. They may also want to set up a 'scene' using toys or interesting objects. Shine light from different directions using an angle poise lamp or torch. Take photographs and see what effects they can create.

Support your child to take the photographs. You may want to show them how they can change the light and shadows using the editing tools on your digital device.

When your child is happy with their image, please upload to Tapestry.

There will be prizes in the following categories:

Reception

Year 1 and 2

Year 3 and 4

Year 5 and 6

The winners will be announced after the Easter holidays. One of these winners will be our new Photographer of the Year!

We hope that you have fun creating some exciting photographs!

### **Autism Awareness Day:**

At The Rackham we will be marking World Autism Awareness Day on Friday 4<sup>th</sup> April this year. Everyone is invited to come to school wearing something blue if they wish.

If you wish to donate to the National Autistic Society, please use this link:

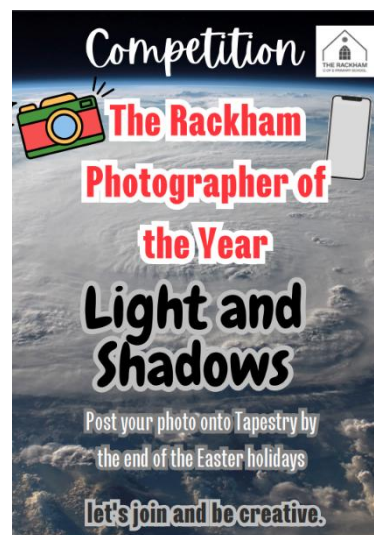
<https://www.autism.org.uk/get-involved/donate>

### **East Cambridgeshire Child and Family Centres March 2025 What's On is here!**

Please see the latest What's On guide and social media posts for further information about programmes and how to get in touch with the team. Link here: [Community Notice Board | The Rackham C of E \(VC\) Primary School](#)

### **Term dates for 2025 – 2026:**

Term dates for next academic year are now available on the website and can be found [here](#).



## Piano lessons:

A poster for piano lessons. It features a large, stylized piano keyboard in the background. The text is centered on a dark blue circular area. At the top, it says 'PIANO LESSONS' in large white letters. Below that, in a white box, it says 'INDIVIDUAL LESSONS ROTATED WEEKLY DURING SCHOOL HOURS FOR YEAR 1 - YEAR 6'. Then, it lists '20 MINUTES - £16' and '30 MINUTES - £24'. At the bottom, it says 'EMAIL TO SIGN UP' and 'LWHEATLEY@RACKHAM.CAMBS.SCH.UK'. There are also some musical notes and stars in the corners.

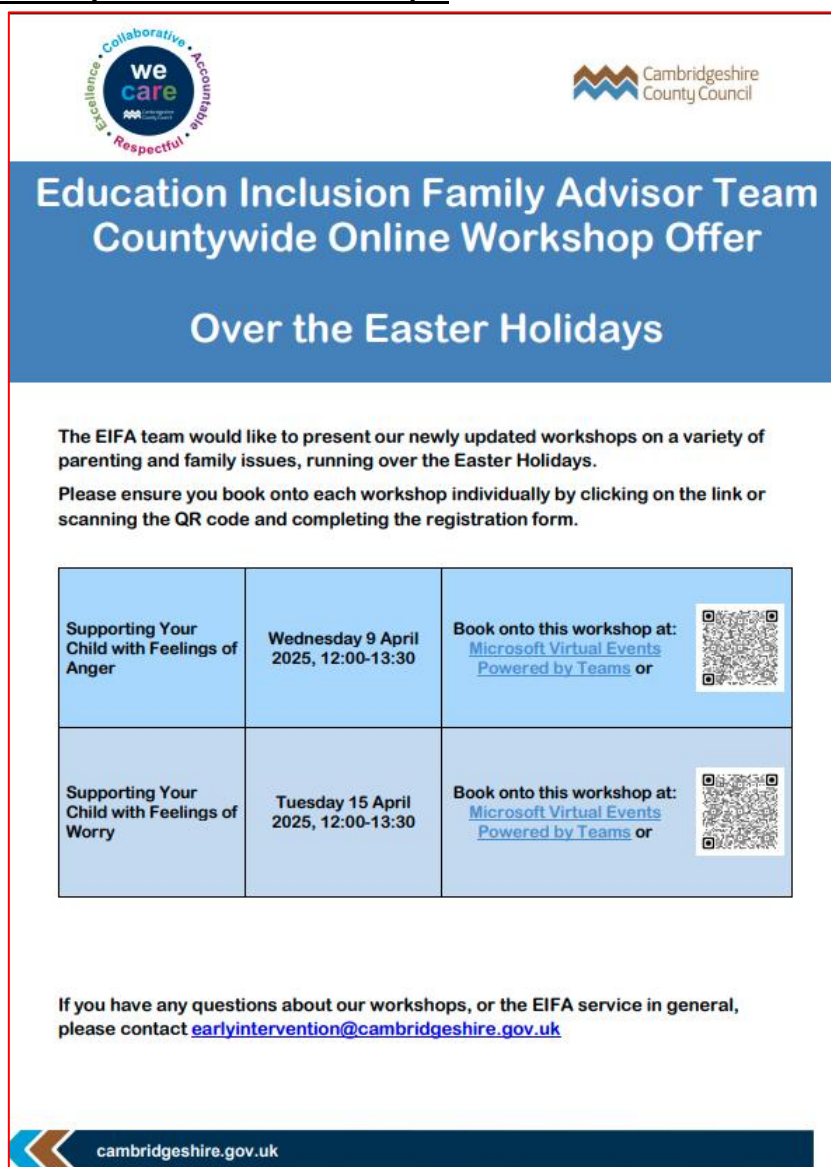
**PIANO LESSONS**

INDIVIDUAL LESSONS ROTATED  
WEEKLY DURING SCHOOL HOURS FOR  
YEAR 1 - YEAR 6

20 MINUTES - £16  
30 MINUTES - £24

EMAIL TO SIGN UP  
**LWHEATLEY@RACKHAM.CAMBS.SCH.UK**

## Education Inclusion Family Advisor team workshops:

A poster for Education Inclusion Family Advisor Team workshops. It has a blue header with the 'we care' logo and the Cambridgeshire County Council logo. The main title is 'Education Inclusion Family Advisor Team Countywide Online Workshop Offer Over the Easter Holidays'. Below this, there is a paragraph about the workshops and a table with two rows of workshop details. Each row includes the workshop title, date and time, booking link, and a QR code. At the bottom, there is a contact email for further questions.



**we care** Collaborative • Accountable • Respected • Excellence

Cambridgeshire County Council


### Education Inclusion Family Advisor Team Countywide Online Workshop Offer Over the Easter Holidays

The EIFA team would like to present our newly updated workshops on a variety of parenting and family issues, running over the Easter Holidays.

Please ensure you book onto each workshop individually by clicking on the link or scanning the QR code and completing the registration form.

Supporting Your Child with Feelings of Anger	Wednesday 9 April 2025, 12:00-13:30	Book onto this workshop at: <a href="#">Microsoft Virtual Events</a> Powered by Teams or	
Supporting Your Child with Feelings of Worry	Tuesday 15 April 2025, 12:00-13:30	Book onto this workshop at: <a href="#">Microsoft Virtual Events</a> Powered by Teams or	

If you have any questions about our workshops, or the EIFA service in general, please contact [earlyintervention@cambridgeshire.gov.uk](mailto:earlyintervention@cambridgeshire.gov.uk)

 [cambridgeshire.gov.uk](http://cambridgeshire.gov.uk)



## Easter holiday activities:



**EASTER HOLIDAY CLUB**  
**SPRING MEADOW**

MON 7TH APRIL - THURS 17TH APRIL

8.00 - 5.45 pm - £35  
9.00 - 4.00 pm - £27

Open to R - 7

SCAN THE QR CODE FOR BOOKINGS

TAX CREDITS & CHILDCARE VOUCHERS ACCEPTED

play info@activeplayeducation.co.uk



**WICKED**  
**Performance Workshop**  
**SHOWCASE IN A DAY!**

15th, 16th & 17th April  
9am-3pm parents welcome to watch the showcase at 2:30pm  
Reception to year 6  
£35 (£10 discount on early bird tickets, use the code WICKED10 at checkout - expires 15th March)

Taught by a Wicked Pink or Green Witch and professional Performer  
Isle of Ely Primary School, School Rd, Ely CB6 2FG  
07927206108  
www.bigupthesky.co.uk

World of Performing

## The Sandringham Estate Heads Up for SPRING

Family Seed Planting Workshops  
April 15th 16th 17th



Join the Sandringham Education Team this Easter for a celebration of Spring and Growing.  
Choose from a range of resources and ideas to make your own growing head.

All resources provided.

1.00pm-2.30pm

Located at the School Room in the Stables Courtyard.

**£20 per child booking essential.**

Suitable from 3 years upwards.

One adult receives admission to the garden with every ticket sold.

Parking extra.

### Healing Through Story

Using Myths & Movies to Support Children's Mental Health

A new and exciting online creative workshop - open to all!

Unlock the power of story to support children's mental health! Join our hands-on creative workshop and discover how archetypes from films and fairytales can help children navigate emotions, build resilience, and express themselves. Perfect for parents, teachers, and anyone passionate about children's well-being, this session blends psychology and storytelling in an engaging, practical way. No prior experience needed - just a love for stories and a desire to make a difference! We will explore the characters of Elsa, Superman, the Hulk and Cinderella!

**TWO OPPORTUNITIES TO SIGN UP!**

**SATURDAY MAY 10TH 10.00-3.00 AND REPEATED ON FRIDAY 13TH JUNE**

To reserve your place please email: [cambridgecreativecounselling@gmail.com](mailto:cambridgecreativecounselling@gmail.com)  
This workshop will take place via Zoom, and you will only require a few basic creative materials.

£50 - payable a week before the course (instalments available on request)

Emma Moat is an experienced play therapist, counsellor, and trainer with 20 years of expertise across the UK and Europe. She has led highly successful workshops, earning excellent feedback for her engaging and transformative approach to supporting children's well-being through creativity and storytelling.







APRIL

# EASTER ARCHERY

APRIL 12TH 13TH 19TH 20TH 21ST

£30 per 30 minute session  
for up to 6 people age 5 and upwards.  
Various sessions throughout the day.  
Please arrive promptly.



At The Sandringham Estate Forest School.  
Booking Essential/ Parking Extra.  
<https://sandringhamestate.co.uk/events/>



Dens, trees, mud,  
crafts, fire,  
bugs, tools,  
hammocks, archery  
(Tues only).  
Suitable for all ages.



## Easter

at the

Sandringham Estate  
Traditional Family  
Forest School.

15th, 16th, 17th April.

£10 per child.



All children must be accompanied

10. 30am-12 noon.



Bookings: [www.sandringhamestate.co.uk/events](http://www.sandringhamestate.co.uk/events)

Minimum  
£3 donation



## EASTER EGG HUNT

Join us for  
Egg Hunt • Games • Activities  
Friday 18th April  
1pm - 4pm

Sutton Fire  
Station



## EASTER CAMPS

ISAACSON COACHING

Wednesday 16th April



Fun games, team building, tournaments, futsal, prizes,  
drills and skills

Contact me on  
07842967720 to book  
your slot.

10am - 2pm  
£25 a child  
Sibling discount available

**AGES 5-12**

Haddenham,  
Cambridgeshire  
CB6 3SR

### **Uniform orders:**

Uniform items for school and pre-school pupils (**including jumpers and cardigans**) are now available from Sigma.

Pre-School: [Clubs & Groups - Sigma Embroidery & Printing](#)

Primary School: [Clubs & Groups - Sigma Embroidery & Printing](#)

Orders must be placed by parents and carers and can be collected from Sigma Embroidery on Sedgeway Business Park, Witchford.

### **Attendance:**

The Rackham has an updated policy on Attendance. Please follow this [link](#) to read the policy on the school website.

Thank you to all our parents and carers for supporting our drive for improved attendance. The Government has identified a child's attendance of 96% and above is the key figure to give best chance of academic progress. Please can we remind you that absence must be reported to the office by 9am on each day of absence.

This week's attendance: 90.25%



Looking forward to seeing you all again on Monday.

Best wishes,

Miss Turner



**Dates for your diary:**

2 <sup>nd</sup> April	Violin concert at 9.30am (booking required)
2 <sup>nd</sup> April	FWR Disco (booking required)
4 <sup>th</sup> April	Autism awareness (wear blue)
4 <sup>th</sup> April	Last day of term
	EASTER HOLIDAY
22 <sup>nd</sup> April	Pupils return
25 <sup>th</sup> April	FWR Uniform sale
30 <sup>th</sup> April	Bikeability for Year 4
30 <sup>th</sup> April	Y4 Parent's Information Evening MTC 6pm (booking required nearer the time)
1 <sup>st</sup> May	Y1 Parent Meal (booking required nearer the time)
1 <sup>st</sup> May	Height and Weight measurements for Reception and Year 6
5 <sup>th</sup> May	May Day Bank Holiday Monday
12 <sup>th</sup> May	Y6 SATs week
16 <sup>th</sup> May	FWR Uniform sale
22 <sup>nd</sup> May	Last day of term
23 <sup>rd</sup> May	Professional development day
26 <sup>th</sup> May	HALF TERM