



Newsletter

3rd November 23

PARENT-TEACHER MEETINGS



A letter has been emailed out along with a booking invitation link for you to reserve a slot for our up-coming Parent-Teacher Meetings. This term they are VIRTUAL and an opportunity for you to discuss with the class teacher how your child has settled into the new year. In Spring term, they will be face-to-face and give you a chance to look at your children's learning in their books. Please note: The link can only be used on ONE DEVICE so if you need access for a second person, please contact us and we can set up an additional link for your meeting: info@friezland.oldham.sch.uk

EXCITING VISITS AND VISITORS



At Friezland, we are passionate about providing our pupils with enriching experiences to enhance their learning and this half term we have lots of plans. This week, Class 2 had a Drama Day about their topic of Guy Fawkes led by a visiting actor from One Day Creative. Later this month, Class 3 will visit the Shree Swaminarayan Hindu Temple in Oldham as part of their R.E. learning and Class 4 will take a trip to Chester Zoo to further their learning about Rainforests. Thanks to your Friends of Friezland fundraising, we are able to subsidise the coach transport for trips and keep the costs down for families – so thank you!

In December, our Class 1 and 2 children will perform their Christmas Show, all classes will take part in a Christmas Concert on **8th December** at Friezland Church and the whole school will enjoy a visit from the Hobgoblin Theatre Company for our annual Christmas Show!

AFTER-SCHOOL CLUB TIMES

Apologies for any confusion with our communication of finishing times for the after-school clubs this half term. To clarify:

Monday: Years 1,2,3 Multiskills finishes at **4.15pm**

Tuesday: Chess Club finishes **4.20pm**

Thursday: Years 3,4,5 Badminton finishes at **4.15pm**

Friday: Class 4 Football (starts again next week) finishes **4.30pm**

We understand that this is not ideal, so as we make plans for after Christmas, we will ensure all after-school clubs finish at the same time for consistency.

SANTA DASH AND STALL



Thanks to our Friends of Friezland organisers, we have a super team of 'runners' signed up to take part in the Santa Dash as part of 'Team Friezland' on **Saturday 2nd December**. We also have a fundraising stall on Churchill Playing Fields before the race starts. This will include a chocolate tombola. Therefore, we are kindly asking for a donation of **ANY CHOCOLATE ITEM** into school on **Friday 24th November** so that the Friends of Friezland can prepare the stall. Thank you!

If you aren't signed up for the dash, we would still love to see you there to join in with the festivities and cheer on Team Friezland!

REMEMBRANCE



Our School Councillors are selling poppies and other items at breaktimes next week, to raise money for the Royal British Legion. Children can bring their Remembrance money in their bag at the start of the day and get it at breaktime.

Poppies = 20p or more donation / Other items = £1 donation

Rule 1: snap wristbands must be taken home and worn outside school for safety reasons.

Rule 2: only one of each item can be bought each day: to allow everyone chance to buy something.

TEAM POINTS

This year, the children were asked what they would like as a reward for earning team points as they felt that last year's reward of 10 minutes extra playtime wasn't quite right. It was agreed that the reward would be a non-uniform day. Each week, a team of Year 6 monitors count the team points from every class and announce the winner for the week in Assembly. That team earns a star. At the end of each half term, the team(s) with the most stars have their reward of a non-uniform day. In the first half term, it was a draw between 3 teams, red, blue and green. The system is fair and isn't fixed; it was unfortunate that 3 teams drew on this occasion. Our school priorities this year are **teamwork** and **resilience**, and we are trying to teach all children to be **gracious in victory and defeat**. Children who mock others for not winning are not demonstrating teamwork and we will be asking them to reflect on this behaviour; hopefully families will support us with this. We apologise for any upset this has caused – our aims are to reward pupils for their positive behaviour and to teach teamwork skills. This is a new system and, like anything new, it will take some time to 'bed in'.

Hopefully, across the year the children will get used to the idea that different teams will be winning non-uniform days and we thank you for your ongoing support with it.

Dates for the Diary

November

7th Class 4 Football vs Leesfield

8th/10th Year 5 Bikeability training

9th Parents' Evening 1 (virtual) 3.30-6.00pm (details emailed)

14th Parents' Evening 2 (virtual) 3.30-6.00pm (details emailed)

16th Class 3 Visit Hindu Temple (see letter sent home)

17th Children in Need – Wear something spotty - £1 Donation

20th Class 4 Visit Chester Zoo (see letter)

24th Friends of Friezland Chocolate Tombola Collection

30th Class 1 & 2 Friends of Friezland Tumbles party

December

2nd Santa Dash – Team Friezland – Uppermill

8th Christmas Concert at Friezland Church 9.30 – 10.30

12th Class 1 & 2 Christmas Performance afternoon (details to follow)

13th Class 1 & 2 Christmas Performance evening (details to follow)

19th Visiting Theatre Show

20th Christmas Jumpers & Christmas Lunch

21st Last day of term (Thursday)

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 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 goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

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



nationalcollege.com

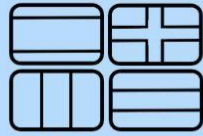


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**SADDLEWORTH
LANGUAGE SCHOOL**

LANGUAGE CLUBS



French
EYFS, KS1 &
KS2
8:30-9:25

Spanish
EYFS & KS1
9:30-10:25



Spanish
KS2
10:30-11:25



Clubs held at The Satellite Centre, Wellington Road,
Greenfield, OL3 7AQ on Saturday mornings, beginning
Saturday 4th November.

£8.50 per session, booked in six week blocks

Parents welcome to stay or return after the club

Qualified MFL teacher, 15 years experience, enhanced
DBS disclosure

**More information and
booking by scanning the
QR code**

