



It's always a joy to see our young pupils showcasing their creativity and knowledge through homework projects like models, posters, and writings. "Towers, tunnels, and turrets" has been an engaging and educational topic for Year 2. These kinds of hands-on projects not only help pupils develop their research and presentation skills but also allow them to take pride in their work and share their learning with their peers and teachers.

The first PTA meeting of the academic year took place in the Pool Café today, and it's great to see so many new faces and representatives from across the school getting involved. The PTA plays a crucial role in fostering a sense of community and supporting school events.

The PTA is busy planning, "Autumn Lights" which will take place on Friday, November 10th, this will be a fantastic event. Offering help to run a stall or assist with setting up gazebos is a wonderful way to contribute to the school community, and I'm sure your assistance would be greatly appreciated. For those interested in getting involved or staying updated on PTA meetings and events, please use the PTA website page (<https://theroyalschool.ovw9.devwebsite.co.uk/parents/pta>) as this is a valuable resource. It's a great way to stay connected and informed about upcoming activities and opportunities to support the school.

Year 4 have been busy designing a themed menu around "Misty Mountain" for next week. "Monstrous Burgers" and "Rocky Road Mountain" for dessert certainly sound enticing and in line with the theme. These activities not only make dining at school more enjoyable but gets children involved in decision-making processes and allows them to take pride in contributing to the school community. Yum, yum!

Next week the booking system will open for our termly parents' evening. Please look out for an email with all the information regarding the booking process and dates. We look forward to welcoming you to the school and meet with your child's class teacher and see the classroom environment first-hand. The PTA will also be looking to hold a pre-loved sale in the primary hall on those dates. Here you will find many school uniform items at 75% or more discounted prices.

Reminder, that we have the Harvest Festival coming up on Sunday the 8th of October at 11am in the School Chapel, and any food donations would be greatly received.



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.

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.

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.

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.

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.

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.

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.

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>



www.thenationalcollege.co.uk



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In the UK, the proportion of 11 to 18-year-olds who vape doubled between 2020 and 2022. That figure has continued to rise – a worrying trend that's not exactly been countered by frequent portrayals of vaping as cool and fashionable on social media platforms.

Many young vapers simply aren't aware of the habit's potential pitfalls – but with risks including unregulated products, toxic ingredients and future nicotine addiction, there's plenty for trusted adults to help children understand.



Year 2 Superstars Shine with Towers, Tunnels, and Turrets Homework!

Congratulations to Year 2 Millie, Prabnek, Elena, Hanna, Raheem & Rovena who were awarded Head Teacher stickers for their outstanding effort and creativity in completing their homework on the topic of Towers, Tunnels, and Turrets. Well done.



Stan Serves His Way to Victory: Boys Under 9 Singles Winner in Tennis



We are thrilled to share some exciting news from our Year 4 pupil, Stan who has achieved a remarkable feat in the world of sports. Stan recently participated in the Boys Under 9 Singles Tennis Tournament and emerged victorious as the champion!





Harvest Festival – Donations

Year 3 will be holding our Harvest Festival service in Chapel on 9th October 2023 parents are welcome to attend.

Please could we ask for non-perishable food donations from **Monday 25th September** and perishable foods nearer the time. Please drop off at Primary reception. All food donations go to The Good Shepherd a local charity based in Wolverhampton.

Housepoints

Balmoral	1810	4th
Buckingham	1909	2nd
Sandringham	1947	1st
Windsor	1885	3rd

Dates for the Diary

- 8th October – Whole School Harvest Festival
- 9th October – Yr3 Harvest Festival School
- 19th October (Surnames A-K) & 24th October (Surnames Tuesday 24th L-Z) Parents Evening



Attendance

This week's attendance champions: -

2GB 100%

RSD 99.7%

Joint 3rd 4CC, 4HE & 5ED 99.3%

Congratulations

Sporting Fixtures

- Wednesday 4th October Primary U10 Football v Stafford Prep (A)



Please see this week's sign:-

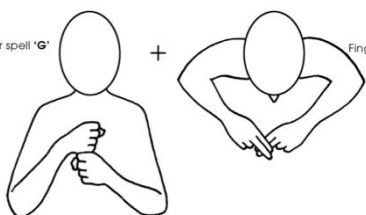
#WeTalkMakaton



Grandfather



Finger spell 'G' + Finger spell 'F' twice



Grandfather

October Half Term Holidays -Things to do

Please click the link below:-

<https://www.wolverhamptonart.org.uk/family-friendly-activities/>

Wellington Boots Appeal!



Do you have any pre-loved wellington boots to donate for our new woodland area? Please drop them off into our reception area. Thank you.

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Main

- Monstrous yeti burger (chicken or beef)
- Monstrous veggie burger
- Fuel filled fries
- Salad options

Desert

- Rocky Mountain road cake with ice cream
- Climbers cake with custard

