



FRIDAY NEWS

29TH
SEPTEMBER
2023

The official newsletter of St James CE Primary School

MACMILLAN CANCER SUPPORT



MACMILLAN COFFEE MORNING

A big thank you for all your generous donations of cakes and biscuits. Today, Macmillan Coffee Morning was a huge success and it was wonderful to see so many parents come to school to support this amazing charity. Our Key Stage One children did a great job of singing and kept the adults entertained.

Also, a big thank you to everyone who bought cakes at the cake sale after school. It has made a massive difference to the money raised.

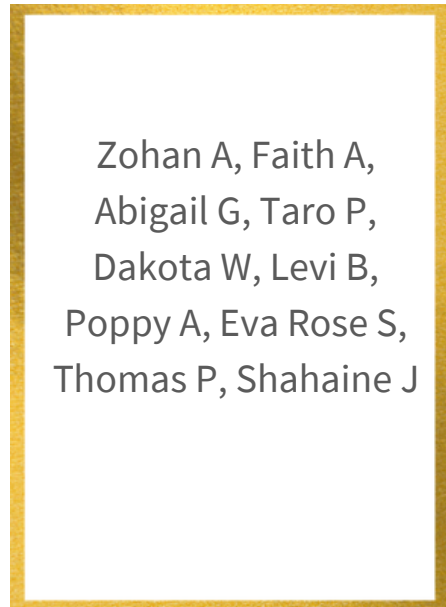
We will let you know how much we have raised for this worthwhile charity next week.

STARS OF THE WEEK

- Class 1 - Peyton Y
- Class 2 - Libby M
- Class 3 - Eva-Rose S
- Class 4 - Eshaal M
- Class 5 - Faith A
- Class 6 - Ellie Rose B
- Class 7 - Madison R
- Class 8 - Avniel AF
- Class 9 - Tyler M
- Class 10 - Tiffe R
- Class 11 - Dakota G



GOLD SCROLL



Zohan A, Faith A,
Abigail G, Taro P,
Dakota W, Levi B,
Poppy A, Eva Rose S,
Thomas P, Shahaine J

CHRISTIAN VALUE

Our Christian value this half term
is **Respect.**

BIBLE QUOTE OF THE WEEK

*'Honor one another above
yourselves.'* **Romans 12:10**



GOODBYE, MR BALL

Mr Ball, our school caretaker, retires today after 22 years of dedicated service to St James. We will miss him greatly but we all wish him well and hope that he goes on to enjoy his well-deserved retirement.

ATTENDANCE

It is essential that children are in school every day but **our school target is 96%**. This week was 92% which is still low and we need to improve on this.

Time off means learning missed.

This is often difficult to catch up with and puts your child's learning at a severe disadvantage. The school closely monitors attendance and, if needed, will contact you before your child's attendance becomes a concern. We are here to support you and your child in attending school every day.

Did you know that we have a prize draw for children who have 96% attendance for each term. The winner from each key stage will receive £50 in Amazon vouchers.

SWIMMING REMINDER

A quick reminder that our year 4 pupils will start their swimming lessons next week. Please speak to your child's teacher if you have any questions about this activity.

Don't forget that you can find lots of information on our website:
www.st-james-farnworth.bolton.sch.uk or follow us on



ATTENDANCE OUR TARGET IS 96%

Whole School	92.1%
Class 1	86.1%
Class 2	94.0%
Class 3	90.0%
Class 4	90.8%
Class 5	97.7%
Class 6	89.3%
Class 7	88.6%
Class 8	91.3%
Class 9	95.5%
Class 10	90.5%
Class 11	97.7%

Green: 100% - 95%
Yellow: 94.9% - 90%
Red: Below 90%

Calendar of Events: Autumn

W/C	Events
04/09/23	6 th – School Re-opens for pupils
11/09/23	11 th – Parents leaflets out. Meet the Teacher meetings (timetable TBC)
18/09/23	22 nd – Rock Kidz and 'Dress like a Rockstar'
25/09/23	29 th – Macmillan Coffee Morning (KS1 to sing)
02/10/23	Year 4 Swimming - all week
09/10/23	Year 4 Swimming - all week Reception Reading Meeting TBC 11 th - School Photographs
16/10/23	Church Schools Partnership Week 20 th – Harvest Festival Assembly by CL6 @2:45pm
23/10/23	Parent Consultations – Phone calls 27 th - Finish for half-term

W/C	Events
06/11/23	6 th – School Re-opens 10 th – Remembrance Assembly by CL11 @2:45pm
13/11/23	ARK Week 17 th - Children In Need
20/11/23	
27/11/23	Enterprise Week 1 st – Christmas Markets @2:00pm
4/12/23	Assessment Week 6 th - Reception at Pantomime
11/12/23	12 th – EYFS Nativity @9:30am 12 th – KS1 Christmas Performance @2:15pm 13 th – EYFS Nativity @2:15pm 13 th – KS1 Christmas Performance @2:15pm 15 th – Carol Service led by Year 3 & 4 @2:30pm
18/12/23	Xmas Parties – 18 th EYFS/KS1, 19 th Lower KS2, 20 th Upper KS2 19 th – Pantomime in school hall 21 st – School closes for pupils

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.

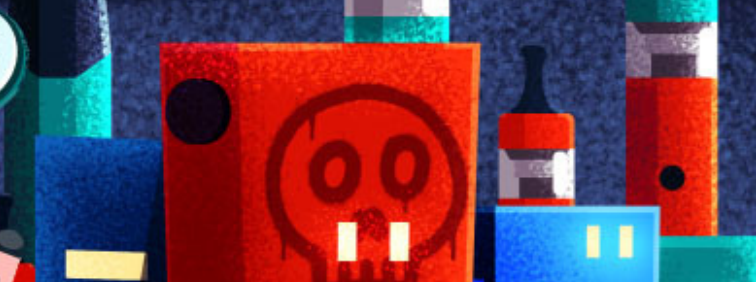


WIDER HEALTH CONCERNS

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 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.



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.





COME AND SING!

Are you aged 7-11 and love singing?

We'd love you to come and join us at our launch event on

Sunday 8th October!

Bolton and Blackburn with Darwen Music Service is launching a new choir just in time for Christmas! You will get to perform at **Blackburn Cathedral, The Bridgewater Hall** and alongside the world-renowned **Wingates Brass Band** in Bolton.



**SUNDAY, 8
OCT 2023**



**1-4PM
CONCERT 3.40PM**



**MERE HALL
BOLTON, BL1 2QT**



REGISTER HERE

Bolton
Music Service
working in Bolton and Blackburn with Darwen