

St. Thomas' C.E. Primary School

Newsletter

06.10.2023

A note on worship...

Generosity



The Parable of the generous Widow

Mark 12 41-44

Jesus told a story to his disciples to help them understand the generosity of giving. In the parable, three wealthy men donate a lot of money to the temple. A poor widow also donates – but she only puts in 2 small coins – all she has. This story teaches us that if we only have a little to give and we give it, then that is worth far more than those who give a small amount, but have a lot. This works for the giving of time as well as money.



Stars of the Week



29.9.23

**Lillie S., Chester, Jensen, Zak T, Gosia,
Esme B.W., Louis, Rose, Bridget and Tommy.**

6.10.2023

**Anthony, Ronnie, Elliot, Maddie, Amelia, Rex, Harry and
Darcey**

Events for the Week

Beginning

9.10.23

Monday

Ukulele lessons

Brass Lessons

Whole class Ukulele lessons for Emerald class

After school Rugby for years 3, 4, 5 and 6

Parents' Association meeting at 3.15pm

Tuesday

Keyboard, strings and woodwind lessons

After school football for years 4, 5 and 6

Wednesday

Guitar lessons

After school multi-skills for years 1 and 2

Year 3 and 4 athletics event

Thursday

After school netball/basketball for years 3, 4, 5 and 6

Friday

Stay and read – sapphire class at 8.45am

From the office...

- Please ensure that **school dinners** are ordered by midnight on **Sunday** for the following week. If you are asked for an organisation code, please use **78487851**
- **Wisepay** details have been sent out to all parents. If Wisepay doesn't work for you, please contact the school office.
- **Letters for after school clubs** will be in your child's book bag.
- Please remember to **write names in uniform**. We already have some lost property!
- Children taking part in **after school sports** need to bring a **PE kit to school** to change into if it is not their usual PE day.

Football



Well done to **Dougi, Emelia, Harry, Hugo, Branden and Theo** who did an excellent job at representing our school in a football tournament on Monday.

They did an amazing job with no substitutes! A detailed match report was sent out earlier on today.

Up coming events

The Parents' Association are holding there first meeting of the year on **Monday 9th October** straight after school. This is an opportunity to find out how the association works and how to get involved. In these times of hardship, the **fundraising efforts** of the PTA are invaluable. We need to replce all of the **interactive boards** in school and the **tablets** that the year 4, 5 and 6 children use. Without the work of the PTA, we will not be able to do this. **All are welcome to attend.**

Our Harvest Festival celebration this year is on **Monday 16th October**. We will be asking for donations of food that we can put together with those from church and send on to local foodbanks.

The Parent's Association are holding an informal get together on **Monday 16th October**. This is an opportunity to meet with new parents and hopefully make some new friends.

Open afternoons for September 2024 intake

There will be three opportunities to vist the school. On **Tuesday 17th October**, there will be two chances to visit. One at **2.00pm** and one at **5.00pm**. If you are unable to make those times, then a third opportunity will be at 2.00pm on **Wednesday 1st November**.

Wear Something Pink Day

We will be joining in with this year's Milnrow 'pink' Hey by wearing something pink to school on **Thursday 19th October** in return for a small donation. Beat Cancer wristbands are available in school for a minimum donation of £1.00.

School Photographs

The school photographer will be in school on **Friday 20th October** to take family group and individaul photographs. The photographer will be available from 8.30am to take family

Keeping Children Safe

There has been a lot in the media about vaping recently, particularly in relation to children. Unfortunately, it is not uncommon for children in primary schools to begin experimenting with vapes.

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.



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



www.thenationalcollege.co.uk



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Wellbeing

The link below takes you to the every mind matters page that gives strategies to help parents support their children with positive mental health. There are also hints and tips on how to manage your own mental health whilst caring for others. There are also further links to more support if it is needed.

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/#:~:text=Encourage%20their%20interests,and%20boost%20our%20mental%20wellbeing.>

Weekly Round up

It has been a very busy week as everyone settles into their first week of following our curriculum. All of our curriculum plans can be found on our website. By looking at the plans, you will have a good understanding of what we teach and why we teach it.

Help with phonics and more information can be found at

<https://www.songofsounds.co.uk/page/?title=Learning+at+Home&pid=8>

Photographs of our work can be found on our Facebook page.

Amethyst Class

In phonics the reception children have begun learning the initial sounds; m, n and d whilst the year one children from both classes have been focusing on ee, ea and e-e. Reception and year 1 children now have weekly phonics homework to complete at home. Please use the link above to support you if necessary. In English the children have been reading Puffin Peter, and making wanted posters. Last week the children collected sticks as part of their science work and have made weather vanes. The weather vanes have been put on our school garden. The maths focus for the year one children has been number bonds to 5, whilst the reception children have learned all about numbers to 4. In addition to all of the above, the children have been moving in different ways and making shapes with their bodies during PE lessons and learning about maps in geography.

Ruby Class

Mrs Stewardson has been poorly this week. Her class was taught by Miss Choudhry. In maths they have continued working through the Power Maths scheme that we use. In science the children have continued their work on habitats. The children learnt all about Mary Jones in RE and how her actions led to the Bible Society being set up as part of their work on the Bible. Meanwhile, during English they have been learning about the features of a postcard and have had a go at writing one.

Opal Class

The children were very excited this week, as they had a visit from Traction Man on Friday. Before his visit, they spent their time analysing traction man's character and writing questions to ask him. In maths the year 3 children have been adding and subtracting 1s, 10s and 100s. In science they have designed the best diving suit for Traction Man by exploring the properties of materials. Their work on

the Stone Age has continued this week with learning about events from Britain and the rest of the world that happened during this period. In French the children have been learning how to introduce themselves and PE has continued with paired shape work in dance and accurate footwork in outdoor PE. During their RE lesson the children learned about the Jewish festival of Sukkot.

Emerald Class

Emerald class children have worked on descriptive writing this week during their English lessons, in addition to learning how to use colons correctly. Both year groups have been focusing on column addition during their maths lessons. The children had a great time learning about conductors and insulators during science – they even decided to test human hair! They were busy on Friday trying to match map symbols to their meanings – even the adults found it tricky. In RE they wrote harvest prayers and in PSHE the children spent time looking at emotions.

Sapphire Class

The year 6 children have been working on square and cube numbers and multiplying four digit numbers in maths, whilst the year 5 children have focused on written and mental addition strategies. In English, they have begun writing diaries in addition to comparing and contrasting statements, commands, questions and exclamations. The reading buddy system has now been set up and is being embedded into daily routine. PSHE this half term is centred on relationships, whilst in history, the children have been studying the ancient Greeks, paying particular attention this week to the pottery that they left behind and what that tells us about their society.

Mrs Robinson's Art and DT lessons

Ruby class have worked on their animal masks whilst children in amethyst class have continued their work on self-portraits. Both Opal and Emerald classes have worked on their vegetable soup. Last week they made some. Meanwhile children in Sapphire class have studied Modigliani, an Italian painter and sculptor as part of the work on human anatomy.

Share My Work Afternoons

On the last afternoon of each half term (or the previous day, if we are in church), we will be hosting a 'share my work' afternoon. Parents will be invited to come into school from 2.00pm to sit with their child and share with their child the work that has been completed that half term.

The plan is to make this a 'drop-in' style event and parents can come in at any time between 2.00pm and 2.45pm and then join us for our final assembly of the term at 2.50pm if they wish to. This will give those who have children in different classes the opportunity to visit them all.

High School and Primary School Applications

The window is now open to **apply for high school places**. This link

<https://www.rochdale.gov.uk/school-admissions-appeals/apply-secondary-school-place> will take you Rochdale Council's application page with all of the information you need.

Please look at **the websites of the schools you are interested in** to find out about admissions criteria and open days. It is important that you visit as many open days as you can to find the right school for your child. The closing date for applications is **Tuesday 31st October**.

The window for applying for primary school places is open and the closing date is **16.01.24**

The link below will take you to the page for primary school applications.

<https://www.rochdale.gov.uk/school-admissions-appeals/apply-primary-school-place>

P.E. Days

Amethyst – Tuesday and Thursday

Ruby – Tuesday and Wednesday

Opal - Tuesday and Thursday

Emerald – Monday and Wednesday

Sapphire – Monday and Friday

All children wear their PE kit for school on PE days.

Rochdale Football club tickets



We have been allocated four tickets for each Rochdale Football Club home game. It is not too late to take part in the draw for tickets. Each participating family will be given a number which will be drawn weekly. These numbers will go back into the draw for the following week.

We ask that if you cannot attend the match, please let the office know as soon as possible so that we can redraw.

Well done to Jack D., who has won the tickets for 24th October.