



Laurence Jackson School's Parental Bulletin

10th November 2023

Messages from the Headteacher

I have this week invited parents/carers to a Headteacher Forum, which is taking place on Thursday 16th November 4-5pm in the main hall. Please see my letter invitation which includes the link to indicate your attendance via the class charts message sent yesterday.

Y11 Academic Review Evening—Thursday 23rd November 3-6pm—Y11 parents/carers are invited to attend face-to-face meetings with their child's subject teachers to discuss their academic progress. An email has been sent this week.

Safeguarding spotlight—Please see the NHS information flyer on the dangers of vaping and the updated information on nitrous oxide and discuss these with your child/children.

Please be reminded that the school is closed on Friday 1st December for a PD Day.

Remembrance Week—Throughout this week, all students observed a Remembrance assembly. To support us with these assemblies, Fergus Osborne from the Guisborough branch of the British Legion was in attendance reading the Kohima epitaph and raising the British Legion flag: Incredibly, the Standard Flag Staff Fergus used was presented to the Guisborough Branch of the British Legion by none other than our school founder Major Laurence Jackson in 1958! It was fantastic to see so many of our students attending school today in their service uniforms as a mark of respect during Remembrance Week! Thank you to all of those students.



Bronze and Silver Duke of Edinburgh's Award Presentation Evening—We are hosting our annual Duke of Edinburgh's Award presentation evening on Tuesday 14th November 2023 - 7pm-8.30pm in our main hall. Tea and coffee will be available from 6.30pm in the dining hall. Parents/Carers of students who have completed these awards this academic year should have received an invite to the event from Mrs Buckby via email, please RSVP to her. We look forward to seeing you and celebrating this wonderful achievement with you all.



SEND Coffee Events—Parents/carers of students currently on our SEND register are invited to a number of coffee mornings/evenings throughout the rest of this academic year. This will give you an opportunity to discuss your child's progress or any issues or support with our SEND team. The dates and time of these events are:

18th Jan 10.00-11.30am

29th Feb 4.30-6.00pm

1st May 10.00-11.30am

4th July 4.30-6.00pm

Learning4Life—update on current topics below. If you have any concerns your child may struggle with any of these topics, please contact russellp@laurencejackson.org or the relevant year manager.

Year 7 - Reminder that students have started or will be starting their puberty block.

Year 9 grief, self-harm and cancer prevention amongst other topics as part of the health and well-being block this half term.

Year 10- mental health, suicide and child sexual abuse amongst other topics as part of the health and well-being block this half term.

Anti-Bullying Week 2023 - Mon 13th Nov - Fri 17th Nov—Our students are being encouraged to wear odd socks for odd socks day on Monday 13th November as part of anti-bullying week 2023 (please see flyer overleaf). If you wish to donate £1 to one of the anti-bullying charities that LJS supports please see the link below. Students are still welcome to come wearing odd socks, even if they do not make a donation as our main aim is to raise awareness of our anti-bullying message. <https://www.justgiving.com/campaign/aba?success=true>



Please see information at the end of this bulletin from the NHS about vaping and Nitrous Oxide.

Celebrating Student Success



Congratulations to Caitlin S (Y11) who finished 2nd at the Project Lyrical dance competition—well done!

Congratulations to our Year 11 boys football team who are through to the next round of the County Cup after beating Trinity Catholic College 8-6 away on Wednesday. Trailing 5-3 at half time they turned it round and were absolutely brilliant. A great bunch of lads who worked hard for each other and never gave up.



Congratulations to our Year 10 netball team who were crowned Redcar and Cleveland champions this week. They won every game and there were 9 teams in total from schools in Redcar and Cleveland! Well done girls.



Congratulations to our Year 7 Girls football team who beat Highfield Middle School (South and West Northumberland) 8-0 after school yesterday to progress to the next round of the English Schools Cup! Well done!





Dear Parents/Carers,
WOOHOO... MONDAY
13TH NOVEMBER IS
ODD SOCKS DAY!

WHAT IS ODD SOCKS DAY?
Odd Socks Day is part of Anti-Bullying Week! To celebrate that we are all unique, we ask that children wear odd socks to school on Monday 13th November. Last year over 13,000 schools took part in Odd Socks Day. Andy Day (CBeebies/CBBC) and his band Andy and the Odd Socks are supporting the Anti-Bullying Alliance to help bring Odd Socks Day to life again this year. Have a listen to the brilliant song they have recorded especially for Anti-Bullying Week, Make a Noise.

WHY IS ODD SOCKS DAY IMPORTANT?
 The day sends an important message to pupils that they should be allowed to be themselves free from bullying and helps us celebrate Anti-Bullying Week in a fun and positive way.



Monday
13TH
November

WHAT DO WE NEED FROM YOU?

It's so easy ☺ Here's what you do:

1. Make sure your child wears odd socks to school
2. Donate £1 to help the Anti-Bullying Alliance carry on important work

3. If you want to, you can share a photo online using #OddSocksDay #AntiBullyingWeek and tag @abaonline and @AndyOddSock on Twitter. Or @antibullyingalliance and @andyandtheoddssocks on Instagram.

THANK YOU, THANK YOU, THANK YOU!
 Every penny goes to the Anti-Bullying Alliance to help continue all their work. We can't wait to see all the Odd Socks on Monday 13th November ...

If you have any questions please ask:



ORGANISER



#ANTIBULLYINGWEEK



PARTNER

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FOCUS ON.....VAPING



Vaping: What and why?

Bitesize session
Lower KS3

Better Health every mind matters



Vaping: The impact

Bitesize session
Lower KS3

Better Health every mind matters

- Vapes, also known as e-cigarettes, are **electronic devices**. People use them to inhale nicotine in the form of an **aerosol**. Nicotine vapes can help adult smokers to stop smoking. It is illegal in the UK to sell nicotine vaping products to anyone under the age of 18 or for adults to buy them on behalf of under-18s.
 - Nicotine is a stimulant. It can cause blood pressure, breathing speed and heart rate to increase. New nicotine users can also experience dizziness, nausea and stomach cramps.
 - The legal age for access to nicotine vapes is 18 due to the risks and the impact, particularly on younger people.
 - It took many years before we understood the devastating health harms of tobacco smoking, and over that time tobacco products were heavily promoted to consumers by the tobacco industry. Experts are clear that vaping is much less harmful than smoking, but that it is not without risk. It isn't yet possible to know what health harms might emerge in the future from vaping. That's why vaping is only recommended for adults as a way to quit smoking.
 - There are a wide range of reasons why young people might choose to vape, including to look cool, to help with stress, it's social, wanting to fit in, like the taste (enjoyable), seen on social media e.g. TikTok, wanting to stop smoking, advertising, wanting to try something new, boredom and addiction.
- Nicotine can increase levels of stress and anxiety, and also affect the ability to concentrate – it can have a knock-on impact on mental health.
 - Financial impact (it's expensive).
 - The long-term impact of vaping on health is not yet known. Vaping is much less harmful than smoking as you don't inhale the toxic tar and carbon monoxide you get from tobacco smoke but vapes aren't harmless and the health impacts aren't fully known yet.
 - Sharing a vape with someone else carries the risk of picking up diseases.
 - Toxins are released into the lungs which could be harmful. The period while the lungs are growing is important. We know smoking from an early age is especially damaging – the lungs don't develop as they should, so lung function never reaches the peak it should have. Although the effects of vaping will be lower than smoking, those effects will still be more marked in teenagers.
 - Environmental impact – both vapes and disposable vapes can be recycled, but often they end up in landfill and incorrect disposal can potentially release hazardous chemical waste.
 - Addiction – nicotine is an addictive substance that can be hard to stop using once you've started.

Nitrous Oxide 'Laughing Gas' - information from the NHS

Prior to 8th November 2023, Nitrous Oxide was subject to the Psychoactive Substances Act 2016. It is already illegal to produce, supply, import or export nitrous oxide where a person knows, or is reckless as to whether, it will be consumed for its psychoactive effects. However, it had not been an offence to possess nitrous oxide (except in a custodial setting).

It will be a **criminal offence** to be found in possession of the drug where its intended use is to be wrongfully inhaled, 'to get high'. Where a person is found in possession of nitrous oxide and intends to wrongfully inhale the substance and/or in the cases of importation, exportation, production and supply, knows or is reckless as to whether it is likely that another person will wrongfully inhale it, they will be committing an offence. **For clarity the wording "Wrongful inhalation" means inhalation other than for medical or dental purposes**, and which is not accidental inhalation of nitrous oxide which has been released into the atmosphere (such as in industrial processes). Medical, dental and veterinary administration of nitrous oxide (which may involve inhalation) will therefore continue to be lawful, as will other activities such as use in industry or model rocketry. There is a requirement on importers, exporters, producers and suppliers to take appropriate steps to not be reckless, to ensure that subsequent users will not inhale the substance recreationally.

The penalties that could be imposed: - From 8th November, those found in unlawful possession will face either an unlimited fine, a visible community punishment or a caution - which would appear on their criminal record. Repeat serious offenders may face a prison sentence of up to two years, an unlimited fine, or both. The penalty for supply or production will double, to up to 14 years in prison, an unlimited fine, or both.

There is no doubt the driving force behind the ban is to 'tackle anti social behaviour' that said there is plenty of evidence including (deaths) in respect of the possible health implications from using Nitrous Oxide as a recreational substance.

Heavy Nitrous Oxide use can result in serious health harms such as neurological damage and even death due to the risk of falling unconscious and/or suffocating from the lack of oxygen.

Nitrous Oxide when inhaled basically '**starves the brain of Oxygen**' leaving the user a 'little light headed'. The sensation is only short lived (a couple of seconds) which is why in some cases the users inhale (mainly from balloons filled with Nitrous Oxide) too quickly and frequently (chasing the sensation) resulting in the brain being starved frequently of Oxygen resulting in users 'fainting, collapsing and in some extreme cases triggering heart attacks and epileptic attacks. There have been deaths from Nitrous Oxide (the Office for National Statistics (ONS) quote **56 deaths** recorded between 2001 -2020.)



For more details on the information provided by ONS please click on this [link](#).

For further details about the Ban please visit the [GOV.UK website](#):