

TOMORROW, Wednesday 18th October IS NON UNIFORM DAY

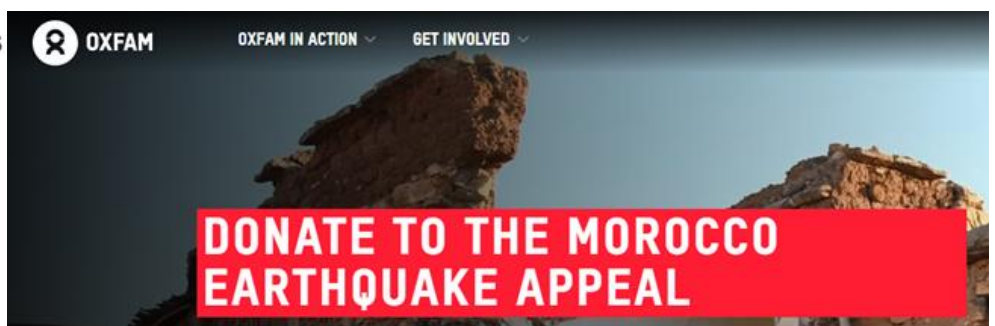
Disaster Relief Appeals:

Moroccan Earthquake

Libyan Floods

£2 – Pay on parent pay

- * Pupils must still wear their year group lanyard and have their fob and locker keys



AFTER SCHOOL CLUBS

*There are still a few places
available for after school ac-
tivities,
Starting November 2023.*

- ◇ *Mandarin*
- ◇ *Pop workshop*
- ◇ *Arts & crafts*
- ◇ *Macramé*
- ◇ *Pop workshop*
- ◇ *Self defence*

*Please book on parentpay by
Friday 27th October, to
secure your daughters place.*





YEAR 9 STUDENTS

TOP SECRET

GOOD AT SOLVING PUZZLES?
CRACKING CODES IN MINUTES?
HAVE AN EYE FOR A PATTERN?
QUICK - FORM YOUR TEAM!

N2 WILL BE HEADQUARTERS
LINGUISTS ASSEMBLE!
COMplete the sign up form here:

[HTTPS://FORMS.OFFICE.COM/E/2APa7PXICA](https://forms.office.com/E/2APa7PXICA)

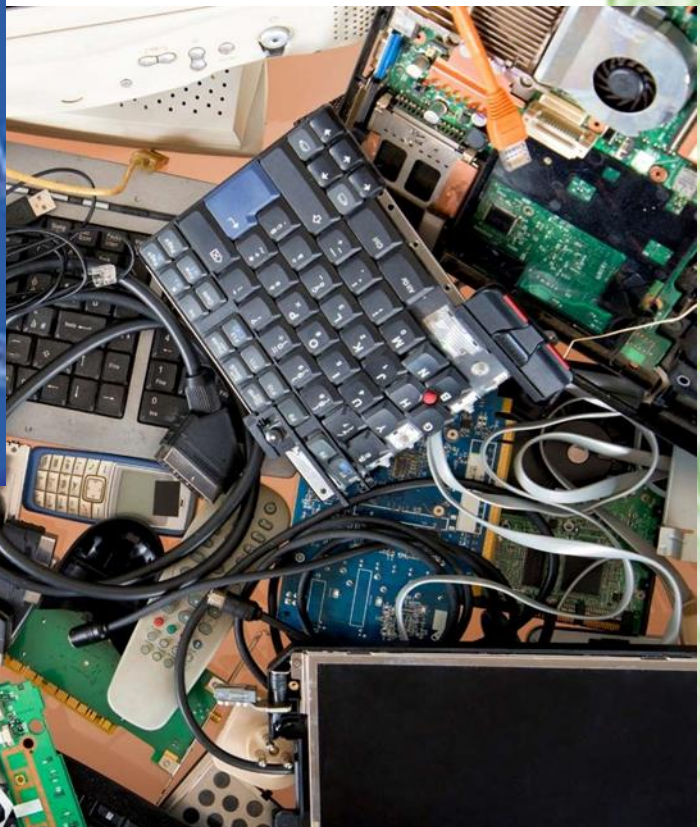
6 - 10 NOVEMBER 2023



Woodford County Eco Info

As a school community we all have the responsibility to create a sustainable future for our beautiful planet.

E-WASTE



You can recycle anything with an battery,
wire, or plug!

Visit <https://www.recycleyourelectricals.org.uk/>
To find your nearest recycling point

BLACK HISTORY MONTH

LET'S COOK

Get cooking this half term with one or more of the recipes on the websites linked below.

Share pictures of the dish with your full name and form with Mrs Grant at GrantP@woodford.redbridge.sch.uk

[Celebrating Black History month | Sainsbury's Recipes \(sainsburys.co.uk\)](#)



[Partners' Recipes On The Menu For Black History Month | Waitrose & Partners](#)



Volunteers needed for the Yr13 MMI medicine and dentistry event

Dear All,

As you may be aware, we are organising an MMI-style medicine and dentistry event at WCHS, to be held later in the autumn term 2023. We have run hugely successful events in 2019 and 2022, and are hoping you will be able to contribute to another successful event this year.

If you are in either the medical or dental fields, or know others that are; we would be so grateful if you could volunteer at the event, or forward this onto anyone that can. We understand that you may be incredibly busy but, if you could spare even 1-2 hours, it would be very much appreciated and invaluable to the students.

At WCHS, we are committed to giving our students access to the best support and opportunities, as I know you are. Our parents and guardians are a rich source of expertise, knowledge and inspiration for the students; your involvement and support would mean so much to both the students and the school as a whole.

We are looking for volunteers that can provide interview practice for the students, giving constructive feedback that will help them to develop their interview skills. There will also be presentations and a Q&A session - see below for a possible draft schedule of the day:

- 8 - 9am: Registration, breakfast and welcome
- 9 - 10.30am: Presentations and MMI Interview Workshop Part 1
- 11.10am - 12pm: MMI Interview Workshop Part 2, plus overall feedback
- 12 - 12.30pm: Presentations
- 12.30 - 1pm: Q&A Panel and finish

We hope that you will be able to attend the entire event, but any support you can offer for any of these periods would be so appreciated. If you are not available for the whole day, but could attend for part of the session, please indicate this on the form below.

We are looking at the following 4 dates:

- Friday 17th November 2023
- Friday 24th November 2023
- Friday 1st December 2023
- Friday 8th December 2023

If you may be able to help, please kindly complete the following form, answering Yes if you are available and No if not for each given date. If you know of anyone who may be able to volunteer, please forward it onto them to complete. Note that the form allows for multiple submissions, so you can amend your availability should your schedule change.

<https://forms.office.com/e/vE8K0pzRmH>

Thank you so much for your support. If you have any questions or suggestions, please do not hesitate to contact me.

Best wishes,

Saira Khan, Deputy Head of Science



Dear Parents and Carers

Redbridge's Specialist Education and Training Support Service (SEaTSS) is running weekly online parental training opportunities every Monday with a choice of morning or evening events. Please see attached information about these training sessions and about SEaTSS' brand new social media accounts.

Jo Pomeroy
Headteacher

Special Education and Training Support Service

  [Specialeducationtraining](#)

S.E.A.T.S.S UPCOMING PARENT TRAINING DATES

**Training Every Monday Evening Online
7:00pm-8:00pm
or
Monday Morning Online 9:30am-10:30am**



[Scan or Click Here](#) 

Are you looking for ways to support your child with **reading, writing and spelling**?

Do you want to learn more about **Dyslexia**?

Pick a date and time and join us at our **ONLINE** events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.

Special Education and Training Support Service

  [Specialeducationtraining](#)

S.E.A.T.S.S UPCOMING PARENT TRAINING DATES

**Training Every Monday Evening Online
7:00pm-8:00pm
or
Monday Morning Online 9:30am-10:30am**



[Scan or Click Here](#) 

Are you looking for ways to support your child with **maths**?

Do you want to learn more about **Dyscalculia**?


Pick a date and time and join us at our **ONLINE** events hosted by Specialist Advisory Teachers




Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.

Special Education and Training Support Service

**Training Every Monday Evening Online
7:00pm-8:00pm
or
Monday Morning Online 9:30am-10:30am**




[Scan or Click Here](#) 

Are you looking for ways to support your child with **handwriting and fine motor skills**?

Do you want to learn more about **Dyspraxia**?


Pick a date and time and join us at our **ONLINE** events hosted by Specialist Advisory Teachers




Free: For Parents/carers living in Redbridge.

Special Education and Training Support Service

**Training Every Monday Evening Online
7:00pm-8:00pm
or
Monday Morning Online 9:30am-10:30am**




[Scan or Click Here](#) 

Are you looking for ways to support your child with **revising for exams**?

Do you want to learn **new and advanced strategies** that can support your child?

Pick a date and time and join us at our **ONLINE** events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.



SEATSS UPCOMING PARENT TRAINING DATES

Training Every Monday Evening Online 7:30pm-8:30pm

Supporting your child with
homework - Primary
2.10.2023

→ BOOK NOW

Supporting your child with
homework/ study skills -Secondary
13.11.2023

→ BOOK NOW

Dyspraxia- Primary
09.10.2023

→ BOOK NOW

Dyslexia/ literacy
difficulties - Secondary
20.11.2023

→ BOOK NOW

Dyslexia/ literacy
difficulties - Primary
16.10.2023

→ BOOK NOW

Dyspraxia - Secondary
27.11.2023

→ BOOK NOW

Dyscalculia & Maths
Difficulties - Primary
30.10.2023

→ BOOK NOW

Dyscalculia and maths
difficulties - Secondary
04.12.2023

→ BOOK NOW

Supporting your child with
handwriting /fine motor skills -
Primary
06.11.2023

→ BOOK NOW

Can't Write Won't Write
Secondary
11.12.2023

→ BOOK NOW

Training Every Monday Morning 09:30am-10:30am



Specialist Education & Training Support Service
*Training, advice and resources for parents and
professionals*

**FOLLOW OUR
BRAND NEW SOCIAL
MEDIA ACCOUNTS
TO FIND OUT MORE**



@SpecialEducationTraining



Special Education Training



@RedbridgeSEaTSS



@RedbridgeSEaTSS

Redbridge SEaTSS



SEATSS UPCOMING PARENT TRAINING DATES

Training Every Monday Morning Online 9:30am-10:30am

Supporting your child with
homework - Primary
09.10.2023

→ BOOK NOW

Supporting your child with
homework/ study skills -Secondary
20.11.2023

→ BOOK NOW

Dyspraxia - Primary
16.10.2023

→ BOOK NOW

Dyslexia/ literacy
difficulties - Secondary
27.11.2023

→ BOOK NOW

Dyslexia/ literacy
difficulties - Primary
30.10.2023

→ BOOK NOW

Dyspraxia- Secondary
04.12.2023

→ BOOK NOW

Dyscalculia & Maths
Difficulties - Primary
06.11.2023

→ BOOK NOW

Dyscalculia and maths
difficulties - Secondary
11.12.2023

→ BOOK NOW

Supporting your child with
handwriting /fine motor skills -
Primary
13.11.2023

→ BOOK NOW

Can't Write Won't Write -
Secondary
18.12.2023

→ BOOK NOW

Training Every Monday Evening 7:30pm-8:30pm



INVESTIN

AMBITION BEYOND EDUCATION

info@investin.org | +44 (0) 203 488 5089

DEAR PARENTS AND GUARDIANS

We are delighted to inform you that Woodford County High School for Girls is an InvestIN Partner School! The school joins over 1,200 others across the world who share our commitment to helping students bridge the gap between school and industry and maximise their potential.

WHO IS INVESTIN?

InvestIN empowers students with the knowledge and experience they need to make the right choices about their future careers. We offer students aged 12-18 the opportunity to learn from top industry professionals through interactive activities, invaluable site visits, networking opportunities, career coaching sessions and much more.

OUR CAREER EXPERIENCE PROGRAMMES

- We deliver immersive career experiences across 15 different industries, from the ever-popular Medicine and Law through to more up and coming industries like Fashion Design and Forensic Science.
- These are available in both an in-person or live online format and range from 1 day to 2 weeks in length throughout the year.
- Our Summer Experiences, in particular, offer a 360-degree immersion into some of the world's most illustrious careers. Students will learn from top professionals through interactive simulations, experience days, site visits, exclusive networking opportunities, personalised career coaching and much more.
- Students also gain a certificate of attendance, which are widely recognised and help boost CVs and UCAS applications.
- When they register, students are now invited to join our state-of-the-art tech platform, AmbitionX, so they can really enhance their future prospects by experiencing an unlimited number of live online programmes and masterclasses, tracking their progress as they go.

HOW TO REGISTER

- You can register your child for any programme by visiting our website, www.investin.org, or by scanning the QR code below.
- Your child can benefit from 10% off any of our opportunities by inserting the school's unique Partner School discount code **WOODFORD10** at registration.
- If your child is in receipt of any financial support, we also offer bursaries for eligible students to attend our live online programmes free of charge. For more information, please speak directly with your Careers Lead, who will be able to assist you further.

SUPPORT FOR PARENTS & GUARDIANS

InvestIN is dedicated to supporting teachers and parents help young people make the right career decisions for them. On our website, you can find a range of careers resources, including blog posts, competitions and free events for parents, so that you can keep the conversation going at home. We also offer our Partner Schools access to complimentary employability skills workshops, featuring follow-up resources for both students and parents.

For more information, you can reach out to us via info@investin.org for all general enquiries.

We look forward to working with students at **Woodford County High School for Girls** and providing opportunities for your child to maximise their potential!

Best wishes,

LILLY WALKER

Partner Development Manager

investin.org

★ Trustpilot ★★★★★



AUTUMN TERM WEEKEND CAREER EXPERIENCES



INTERACTIVE CAREER MASTERCLASSES FOR STUDENTS AGED 12-18

GET HANDS ON WITH INTERACTIVE ACTIVITIES, GAIN KNOWLEDGE FROM
INDUSTRY PROFESSIONALS AND RECEIVE A CERTIFICATE OF ATTENDANCE

AGES 15-18

PROGRAMME	DATE
<u>Young Doctor Weekend</u>	5th November 2023
<u>Young Architect Weekend</u>	5th November 2023
<u>Young Entrepreneur Weekend</u>	5th November 2023
<u>Young Filmmaker Weekend</u>	5th November 2023
<u>Young Dentist Weekend</u>	12th November 2023
<u>Young Engineer Weekend</u>	12th November 2023
<u>Young Computer Scientist Weekend</u>	12th November 2023
<u>Young Investment Banker Weekend</u>	19th November 2023
<u>Young Psychologist Weekend</u>	19th November 2023
<u>Young International Politics</u>	19th November 2023
<u>Young Fashion Designer Weekend</u>	19th November 2023
<u>Young Lawyer Weekend</u>	26th November 2023
<u>Young Vet Weekend</u>	26th November 2023
<u>Young Forensic Scientist Weekend</u>	26th November 2023
<u>Young Artist Weekend</u>	3rd December 2023

AGES 12-14

PROGRAMME	DATE
<u>Future Engineer Weekend</u>	21st January 2024
<u>Future Doctor Weekend</u>	21st January 2024
<u>Future Computer Scientist Weekend</u>	28th January 2024
<u>Future Lawyer Weekend</u>	28th January 2024
<u>Future Investment Banker Weekend</u>	28th January 2024

GET 10% OFF
WITH YOUR
DISCOUNT CODE:

WOODFORD10

[REGISTER VIA OUR WEBSITE NOW](#)



INVESTIN

IMMERSIVE CAREER EXPERIENCES



EXPERIENCE YOUR DREAM CAREER

Programmes available in 15 competitive industries for students aged 12-18

Weekend programmes available between November 2023 & March 2024
Summer Experiences available in July & August 2024

ENTREPRENEURSHIP
INVESTMENT BANKING



MEDICINE DENTISTRY
VETERINARY SCIENCE



ART ARCHITECTURE
FILMMAKING FASHION DESIGN



LAW INTERNATIONAL POLITICS
FORENSIC SCIENCE PSYCHOLOGY

COMPUTER SCIENCE
ENGINEERING

Available in-person in London on UCL Campus or Live Online

Work with top industry professionals

Receive industry-specific career coaching

Visit exclusive professional venues

Experience hands-on career simulations

Gain a certificate to boost applications

Get 10% off with your code:

WOODFORD10

VIEW PROGRAMME TIMETABLES
& REGISTER NOW



info@investin.org

+44 (0) 203 488 5089

www.investin.org



INVESTIN **LAW | FINANCE** AUTUMN PROGRAMMES

LONDON | LIVE-ONLINE

Gain valuable career experience with us this term and join us for an interactive masterclass in your dream career. Meet industry leading professionals as you discover where a career in law & Finance could take you.

Highlights for our Weekend Programmes:

- Law: Participate in a mock murder trial
- International Politics: Take part in a parliamentary debate
- Investment Banking: Join the trading floor to compete to trade currencies, stock and commodities
- Entrepreneurship: Pitch a business strategy to industry professionals

CLICK ON THE
LINKS TO FIND
OUT MORE

INVESTIN.ORG

★ Trustpilot ★★★★★

[Young Lawyer](#): 26th November 2023
[Young International Politics](#): 19th November 2023
[Young Investment Banker](#): 19th November 2023
[Young Entrepreneur](#): 5th November 2023

REGISTER VIA OUR WEBSITE NOW

GET 10%
OFF USING YOUR
DISCOUNT CODE

WOODFORD10



INVESTIN **STEM | TECH | MEDICINE** AUTUMN PROGRAMMES

LONDON | LIVE-ONLINE

Experience where a career in Science, Technology, Engineering or Maths could take you. We offer programmes in 10 STEM and Medical Science Careers

Join us for interactive simulations and masterclasses led by Industry professionals, with highlights including:

- Engineering: Design the mission to take humans to Mars
- Medicine: Practice stitching up a wound
- Psychology: Carry out a clinical psychology assessment
- Computer Science: Design your own web application

CLICK ON THE
LINKS TO FIND
OUT MORE

[Architecture](#) - 5th November 2023
[Medicine](#) - 5th November 2023
[Entrepreneurship](#) - 5th November 2023
[Dentistry](#) - 12th November 2023
[Engineering](#) - 12th November 2023
[Computer Science](#) - 12th November 2023
[Investment Banking](#) - 19th November 2023
[Psychology](#) - 19th November 2023
[Veterinary Science](#) - 26th November 2023
[Forensic Science](#) - 26th November 2023

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★ Trustpilot ★★★★★

REGISTER VIA OUR WEBSITE NOW

GET 10%
OFF USING YOUR
DISCOUNT CODE:

WOODFORD10



INVESTIN **HUMANITIES | THE ARTS** AUTUMN PROGRAMMES

LONDON | LIVE-ONLINE

Gain valuable career experience with us this term and join us for an interactive masterclass in your dream career. Meet industry leading professionals across Policy, Cultural and Creative industries

Highlights for our Weekend Programmes:

- International Politics: Take part in a parliamentary debate
- Law: Participate in a mock murder trial
- Art: Form an artist collective and work together to respond to a custom brief
- Filmmaking: Shoot your own short scene with professional equipment
- Fashion Design: Experience an audience with Top Designers

CLICK ON THE
LINKS TO FIND
OUT MORE

[Young International Politics](#): 19th November 2023
[Young Lawyer](#): 26th November 2023
[Young Artist](#): 3rd December 2023
[Young Filmmaker](#): 5th November 2023
[Young Fashion Designer](#): 19th November 2023

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★ Trustpilot ★★★★★

REGISTER VIA OUR WEBSITE NOW

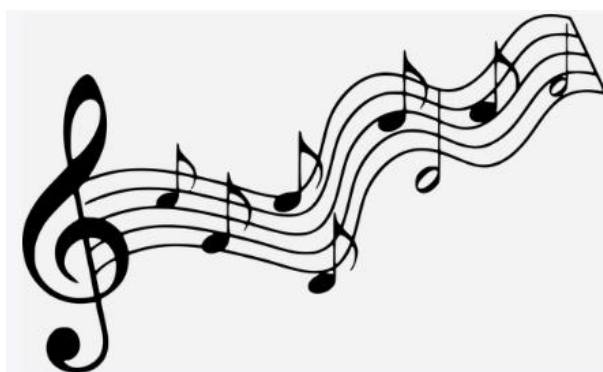
GET 10%
OFF USING YOUR
DISCOUNT CODE:

WOODFORD10



Music Extra-Curricular Timetable: Winter 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Junior Choir Ms Nina (SF1) 13:30- 14:10 Senior choir JMI (Main Hall) 13:40-14:15 Brass Ensemble (Jubilee room) 13:45-14:15 Kalimba Club (Conference room) 13:40-14:15	Junior Band IBO (SF1) 13:30- 14:10 Flute ensemble (please speak to Ms Hannent if interested) KHN 13:40-14:10 Musical Theatre Club (Conference Room) 13:40-14:10	Jazz Band KHN (SF1) 13:40-14:15 String orchestra IBO (SF2) 13:40-14:15 Carnatic Ensemble (Jubilee Room 1) 13:30-14:20 Ukelele Club (Jubilee Room 2) 13:40-14:15	Theory and GCSE/A-level support IBO (SF2) 13:40-14:15	Orchestra IBO (SF1) 13:40-14:15 Guitar Ensemble (SF2) 13:40-14:15
After school		Chamber groups IBO (SF1/2) 15:45-16:30			



WCHS - ECTT – Term 1

	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<u>Before School</u> <u>7.50-</u> <u>8.20am</u>					<u>Yr12&13</u> <u>Badminton</u> STA
<u>Lunchtime</u> <u>1.30-2pm</u>	<u>Volleyball</u> <u>(all)</u> VJA <u>Trampolin-</u> <u>ing</u> KRU Week A = yr9-11 Week B = yr7&8	<u>*Netball -</u> <u>SQUAD Train-</u> <u>ing Only*</u> + Sixth formers STA, VJA, HBA, KRU	<u>Football Train-</u> <u>ing</u> Week A = yr7 & 8 HBA Week B = yr9-11 STA <u>Athletics</u> (all) KRI	<u>Badminton</u> VJA Week A = yr7&8 Week B = yr9 -11	<u>Yr10 & 11</u> <u>GCSE Tram-</u> <u>polining &</u> <u>Badminton</u> STA & KRU <u>Cross Coun-</u> <u>try</u> (all) KRI
<u>After-</u> <u>school</u> <u>3.30-</u> <u>4.20pm</u>			<u>*FIXTURES*</u>		





LIVE FOR THE MOVEMENT

Sign up today for **FREE**
weekly fitness classes

Calling all girls aged 11-16! Check
out our new **MOVE TOGETHER**
FITNESS CLASSES.

Good for both body and mind
our specially designed classes
will help you to build strength,
confidence and get you moving.
It's the perfect opportunity to
have fun with friends.

Find out more

MOVE TOGETHER

Join our next class at...

Time:

Date:

Location:

nuffieldhealth.com/movetogether



Support for residents struggling with the cost of living



Please see the message below from The London Borough of Redbridge:

Please can you send the following links to families which will support them with the cost of living:

[Cost of Living \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living)

[Cost of Living - Cost of Living payment \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living-payment)

[Cost of Living - Foodbanks \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living-foodbanks)

There is the [Ilford Community Grocery](https://communitygrocery.org.uk/ilford/) - we urge every family in need to join the Ilford Community Grocery, 25-29 Clements Rd where residents can buy food at 80% discount:

For the longer term you may be interested in buying your groceries at the Ilford Community Grocery. Join this grocery for £5 a year and you can buy 12 items for just £5. It is located at 25-29 Clements Rd, Ilford.

It is open Monday through Friday 9:30am - 4:30pm.

More details: <https://communitygrocery.org.uk/ilford/>

Educational Psychology Service Parent Helpline

Would you like to talk to someone?

Do you need some support with creating a daily routine for your child?

Are you concerned about your child's emotional wellbeing?

Are you struggling to motivate your children at home or manage sibling relationships?

The Educational Psychology Service (EPS) are here to support you.

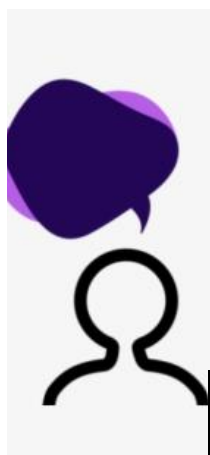
We have a **dedicated telephone helpline for parents/carers** where you will receive advice and guidance from a professional

Educational Psychologist.

The EPS helpline is available for all parents and carers - your child does not need to be known to the EPS, does not need to have a special educational need or additional support within school.

We welcome calls from all parents and carers.

EPS Helpline



Telephone: 07741 331 009

Opening hours:

Every Wednesday 10am - 4pm

Webpage: <https://www.redbridge.gov.uk/schools/educational-psychology-service/>

FIND: [Educational Psychology Service](#)

@Redbridge_aep Twitter account.



RIASS

Redbridge Information, Advice & Support Service for Special Educational Needs & Disability

A free and impartial service for children
and young people with Special Educational
Needs and Disabilities and their parents/carers



Redbridge Information, Advice and Support Service
Tel 020 8708 8922 Email: riass@redbridge.gov.uk
Web redbridgeiass.org.uk

London Borough of
Redbridge 

The Redbridge Information, Advice and Support Service (RIASS) offer free and impartial support to children and young people (aged 0-25) parents and carers, in relation to Special Educational Needs and Disabilities (SEND).

The Service provides legally based, impartial, confidential and accessible information, advice and support.



We can provide

- telephone and email information, advice and support
- we can listen to your views and help you express them
- information about all aspects of SEND, including health, social care and education
- support to enable you to prepare for meetings
- information and support to parents in regards to Education, Health and Care Plans including Annual Reviews.
- help to prevent disagreements from developing into major disputes by encouraging and facilitating early discussions between those involved
- support to prepare for tribunal
- information and support for parents/carers of children who have been excluded or are at risk of exclusion from school

We will always

- provide impartial and independent information and support to enable you to make decisions
- empower you to ensure that your views, wishes and feelings are heard and valued
- we welcome all views on how you feel the service should be developed in the future

Some of the information available

- The Local Offer
- SEN Support in mainstream schools
- EHC Needs Assessment Education
- Health and Care Plans
- Personal Budgets

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 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.

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>



www.thenationalcollege.co.uk



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DATES FOR THE DIARY

AUTUMN 2023		
Term	Wednesday 6 September 2023	Friday 20 October 2023
WCHS Remote Schooling	Friday 15 September 2023	Students studying from home
Half-term	Monday 23 October 2023	Friday 27 October 2023
Term	Monday 30 October 2023	Wednesday 20 December 2023
Non-Contact Day	Thursday 12 October 2023	



wchs_geog
WoodfordCHS_UK_Geography



Instagram

KEY DATES TO REMEMBER

17 October—Sixth Form Open Evening
18 October—Non Uniform Day
19 October—Music Recital Evening
1 November—Year 7 Curriculum Information Evening
Week of 6 November—Warner House Charity Week
16 November—House Drama Event
23 November—GCSE Prizegiving 2023-24
28 November—Year 13 Parents Evening
4 December—Year 11 Parents Evening
14 December—Christmas Concert
18 December—Year 13 (2020-2021) Certificate & Social Event

REMINDER

Please remind your daughter to bring in her lanyard, locker key and fob to school every day.

