



## A message from our Headteachers

### A welcome from our new Head Boy and Head Girl!



Hello, we are Deborah and Keno – the new Head Boy and Head Girl for Warren Academy!

We have been chosen to represent Year 6 on Primary Parliament as well as taking on the role of Head Boy and Head Girl. We are very excited to represent the school, help the school to become as good as it can be and to share new ideas about making Warren an exciting place to learn!

Mrs Salam has shared we will be representing school at events during the year, both in school and out in the community. We look forward to meeting lots of you in the future!



We also wanted to say a huge thank you to all parents and carers who came to our Macmillan Coffee Morning on Thursday. We were able to raise £53 for the charity and it was lovely to welcome those of you who came into school. Thank you to the Year 6's who sold leftover cake at the end of the day too!

A reminder that the final attendance breakfast meeting is on Tuesday next week. This is for any children in Key Stage 2 to attend with their parent or carer and enjoy some breakfast, whilst getting to know other families in the class or key stage! We look forward to seeing you there.

Thank you, Mrs Salam and Mr Middleton

### Attendance

Our attendance target this year: **96%.**

It is **so** important your child is coming to school every day to reach this target. Our whole school attendance for this week is 95.31% which is a significant improvement!

If your child is absent from school, **we ask that you communicate every day with school to share reasons why your child is absent from school.**

Here is this week's attendance:

**F1:** 92.6%

**F2:** 92.2%

**Y1:** 96.1%

**Y2:** 92.7%

**Y3:** 96.9%

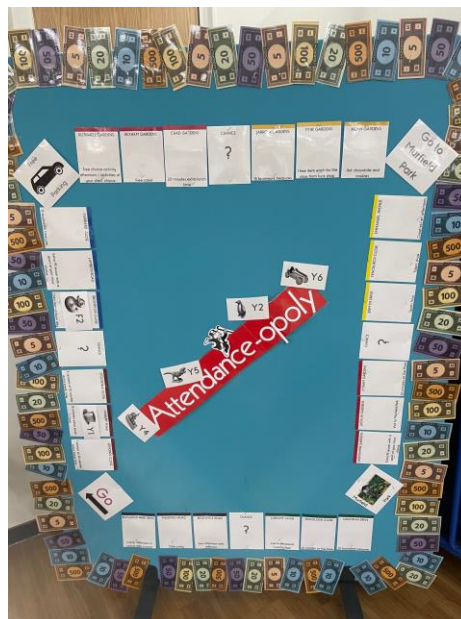
**Y4:** 98.02%

**Y5:** 97.2%

**Y6:** 91.1%

Well done to Year 4 who have the highest attendance this week!

### Attendance-opoly winners



**3 classes won a prize this week due to attendance being over 96%! Well done!**

**1<sup>st</sup> place** – Year 4 who have won 15 minutes extra lunchtime next week!

**2<sup>nd</sup> place** – Year 5 who have won 15 teamwork treasures!

**3<sup>rd</sup> place** – Year 3 who have won free cake next week!

Key datesAutumn 1

<u>Date</u>	<u>Event</u>
<b>2.10.23</b>	Individual Pupil Photos
<b>3.10.23</b>	KS2 breakfast meeting for parents, carers and pupils – 8.20am-8.50am
<b>3.10.23/4.10.23</b>	Parent and Carers Evening
<b>4.10.23</b>	EYFS visit to school from Falconry UK
<b>10.10.23</b>	World Mental Health Day – Hello Yellow Non-Uniform day
<b>11.10.23</b>	Year 2 visit to Green's Windmill, Sneinton
<b>13.10.23</b>	Year 6 visit to the National Holocaust Centre
<b>16.10.23</b>	Year 5 visit to Perlethorpe for Anglo-Saxon and Viking experience day
<b>17.10.23</b>	Fire Safety visit to UKS2 by Arnold Fire Station
<b>18.10.23</b>	EYFS visit from the Teddy Bear's Hospital
<b>19.10.23</b>	EYFS parents and carers stay and play session
<b>20.10.23</b>	Black History Month Art Exhibition
<b>20.10.23</b>	Last day of half term
<u>Autumn 2</u>	
<b>6.11.23</b>	Return to school for Autumn 2 term
<b>19.12.23</b>	End of the term – finish at 1pm
<b>20.12.23</b>	Warren Inset Day

Hello Yellow Day!

On Tuesday 10<sup>th</sup> October, all children are invited to wear something yellow or brightly coloured to school, to celebrate Hello Yellow Day, in exchange of a £1 donation. This donation will be given to the Young Minds Charity – a charity designed to support the mental health and wellbeing of children and young people.

Achievements this week!

Well done to the following children who have been given a certificate in our celebration assembly today!

**F1:** Holly & Bobby for settling into full days in F1.

**F2:** Rufael for ongoing effort in his reading & Tyler for sharing his ideas in R.E.

**Y1:** Oliver W for great effort in phonics – learning new sounds & Cohen for always making links across the curriculum.

**Y2:** Destiny B for her enthusiasm and dedication to her writing & Alan for using his phonics when writing longer sentences.

**Y3:** Niall for trying really hard in maths & Dylan for being an amazing researcher and historian.

**Y4:** Flynn for going the extra mile adding great knowledge to our history lessons & Winter for great effort in English – determined to show knowledge of speech.

**Y5:** Jake for being confident in rounding and being determined to do well & Ruby for growing in confidence and always being a superstar!

**Y6:** Tymoteusz for always challenging himself across subjects & Abidev for insightful thoughts and questions.

Best seats in the house winners this week:

Winter & Poppy for being kind, friendly and excellent role models to others.

Career of the week

This section of the newsletter is where we will be sharing information about a job or career, which you can then share with your child, to inspire or interest them in different career options!

This week's career is: An archaeologist!

This job is where you can learn about the past by studying sites, excavating, classifying and preserving objects from history. You may need to take photo, complete field walking, surveying, take part on excavations or digs, and clean and preserve finds in a lab!

Subjects that are useful if you were interested in a career like this are: **English and Maths, as well as Geography and Science.**

**Routes into the industry:** University courses in archaeology, or an apprenticeship.

More information can be found here:

<https://nationalcareers.service.gov.uk/job-profiles/archaeologist>



## Parking around the school site

We have received a number of complaints about parking around the school site and in the local area this week. We are asking parents and carers to ensure they are putting the safety of the children at the forefront of pick-ups and drop-offs to school, when parking around the local area.

A number of vehicles have made it unsafe for children to walk safely through Aldwych Close this week, due to how the cars have been parked.

Residents in the local area have also shared that cars are being parked across drive ways, blocking their own cars in.

We ask you to be considerate how you are parking, and that you are doing so in a way that does not put any child at risk when trying to make their way to and from school.

Thank you for your support with this.



## Parents and Carers Evening

Our Autumn Term Parents and Carers evening is running on Tuesday 3<sup>rd</sup> and Wednesday 4<sup>th</sup> October. Letters have already been sent out to parents and carers about these meetings. Please ensure you book a time to meet with your child's teacher to discuss their progress so far this academic year.

Entrance to school for these evenings will be via the front office. Your child's books will be available to look at in their classroom. Your child's teacher will meet with you during your allocated time slot in the main hall. We will also be running our book swap and a uniform stand on both evenings.

Miss Bennett, SENDCO, will be attending Parents Evening on Tuesday. Mrs Neat and our school allocated Education Welfare Officer, Mrs O'Hara will also be at parents evening to provide support to any families regarding attendance.



## Black History Month – Poetry Competition

To mark the beginning of Black History Month (BHM), we are running a poetry competition. The theme of BHM this year is Inspirational Black Women.

The children have been tasked to write a poem about a black woman that has inspired them or has made a difference to the world. The poem can be in any format and needs to be shared with Miss Pithers or Mrs Salam by Friday 20<sup>th</sup> October. More information can be found on the poster below. We also have an array of books in the library about black women in history, which the children can use to find further inspiration!

## Breakfast Club

We currently have space for children who may need to attend our before school Breakfast Club. Please speak to the office if you are interested in taking up a place in this provision.

## After school clubs next week

There will be no after school clubs on Tuesday or Wednesday next week due to parents evening being on. Clubs will resume as normal the following week. Thank you.

## Individual & sibling school photographs

Individual & sibling school photographs will be taken in school on Monday morning. Please ensure your child is looking their very best for these pictures and is in full school uniform! If you have younger siblings who do not attend school, but would like them in your family photo, please come to the hall from 8.30 am.



## Tuck shop – changes to KS1 tuck shop

We will be making a slight change to the tuck shop offer for KS1. Tuck shop will now be available in the afternoon for KS1 children, rather than the morning. It has been noticed that lots of children are not eating their lunch as a result of eating so much throughout the morning, so we will be trialling this to see if it supports the children in having lunch successfully.



## In school flu jabs

We will be providing flu vaccination for pupils across school on **21st November 2023**. Please see below the link for the consent forms, which need to be completed if you wish for your child have a vaccination in school. This link is now open and will close on **14<sup>th</sup> November 2023**. More information can also be found below about flu vaccinations.

<https://nhslmms.azurewebsites.net/session/a94a1147>






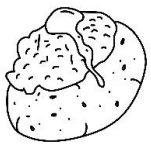
## Pre-school booster/MMR jabs

A number of parents and carers may not have been able to get your child's pre-school booster or the Measles, Mumps and Rubella (MMR) jab due to the COVID19 pandemic. We are strongly recommending for all parents and carers to find out more information about this jab, due to an outbreak of measles in London this week. Please speak to your GP or read about the booster/jab here:

<https://www.nhs.uk/conditions/vaccinations/4-in-1-pre-school-dtap-ipv-booster/>



Census Day is next Thursday 5<sup>th</sup> October – in order to maximise our funding, we will serve every child entitled to Free School Meals or in F2, Y1 & Y2 a school meal on this day. Please let us know if you do not wish your child to have a school meal. Thank you for your support.

Week 2 lunch menu				
Day	Main	Vegetarian	Dessert	Jacket Potato
				
Monday	Macaroni Cheese	Roasted Tomato and Basil Pasta	Strawberry Mousse	Baked Beans & Grated Cheese
Tuesday	Sausage Roll	Quorn Sausage	Bananas & Custard	Tuna Mayo
Wednesday	Chicken Curry	Quorn Curry	Mandarin Jelly	Baked Beans & Grated Cheese
Thursday	Beef Stew	Autumn Vegetable Stew	Sticky Toffee Pudding	Grated Cheese & Bacon
Friday	<b>Goose Fair Theme Day</b> Hotdogs/Veggie Hotdogs Curly Fries Mushy Peas Doughnuts			

If your child is having a packed lunch, please ensure you are making healthy choices for your child to eat. Below shows the 'Eat Well Guide' which is what is recommended to be eaten on a daily basis to maintain a healthy diet. We have also included some healthy lunchbox ideas. More information can also be found at: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

**Love your packed lunch!**  
Create a healthier packed lunch by choosing foods from the 5 main food groups below:

**1 Starchy Carbohydrates**  
to re-fuel your body  
Base your lunchbox on starchy carbohydrates.  
**Choose ONE EVERY DAY from:**

- Bread, rolls, bagels, wraps, pitta or baguettes
- Pasta
- Couscous
- Noodles
- Potatoes

*Choose wholegrain*

*Use a thermos flask to keep pasta warm*

*Get kids involved in the shopping*

**2 Fruit and Vegetables**  
to keep you healthy  
Pack one portion of fruit and one portion of veg every day  
**Choose TWO EVERY DAY from:**

- Apple, banana, pear, orange, plums
- Small pot of mixed berries or grapes
- Prepared melon or mango
- Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- Salad vegetables
- Vegetable Soup

*Add salad to your sandwich*

*Use a thermos flask for delicious soup*

**3 Dairy and Alternatives**  
for healthy teeth and bones  
Don't forget the dairy!  
**Choose ONE EVERY DAY from:**

- Milk
- Cheese – hard cheese, soft cheese, cheese spread
- Yoghurt or Fromage Frais
- Custard

*Choose low sugar dairy products*

*Choose plain yoghurt and have fruit on the side*

**4 Protein Foods**  
for growth and repair  
Pack a protein punch!  
**Choose ONE EVERY DAY from:**

- Meat
- Fish
- Eggs
- Non-dairy protein e.g. lentils, chick peas, beans

*Keep processed meat to a minimum*

*Choose oily fish like salmon once every 3 weeks*

**5 Drinks**  
to rehydrate your body

- A large glass of water
- Semi skimmed milk – or skimmed milk for children over 5 years.
- 150ml of fresh unsweetened fruit juice/smoothie

*Milk, water or 150ml juice*

**Occasionally!**  
Meat products such as sausage rolls, pies, sausages  
Plain cakes/sponges and biscuits of appropriate portion sizes

For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

# **BLACK HISTORY MONTH POETRY COMPETITION**

## **OCTOBER 2023**

**READ ABOUT AN AMAZING AND INSPIRING  
BLACK WOMAN WHO HAS MADE HISTORY.**

**WHO HAS INSPIRED YOU AND WHY?**

**WHO HAS MADE A DIFFERENCE IN THE  
WORLD**

**WHAT KIND OF POEM COULD YOU WRITE?**

**SUBMIT YOUR POEMS TO MISS PITHERS  
OR MRS SALAM BY FRIDAY OCTOBER  
20TH!**

**YOU COULD HAVE YOUR POEM PRINTED  
IN A NATIONAL POETRY BOOK**





Warren Academy

# HARVEST

## *festival*

**We are collecting food for Harvest this year, to donate to St Albans Community Kitchen**

**We are collecting dried goods, tinned food and hygiene products.**

**Please add your donations to the Warren Harvest basket in the front office.**





# 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 contents 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](http://www.thenationalcollege.co.uk)



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