

Information for parents and carers

Welcome to this term's Parent Newsletter 😊 We hope you will find lots of helpful advice and tips inside it! If there is anything you would like to see featured in the next newsletter for 'YOU' please do let Mrs Weekes know at the school gate and we will include it next term. We look forward to seeing you at the next coffee morning on 14th January 2025 for a friendly chat with a hot drink and a biscuit!

Supporting speech and language

When you collect your child, each day try to ask a different question as you walk home instead of the usual "How was your day?" I wonder what they will tell you...!



Attendance and Punctuality



Getting Your Child to School Really Matters

Did You Know... ?

In a School Year, If Your Child is Late Every Day By...	Your Child Would Have Lost Approximately...	or They Would Have Missed Approximately...
5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

Reception – a unique and important year!

While many children will have already had some form of pre-school provision, the Reception Year is often a child's first experience of full-time education. It is a time teachers establish the rules, routines and expectations of learning that will serve children well and follow them through the rest of their formal schooling.

By the end of Reception, the ability to read, write and use numbers is fundamental. They are the building blocks for all other learning. Without firm foundations in these areas, a child's life chances can be severely restricted. The basics need to be taught – and learned through frequent practise whilst growing new knowledge.

We know that children fall behind their friends and classmates when they miss school. At Marsh Green Primary School, we want the amount of missed education to be reduced as much as possible. We believe that our community is stronger together, with all of our children in school, on time, every day. We are building life skills, life-long friendships and preparing your child for future success.

When can my child be absent from school?

When you register your child at school, you have a legal duty to ensure your child attends that school regularly. This means that your child must attend every day that the school is open, unless:

- Your child is too ill to attend that day
- You have asked in advance and been given permission by the school for your child to be absent on that day due to exceptional circumstances
- Your child cannot attend school on that day because it is a day you are taking part in religious observance

Please contact **Mrs Kelly** if your child is going to be absent from school on **0208 270 4984**.

If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help.

Healthy Lunches

Top tips for supporting children with healthy eating:

- Don't overlook thirst – thirst is often mistaken for hunger. Slight drops in hydration levels can send a request to the brain for water. This feeling of discomfort or an empty tummy can be misinterpreted as hunger, when what the child actually needs is a drink. Occasionally, children can become so invested in what they're doing that they forget to take liquids on board.
- Find the right mix – aim to give children a healthy mix of food groups. Choose lean proteins such as meat, eggs, fish, cheese, yoghurt and plant proteins. Fats are also important – especially the essential fatty acids found in fish - like salmon and mackerel, which helps to develop a child's brain.
- Permit pudding – there's nothing fundamentally wrong with pudding – but there is an issue with creating a neural pathway that lays down the expectation of always finishing a meal with something sweet. It's also preferable if the pudding adds some nutritional value e.g. involving fruit rather than just empty calories.
- Spot how much is too much – children are much better than adults at recognising when they're full. Pushing a child to finish their plate can be detrimental, as they can lose the ability to realise that they're full and start over-eating.
- Leave a short gap – if a child is genuinely still hungry, there's nothing wrong with a second helping. However, remember that there's an approximate 20-minute delay on the signal from our stomach to our brain to tell us that we're full. So, it's often best to wait a while to see if the hunger persists.



It is important we prioritize the safety and well-being of the children under our care. Hence, it is imperative we have a "no nuts in your lunchboxes" policy. This policy extends to all food items containing nuts, e.g. chocolate spread. By being vigilant and ensuring that lunchboxes are free from nuts and nut-based products, we can help create a safer environment for all children and prevent potential allergic reactions. Thank you for your understanding and support!

All children are entitled to a FREE school meal.

Fresh Drinking Water,
Seasonal Fresh Fruit,
Low Fat Yogurts,
Fresh Baked Bread,
Locally Sourced
Seasonal Salad Bar

MARSH GREEN PRIMARY SCHOOL

January & February 2025

EAT SMART FOR A
HEALTHY HEART

	MONDAY	TUESDAY	GO GREEN WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Planet Friendly Sausage (vv) Sausage Halal Chicken Sausage Mash (vv) Peas (vv) Gravy (v) Jacket Potato (vv) with Sweetcorn (vv) or Cheese (v) Ice Cream (v) Fruit (vv)	Sweet Potato Tikka Curry (vv) BBQ Chicken Halal BBQ Chicken Rice (vv) Broccoli (vv) or Carrots (vv) Jacket Potato (vv) with Cheese (v) or Baked Beans (vv) Zingy Orange Biscuit (v) Fruit (vv)	Roasted Butternut Squash & Pepper Chimichanga (v) Margarita Pizza (v) Garlic Bread (vv) Coleslaw (v) or Spaghetti Hoops (vv) Jacket Potato (vv) with Coleslaw (v) & Cheese (v) Banoffee Cake (v) Fruit (vv)	Golden Cheese & Onion Parcel (v) Roast Chicken Halal Roast Chicken Roast Potatoes (vv)(GF) Carrots & Broccoli (vv) Yorkshire Pudding (v) Gravy (vv)(GF) Jacket Potato (vv) with Tuna or Cheese (v) Fruit Jelly (vv) Fruit (vv)	Homemade Cheese & Tomato Quiche (v) Breaded Fish Fingers Oven Baked Chips (GF)(vv) Baked Beans or Garden Peas (vv) Jacket Potato (vv) with Cheese (v) or Baked Beans (vv) Rainbow Cookie (v) Fruit (vv)
WEEK TWO	Golden Crunch Topped Macaroni Cheese (v) Mince Beef Pasta Bolognese Halal Mince Beef Pasta Bolognese Sweetcorn (vv) Jacket Potato (vv) with Sweetcorn (vv) or Cheese (v) Pancake with Sauce (v) Fruit (vv)	The Hearty Taco Boat (vv) Hunters BBQ Chicken Halal Hunters BBQ Chicken Wedges (GF)(v) Broccoli or Carrots (vv) Jacket Potato (vv) with Cheese (v) or Baked Beans (vv) Lemon Crunch Biscuit (vv) Fruit (vv)	Roasted Mediterranean Vegetable & Tomato Pasta Bake (vv) Margarita Pizza (v) Garlic Bread (v) Coleslaw (v) or Spaghetti Hoops (vv) Jacket Potato (vv) with Coleslaw (v) & Cheese (v) Frosted Carrot Cake (v) Fruit (vv)	Wholesome Roast Slice (v) Roast Chicken Halal Roast Chicken Roast Potatoes (vv)(GF) Carrots & Broccoli (vv) Yorkshire Pudding (v) Gravy (vv)(GF) Jacket Potato (vv) with Tuna or Cheese (v) Fruit Jelly (vv) Fruit (vv)	Planet Friendly Sausage Roll (vv) Battered Fish Oven Baked Chips (vv)(GF) Baked Beans (vv) or Garden Peas (vv) Jacket Potato (vv) with Cheese (v) or Baked Beans (vv) FRUITY FRIDAY

Vegetarian (V)
Vegetarian (VV)
Chicken Free (GF)
All of our meals are served with at least two varieties of seasonal vegetables or salad. All homemade desserts contain organic flour. Free range eggs/Free range superherbs are 55% reduced sugar.

January

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

February

Keep Your Child Safe *Online*

1 Check Parental Controls

Check that your parental controls are up-to-date and use them to restrict access to inappropriate content and monitor online activity.

2 Set Clear Expectations & Boundaries

Establish rules for online activities. Define time limits, appropriate content, and allowed websites or apps.

3 Supervise Online Activities

Keep an eye on your child's online behaviour. This can involve periodic checks, co-viewing, or sitting with or near them during their screen time.

4 Be a Good Role Model

Set a positive example with your own online behaviour. Demonstrate responsible use of technology, respecting others' privacy and maintaining a healthy digital life.

5 Encourage Open Communication

Create an environment where your child feels comfortable discussing their online experiences. Especially if they have any worries or concerns.

6 Ensure a Healthy Balance

Ensure that your child has a balanced routine with enough time away from a screen for physical activity, hobbies and family interactions.

7 Educate About Online Dangers

Talk to your child about the risks of being online, such as cyberbullying, predators and inappropriate content. Explain how to recognise and report these dangers.

8 Know the Platforms

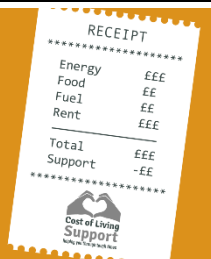
Familiarise yourself with the apps, games and websites your child uses. Understand their features, privacy settings and potential risks.



Silly School Education

Cost of Living Support

Cost of Living Support



Many people up and down the country are really struggling, and the situation in Barking and Dagenham is no different. You're not alone.

Times are tough right now, so the Council and community partners are working together to support you. Visit www.lbbd.gov.uk/cost-living-support for a

wealth of support and contact details.

Pupil Premium

Pupil premium grant is funding to improve educational outcomes for disadvantaged pupils in school. It is allocated to schools based on the number of pupils who are recorded as eligible for 'benefit related' free school meals or are looked after by the local authority. Our Pupil Premium Strategy Statement is on the school website if you would like more information.

You can apply online through the council website: <https://www.lbbd.gov.uk/benefits-and-support/free-school-meals-pupil-premium> If you are not sure if you are eligible, please try and apply – nothing ventured nothing gained!

Other benefits to pupils if eligible for Pupil Premium:

- A 50% reduction in the cost of school trips and school residentials
- Free places on the Borough's Holiday & Food Activity camps
- We may be able to offer other individual support, if you need help please speak to a Senior Leader in school.

Are you looking for a job?

Visit this web page for the information, advice and help with finding a job...

www.lbbd.gov.uk/cost-living-support/help-getting-work.

If you are interested in working in a school visit this web page and check the bulletin every Friday for school job vacancies in Barking and Dagenham... www.lbbd.gov.uk/jobs-and-careers/school-jobs

If you would like to gain experience in school and volunteer please express your interest to Mr Fitzpatrick. This could be just one or two days a week, it could be just at lunchtime, or for a whole day. This would be subject to a successful DBS and induction. It would be great for your CV and could help your job prospects in the future.



Warm spaces in Barking and Dagenham



As the colder months set in, did you know there are warm spaces you can visit? They're safe and friendly places where you can keep warm in the company of your neighbours and friends. There are also lots of FREE activities to enjoy including colouring, drawing therapy, Zumba and 'Knit and Natter', plus lots more!

These spaces are open to everyone, no booking needed, and there's something to do for all the family.

Warm spaces this year include Community Resources for Change at Castle Point, Barking Muslim Association, Kingsley Hall and Barking Churches Unite (The Source).

[Click here to find out more about warm spaces in Barking and Dagenham](#)

Don't forget, there's a range of support to help you if you're struggling to make ends meet.

[Click here to find out more about our Community Hubs in Barking and Dagenham](#)

Community News!



Thank you to the kind gentleman who lives in South Close – he cleared the alley way so that our children don't have to walk through the mess! Please help to keep our community tidy – ensure your child puts litter in the bin not on the floor.

Thank you!

Holiday Camps

HAF a blast this Christmas with our HAF Winter programme

The Holiday Activity and Food (HAF) Programme is back this winter, bringing festive cheer and fantastic activities for children and young people (aged 5-16) in Barking and Dagenham.

This season's programme is stuffed like a Christmas stocking with exciting activities to keep young minds and bodies active over the holidays.

The activities are free to children and young people who live or go to school in Barking and Dagenham and are eligible for free school meals, with paid places being available to everyone.

What's in our festive programme?

- Winter sports (like football and basketball – we'll leave the skiing to Santa!)
- Festive arts and crafts
- Dance and theatre
- Cooking and healthy eating
- Dedicated service for SEND children from 5-16

All activities include a nutritious hot meal.

Booking is essential – spaces are limited.

[Click here for more information about the HAF Winter programme...](#)

Premier Camps Near You

Multi Activity Camps

23rd - 30th December 2024

Roding Primary School - Dagenham 9am - 3pm

30th December 2024 - 3rd January 2025

Marsh Green Primary School - Dagenham 9am - 3pm

Hunters Hall Primary School - Dagenham 9am - 3pm

23rd December 2024 - 3rd January 2025

Hallsville Primary School - Newham 9am - 3.30pm

27th December 2024 - 3rd January 2025

Sacred Heart of Mary's - Upminster 9am - 4pm



Visit premier-education.com/holiday-camps for more information!

School Events in the Spring Term

Children's Mental Health Awareness Week

3rd – 7th February 2025

3rd Feb – Dress to Express

6th Feb – Time to Talk Day

7th Feb – NSPCC Number Day

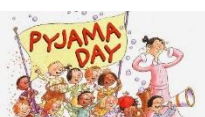
Reading Together Afternoon

29th January 2025



Safer Internet Day

11th February 2025



Reading Week!

3rd – 7th March 2025

3rd March – Bedtime Story Day!

5th March – World book Day Parade

5th March – Reading Community Event



Class photos

25th February 2025

Pupil Review Day

26th March 2025

Book online via ParentMail nearer the time!

KS2 Movie Night!

Wednesday 12th February 3.15 - 5pm

Wednesday 2nd April 3.15 - 5pm

£4 per evening – includes a drink and some snacks!

Book your child's place via ParentPay nearer to each date.

Voice In A Million (Choir event!)

19th March 2025



Easter Fundraising Week

31st March – 4th April 2025



Non-uniform all week £3
Easter Raffle tickets £1 each

*Just pay for the items you would like via Parentpay



Cake Competition and Sale

31st March 2025

We will be calling all budding bakers to get creative and make a delicious cake for our competition! More information nearer the time.

Afterwards the cakes will be sold to raise money for the school.

Pre-loved uniform shop

£2 an item

3.05 – 3.30pm in the main playground



20th January 2025

24th February 2025

26th March 2025

mgpsuniform@marshgreen.bardaglea.org.uk

Easter Bonnet Parade School Closes at 1.30pm



4th April 2025

Keeping children safe

10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers. In case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

we are
cycling
UK

#WakeUp
Wednesday®

The
National
College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>

Please remember, if your child is cycling to school, they must NOT cycle down the middle of the road in South Close – this is still a road and they must keep themselves safe at all times! All roads should be treated with the same awareness of risk and that at any point a vehicle could drive down it. Please remind your child not to mount their bike and cycle straight into the road as they leave the school gate – they must stop and look both ways first!

Toilet Training

If your child is still not toilet trained please have a look at this support guide. If you need further help please speak to Miss Colley in Early Years.

Top Tips for Nurseries on

POTTY TRAINING

Early childhood is full of opportunities to develop and acquire new skills – and learning to use the potty or toilet is a major example of such milestones. However, recent studies have suggested that the number of children starting school without being toilet trained has increased over the past five years. Potty training can be an anxious time for parents and children alike – but our guide has expert tips on how early years practitioners and parents can work together to support children on their journey from nappies to using a potty or toilet.

PREPARATION

1. Parents and childcare practitioners need to cooperate closely. There are a lot of individual skills to work on before the actual transition from nappies into pants.
2. Change nappies in the toilet at nursery or the bathroom at home. This helps children to start making connections (for example, that poo goes into toilets) and learn the vocabulary around toileting.
3. Involve children in the dressing and undressing process that's required when it's time to change their nappy.
4. You may begin to notice trends emerging such as a child needing the toilet at more regular times or having a dry nappy for longer intervals.

PRACTICE

1. Parents may choose to begin potty training as soon as their little one can sit up unaided, or wait until the child has built enough experience of sitting on the potty for long enough to use it. At this stage, children in pull-up pants can get used to having them changed while standing up – and then practise sitting on the potty.
2. Talk to the child about stopping using nappies. You could introduce doll-sized potties to play with in the setting or read books with them about using the potty.
3. Parents and practitioners should discuss a good time to stop using nappies, respecting the setting's existing potty training policy and procedures (if you have them). Try choosing a period when there are no big events or other disruptions expected.

PROGRESSION

1. Consider children's clothing: elastic-waisted trousers are easier to pull down than trousers with belts, jeggings and tights. A toileting accident may wet a child's pants, tights, socks, trousers and shoes.
2. Parents and practitioners should discuss the type of potty to be used. Some children will only go on a particular colour of potty or their one from home.
3. To avoid another transition later, promoting children to using toilets rather than potties is sometimes possible – but not always. When progressing to toilets, use a child's seat and a step stool so that the child's feet can touch the step (or the floor if using a small toilet).
4. Putting a nappy on for car journeys or a supermarket shop may be easier for adults but is confusing for the child: a travel potty or reusable cloth training pants are a useful alternative. Parents should get into the habit of giving their child the chance to use the potty or the toilet before setting off and, if necessary, when they arrive.
5. Consistency, support and patience are the most important elements. Children are gaining new skills all the time, and learning to use a potty or a toilet is just another learning process. You may be surprised how quickly they pick it up.

Meet Our Expert

Sue Asquith is an award-winning consultant, author and speaker on early childhood, who has written and presented early years CPD training to practitioners and carers for almost 20 years. She has worked on several DfE-funded projects with large early years charities and delivered seminars, workshops and keynote speeches at conferences both in the UK and internationally.



The
National
College

Parent Care!

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 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.

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.

Please do not vape on school grounds.

Thank you for your support and understanding

There are lots of services available to you if you wish to access it...

Parents Helpline UK provides confidential advice and support for parents. You can call their helpline on 0808 800 2222. They also offer online chat support from 9.30am to 4pm.

www.youngminds.org.uk/parent/

www.familylives.org.uk/advice

www.family-action.org.uk

Rehab 4 Addiction offers a wealth of resources and information about addiction and mental health, which could be invaluable to those in need. They also provide a helpline that offers immediate assistance to those struggling with addiction in Dagenham, a service that could be life-saving

<https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-dagenham>,

Rainham Foodbank

Unit 3-4, Mick Fury House, Lowen Road, Rainham, RM13 8HT
01708 397484



Christmas Opening:
Friday 20th December – Open
21st December – 2nd January – Closed
Friday 3rd January - Open

Breakfast club restarts on Friday 10th January.

