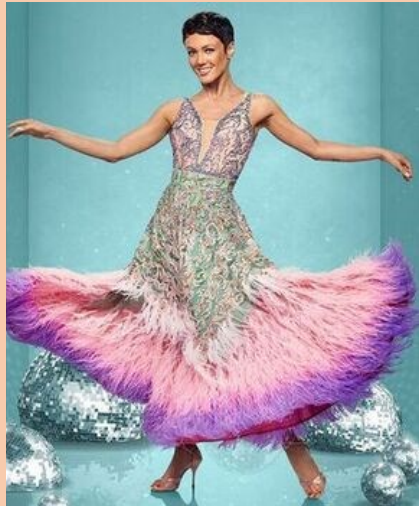




**Which Week?**

**This Week: Monday 2nd Oct (Week 2)**  
Next week: Monday 9th Oct (Week 1)

# Inside Kingshurst



## Strictly Best Wishes

With this year's season of Strictly Come Dancing already beginning to gather pace, we were delighted to see former Kingshurst student, Lauren Oakley promoted from professional dancer last year to fully-fledged competitor who this year is partnered with legendary news broadcaster, Krishnan Guru-Murthy.

As a student, Lauren was an utter joy and reflected the same attributes that we now see every week as we gain an insight into the dedicated

preparations for their dance on Saturday evening. Lauren was a committed student who was able to demonstrate a rare talent to achieving academically whilst being whole-heartedly committed to the intense expectation of training, travelling and competing across the length and breadth of the country each week. To her absolute credit, she managed what must have been a highly demanding schedule in her stride and demonstrated a poise greater than that of her years. We have every confidence that this 'training ground' will have served her well for the weeks to come and once again wish her all the very best for Strictly 2023!



## Friday: Staff Training Day

This week will only be a four-day-week for ALL students. Friday is a Trust Staff Training Day and therefore the site will be closed all day.

Students will return as normal on Monday 9th October at 8.30am.

## Alton Towers, Dance Power!

We would like to thank to Mr Venson for leading an educational visit to Alton Towers last Saturday (!) with one the incredible Key Stage 3 Dance squads to take part in the Chance 2 Dance competition held at the famous theme park, where dance schools from across the country are offered the best performance opportunities to perform in a professionally produced environment.



Massive congratulations go to Tianna Moyens, Maisie Cottier, Maisie Collins, Jayla James, Ruby-May Purnell, Evie Sale and Harriet Byrne, all of whom represented the Academy in spectacular fashion!

## Fact of the Week: "Good night me hearties"

In principle, we know that getting a good night's sleep is important for us function at our best, but is often hard to do in practise. Historically, some of the people who were known to do this best were pirates (!), who despite being considered lawless and wild, were often forced to follow a strict rule by their captains to be in bed by 8pm in order to ensure a safer life at sea and that items that could create a fire hazard on a wooden ship such as a lantern or candle were snuffed out.



## Don't Miss Your Chance to Feedback

A final reminder that if you would like to feedback to the Academy that the online survey is open until Wednesday 4th Oct.

<https://forms.office.com/e/h0HAUx4iG6>

## National Online Safety: Dangers of Vaping



This week's online safety guide focuses on the dangers of vaping.

Why exactly are vapes and e-cigarettes still regarded by many experts as controversial and potentially dangerous? In terms of young people, the issue is availability. Vapes (containing nicotine) aren't supposed to be sold to under 18s: a fact at odds with the rising number of school-age users and the products' colourful packaging and child-friendly flavours.

The attached guide on page 2 of the newsletter summarises what trusted adults need to know about the potential dangers of vaping for young people.

# 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.

## 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-65809824>



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