School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 16th October	• Individual Photographs • Qualitas after school hockey – KS1 (p*laces already notified)* • After school gardening club *(places already notified)*
Tuesday 17th October	• Class 4 trip to Eyam • Open day 1.30 – 3pm • Class 2, 3 and 4 parent's evenings • Qualitas after school tag rugby – KS2 (p*laces already notified)* • School football team training after school (p*laces already notified)*
Wednesday 18th October	• Class 1, 2, 3 and 4 parent's evenings • Qualitas after school football – KS2 (p*laces already notified)*
Thursday 19th October	• Little Smiles Parent and Toddler Group 9 – 10.30am • Class 3 swimming
Friday 20th October	• Year 5 Forest School AM
Monday 23th October	• Pupil Flu Immunisations • Qualitas after school hockey – KS1 (p*laces already notified)* • After school gardening club (p*laces already notified)*
Tuesday 24th October	• Qualitas after school tag rugby – KS2 (p*laces already notified)* • School football team V St Joseph's match after school (p*laces already notified)*
Wednesday 25th October	• Qualitas after school football – KS2 (p*laces already notified)*
Thursday 26th October	• Little Smiles Parent and Toddler Group 9 – 10.30am • Class 3 swimming • Open Afternoon 4.30pm – 6pm
Friday 27th October	• Year 5 Forest School AM • Last Day of Term

Other news:

- Individual school photographs are on Monday 16th October.
- Pupil flu immunisations are on Monday 23rd October. Consent must be given for your child to receive the vacination at: ***https://nhsImms.azurewebsites.net/session/1fc28843***
- School Day: School opens at 8.45am. No children should be on site unaccompanied by an adult before this time as no adult supervision is provided by school. Learning starts at 8.50am.
- Pantomime trips are now available in ParentPay for consent and payment.

Please do not hesitate to contact us on 01629 56813 or by email enquiries@st-giles-matlock.derbyshire.sch.uk with any questions or queries.

Friday updates can be found in the Newsletters section of our school website.

FURTHER DATES FOR YOUR DIARY	
Friday 27th October	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 6th November	INSET DAY - SCHOOL CLOSED
Tuesday 7th November	SCHOOL OPENS FIRST DAY BACK FOR HALF TERM Y6 BIKEABILTY LEVEL 1
Thursday 7th December	PANTOMIME TRIP - RECEPTION AND Y1 – ALADDIN - CHESTERFIELD WINDING WHEEL
Friday 15th December	PANTOMIME TRIP – YEARS 2-6 – MOTHER GOOSE – DERBY ARENA
Wednesday 20th December	SCHOOL CHRISTMAS LUNCH
Friday 22nd December	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES
Monday 8th January	SCHOOL OPENS FIRST DAY BACK FOR NEW TERM
Friday 16th February	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 26th February	INSET DAY - SCHOOL CLOSED
Tuesday 27th February	SCHOOL OPENS FIRST DAY BACK FOR HALF TERM
Thursday 28th March	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR EASTER
Monday 15th April	SCHOOL OPENS FIRST DAY BACK
Friday 24th May	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 3rd June	SCHOOL OPENS FIRST DAY BACK
Monday 17th July	INSET DAY - SCHOOL CLOSED
Tuesday 23rd July	LAST DAY OF SCHOOL BEFORE SUMMER BREAK

Discover our new Autumn & Winter menu

...etables or salad served with every meal

Week 1

W/C: 06.11.23 / 27.11.23 / 18.12.23 / 22.01.24 / *12.02.24 / 11.03.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
British chicken in a korma or tikka sauce	Margarita pizza creamy mozzarella & tomato on a deep pan pizza base	British roast chicken with stuffing & gravy	Big British breakfast including sausage & bacon	Breaded fish fingers
Vegetable & chickpea curry	Veggie mince tortilla stack	Butter bean & vegetable bake, with a crispy cheese topping	Big veggie breakfast; including vegan sausage & mushrooms	Cheese & tomato puff pasty pinwheel
served on a bed of rice with a homemade flatbread	served with tomato pasta	served with creamy mash potatoes & vegetables	served with crispy potatoes, tomatoes & baked beans	served with chips & garden peas
Cook's choice of cookie	Chocolate & beetroot brownie	Cornflake bar with a side portion of with fruit	Banana muffin	Fruit crumble with custard

Week 2

W/C: *13.11.23 / 04.12.23 / 08.01.24 / 29.01.24 / 26.02.24 / 18.03.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Organic British beef meatballs in a tomato sauce	Margarita pizza creamy mozzarella & tomato on a deep pan pizza base	British roast pork served with, apple sauce & gravy	Organic British beef casserole, served with a Yorkshire pudding	Breaded fish fingers
Quorn & vegetable stroganoff	Quorn sausage pattie	Cauliflower cheese bake with a crispy crumb topping	Vegan sausage roll	Crispy veggie fingers
served with pasta & homemade garlic bread	served with potato wedges	served with creamy mash potatoes & vegetables	served with potatoes & gravy	served with chips & baked beans
Cook's choice of cookie	Oaty flapjack with a side portion of fruit	Sprinkle cake	Chocolate cracknel with a side portion of fruit	Apple sponge with custard

Week 3

W/C: 20.11.23 / 11.12.23 / *15.01.24 / 05.02.24 / *04.03.24 / 25.03.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti bolognaise made with British beef	Organic British beef burger in a bun	British roast chicken with stuffing & gravy	Macaroni cheese	Breaded fish fingers
Quorn dippers served with pasta in a homemade sauce	Vegan burger in a bun	Warming veggie cottage pie	Veggie balls in a homemade tomato sauce with pasta	Veggie Sausage
served with freshly baked crusty bread	served with potato wedges & coleslaw	served with creamy mashed potatoes & vegetables	served with freshly baked garlic bread	served with chips & garden peas
Cook's choice of cookie	Carrot cake muffin	Jelly & fruit	Chocolate crunch with a side portion of fruit	Bakewell 'No Nut' tart & custard

All desserts are suitable for vegetarians

All schools have the option of either a pasta pot, filled jacket potato or sandwich, please speak to your school for their selection

Yoghurt & fresh fruit available daily

ALLER

* Theme b...

DERBYSHIRE County Council

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

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?

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.

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.

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.

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.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such 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.

catch your breath

HEALTHY SCHOOLS CAMBRIDGESHIRE & PETERBOROUGH

The National College®

Source: https://www.ash.co.uk/news/ash-news-6840.html