

Date: 29/09/2023

Issue: 4

St Agnes' Weekly News

The family of St Agnes loves, learns and grows together as followers of Jesus.

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OCTOBER

- 2nd –Wellbeing Workshop
9am
- 4th—Class 5M Assembly
9:05am
- 4th—Year 5 Bronze
Ambassador Training
- 5th—St Faustina Feast Day
- 5th—Nursery Information
morning followed by FOSA
Coffee morning.
- 5th—Class 5P Golders Hill
Park trip
- 6th—Class 5M Golders Hill
Park trip
- 11th—Class 4D Assembly
9:05am
- 12th—Individual Photo Day
- 13th—Year 4 Times table
Workshop 9am
- 16th—Positive Relationships
& Behaviour at Home
Workshop 9am
- 16th— Parents Evening Years
1-6 3:30-6pm
- 18th—Class 3C Assembly
9:05am
- 18th—Parents Evening Years
1-6 3:30-6pm



International Evening 2023

Last Friday we celebrated our amazing International Evening here at St Agnes. Our taste buds were tantalised with an array of food from around the globe. As the sun continued to shine on the food stalls in the playground, we enjoyed a variety of performances in the hall.

Children showcased their traditional costumes with our 'Walk Around the World'. They shared interesting facts they had researched about their chosen country. The entertainment didn't stop there! We then enjoyed a variety of performances from children across the school, reception to year six children had auditioned then showcased their talents.

Well done to all the children involved and thank you for sharing your songs, dances and poetry from around the world. It was delightful to see so many people attend our International Evening, truly a family of St Agnes event. Thank you again to everyone involved who helped make the evening such a success.

Miss Duggan History and Geography Lead



A Warm Welcome



A warm welcome to the following children who have joined us in various year groups:

Leen, Victoria, Zakaria, Bridget, Leyla, Madison, Yuliia, Maksym, Sura, Alia, Mehdi, Hussein & Shireen.

Celebrating Birthdays

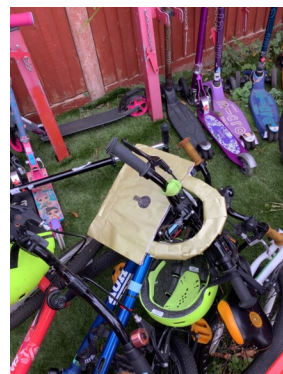
This is a reminder that we ask parents who wish to celebrate their child's birthday with their classmates to either send in fruit/raisins to share or even better liaise with the class teacher to buy a book that can be donated to the class library. This book will have a special addition on the front page, saying who donated it on the special occasion of their birthday.

This will be enjoyed by the children throughout the year.

Thank you.



Thank you to everyone who participated in Cycle to School Week! The Golden Lock visited Reception, KS1 and KS2. I have never seen so many bikes and scooters in the playground before! You have made a huge difference by commuting to school in an environmentally friendly way.



The classes who cycled and scootered the most to school were:

KS1 – 2M

KS2 – 3C / 4D tied

Miss O'Connor

School Travel Plan Leader

First Holy Communion

Holy Communion forms are now available to collect at the Parish office for 2023/2024.

The deadline for returning forms is Sunday 1st October. Any forms returned after this date will not be accepted into this year's programme.



Please see the information below where you can celebrate the weekly gospel at home with your family.

<https://www.paperturn-view.com/uk/wednesday-word/change?pid=MTA101634&v=104>

Do you want to be an altar server?

Have you made your First Holy Communion? Do you wonder what it is like to be a part of Sunday Mass? If so, the Church needs you! Altar servers are a fantastic way of supporting the Church community and understanding about the structure of mass. Your role and support will be invaluable; it is your way of fulfilling part of your Catholic Duty.

If your child is interested in becoming an altar server, please contact Father John or Sammy in the Parish office.



Parental Prayer Group

We have an exciting opportunity for parents and carers of St Agnes to take part in a prayer group in our school.

It would be an opportunity for you to reflect together and put forward any intentions you or the community may have.

It would be held on a Friday morning once a month and led by parents themselves using the rosary or other prayers that you wish.

Please let Miss Moran know, via the office, if you are interested in this.



Wanted: Artists!

We have an exciting opportunity for all artists in our school! Our gallery in the corridors needs to be updated and we need you to fill them. Draw your understanding of what heaven looks like and hand it to your class teacher by Monday 9th October. More details can be found on your Google Classroom.

Miss Moran

The **Social Action Leaders** have organised a donation for the Little Village Winter Warmer Campaign.

The charity needs the following items:

winter coats,



jumpers,



sleeping bags,



boots,



blankets.



Please donate to the box in the Office between
Monday 2nd October – Monday 16th October.



Love • Solidarity • Thriving • Sustainability



Registered charity number 1169735



House Captains Fundraiser

Today the House captains organised their very first fundraiser event, what a fantastic way to kick start the year! The children and staff wore their pyjamas to school in return for a donation of £1 going towards Maggie's at the Royal Free hospital. We have raised a total of £365 for this great cause!



Dear parents,

We are looking for some 'book influencers' for our X social media.

This is to spark excitement with reading and get the children talking and recommending books to one another.

If your child would like to make a short video talking about a book recommendation it can be sent to office@stagnes.barnetmail.net

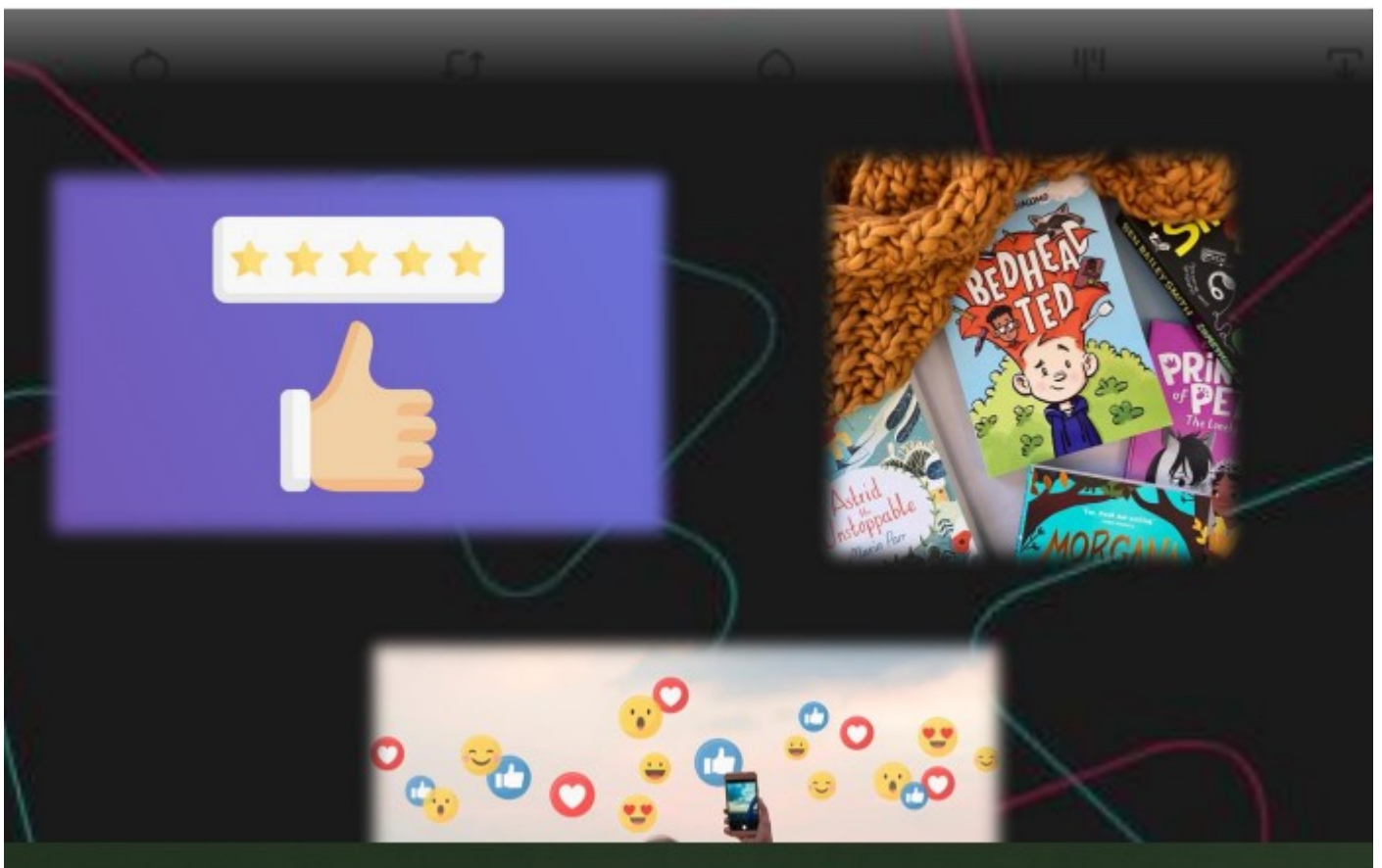
Miss Sheridan will then be in touch to check if you give permission for it to be uploaded to our X (Twitter) page.

Your child's name/age will not be shared with the video.



St Agnes Catholic Primary School NW2 @stagnesnw2 · 1s

St Agnes' book influencers needed! Read a book, make a video review and post on our school Twitter. 📖😎



DONATE A BOOK



I often get asked how parents can donate books to the school. So I have created an Amazon book wish list. This is a way for you to donate a book that we need for our wonderful school reading library.

You will find the list at

<https://amzn.eu/biEs0qi>

At delivery if you pick the option to send the book to the "List Donation's gift registry address" the book will be delivered directly to the school. Alternativley you can get it delivered to your home address and bring it into school.

Many Thanks as always for your ongoing and wonderful support
Mrs Gale



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.



Source: <https://www.bbc.com/news/health-65404424>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

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Class	Star of the Week
1B	Kian
1Z	Caddi
2C	Oli
2M	George
3C	Cairo
3G	Aron
4AM	Benjamin
4D	Aleksandra
5M	Savannah
5P	Jack
6M	Elise
6S	Zoe
TT Rockstars	Dylan 4AM
AFS	KS1 Asser 1B
	KS2 Vilosha 6S
Reading Eggs	Adam 1Z

Birthdays: up to 1st October 2023

September

25th Maksym 3G, Oli 2C & Sariah 5P

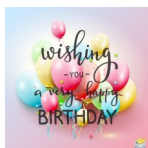
27th Ciara 4D & Aron 3G

29th Jenson 2C

30th Stefan RB

October

1st Tricia 4D



Weekly Attendance		
Class	Attendance %	Number of Lates
RB	93	1
RS	96	0
1B	96	2
1Z	95	4
2C	100	1
2M	95	5
3C	96	0
3G	94	0
4AM	97	1
4D	97	4
5M	98	3
5P	94	1
6M	97	0
6S	96	1
School Target 97.5%		

Safeguarding

The wellbeing of our children is of paramount importance to all staff. Should any person (parent or staff) have a concern regarding a child's wellbeing, please inform one of the school safeguarding team (Mrs O'Reilly, Mrs Hourihan, Mrs Gale, Mrs Breslin or our Chair of Governors Gill Abbott). In cases where school staff have concerns, they have a duty to discuss the issue with Social Services to seek further advice. This is the statutory obligation of all schools.

Thought of the Week

'Giving a little is better than not giving at all'

Jennifer Betts

