

# THE LISCARD BULLETIN

LISCARD PRIMARY, WITHENS LANE, WALLASEY, CH45 7NQ



## E-Safety Warning



You may be aware of Snapchat, a free messaging and social networking app for smartphones. Snapchat allows you to send text

messages, pictures, and short videos to friends and family. What makes Snapchat unique is that most of these messages are temporary.

To sign up for Snapchat you have to enter your birth date to set up an account, but there's no age verification, so it is easy for children under 13 to sign up. Please note - **Common Sense Media rates**

**Snapchat OK for teens 16 and up,**

Where children are sharing their lives through the app, there is a danger of oversharing with strangers, or potentially receiving unwanted attention.

It has come to our attention that some of our children in Year 4 are sharing inappropriate pictures of themselves with others.

Please make sure you are aware of how your child is using social media apps.

## Individual Photographs



Just a reminder that the photographer will be in on Thursday 5th October to take individual photographs. There will be the opportunity for children to have photographs with their siblings.

To reduce the anxiety for some of our younger children please let the class teacher know if your child has not had their photograph taken before.

## School Minibus

The lease for the school minibus comes to an end at the beginning of October.



The Admin team have looked into a number of options to either extend the lease, or buy the minibus outright. Unfortunately both options are so expensive that it is financially impossible. The new lease was twice the cost it currently is and the cost for buying the minibus was over £40,000!

All school staff would like to thank FoLPS for raising funds to pay the lease. The minibus has enabled children to go on a lot more trips in the local area. 'Minibus Mondays' were a great hit with the Year 1 children last year.

## School Website Parent/Carer Portal

A member of the Admin team has emailed parents/carers with details about how you can log in to the new school website. The portal will be used shortly to book parent/carers meetings in October.

New Website

[https:// www.liscard.co.uk](https://www.liscard.co.uk)

### WELCOME TO HYPE CENTRAL PARK HUB

CHECK OUT ALL THE AMAZING ACTIVITIES WE HAVE ON OFFER FOR THE NEXT SCHOOL TERM

| Day       | Activity                 | Target Audience | Time Start | Time End |
|-----------|--------------------------|-----------------|------------|----------|
| Monday    | Chess Club               | 7yrs - 12yrs    | 4:00pm     | 5:00pm   |
|           | Football & Fitness       | 7yrs - 16yrs    | 5:00pm     | 7:00pm   |
| Tuesday   | Music Club (instruments) | 7yrs - 11yrs    | 4:00pm     | 5:00pm   |
|           | Music Club (instruments) | 12yrs - 16yrs   | 5:00pm     | 6:00pm   |
|           | Rap & Battlehousing      | 7yrs - 11yrs    | 6:00pm     | 7:00pm   |
|           | Rap & Battlehousing      | 12yrs - 16yrs   | 7:00pm     | 8:00pm   |
| Wednesday | Youth Club + Bounce      | 7yrs - 11yrs    | 4:00pm     | 6:00pm   |
|           |                          |                 | 4:00pm     | 5:00pm   |
|           | Girls Only Football      | 7yrs - 16yrs    | 4:00pm     | 5:30pm   |
| Thursday  | Chill Zone               | 12yrs - 16yrs   | 6:00pm     | 8:00pm   |
|           | Money Art                | 7yrs - 12yrs    | 4:00pm     | 6:00pm   |
| Friday    | Foosy Tots               | 4yrs - 7yrs     | 4:00pm     | 5:00pm   |
|           | Youth Club               | 7yrs - 11yrs    | 4:00pm     | 6:00pm   |
|           | Football and Fitness     | 10yrs - 16yrs   | 5:00pm     | 7:00pm   |
|           | Chill Zone               | 12yrs - 16yrs   | 6:00pm     | 8:00pm   |

**REGISTER NOW**

109 LISCARD RD, LISCARD, CH44 9AE

Here are some opportunities for children to attend after school clubs at Hype Central Park Hub. HYPE Merseyside, a not-for-profit social enterprise committed to providing a range of free after-school clubs for children.

Engage - Enrich - Empower



# Celebrating Another Great Week at Liscard

## Foundation 1 and 2



There appears to have been strange things happening in both Foundation 1 and 2! Sheep appear to have traipsed through F1.. Meanwhile the Big Bad Wolf has made an appearance in Foundation 2.

## Year 1



## Year 1



Year 1 have been investigating structures in design technology. The children had a great time exploring different materials they could use for their models. They had a great discussion about how they could strengthen their prototypes (e.g. using lollipop sticks instead of art straws). Next week they will be planning and designing their models.

## Year 2

In English, the Year 2 children are exploring a story called 'A River'. They have focussed on settings. The children had to read the descriptions and phrases, with the year 2 words highlighted, and place them on the correct setting from the story. They worked with a partner on this and decoded the words and phrases together. In art the children have been creating tints and shades.



## Year 3



Year 3 children have been experimenting with tone and shade in art lessons.

## Year 4



Year 4 have been successfully comparing numbers in mathematics.

## Year 5



Year 5 children used their skills of improvisation to analyse the potential dangers in various settings from our class book 'The Lost Book of Adventure'.



## ATTENDANCE AWARDS

3GS 100%  
1RD 97.2%  
FAS 93.8%

Let's see which classes have the highest attendance this week!



## WALL OF RECOGNITION

Well done to the following children who have consistently followed the school rules of being kind, working hard and never giving up.

F1 BENJAMIN  
F2 OLIVIA  
Y1 JACKSON  
Y2 POLLY  
Y3 SHAD  
Y4 RONAN  
Y5 DENI  
Y6 PATTIE



## Attendance

Well done to Miss Day's class who were the winners of the attendance trophy for Key Stage 1. Congratulations to Miss Smither's class who were the winners of the attendance trophy for Key Stage 2. Miss Stanley's class had the highest attendance across Foundation 2 for the third week running. The overall attendance was low this week at 92.1%. There were only eight classes that had attendance above the national average. Only 6 classes improved attendance from the previous week. Please make sure your children attend school every day.



## Every Day Counts



## School Lunches

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Homemade Pizza</b><br>Choose from cheese & tomato or pepperoni served with corn on the cob and pasta spirals                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <br><b>All Day Breakfast</b><br>Bacon, Quorn sausage, muffin, eggs, baked beans, mushroom and tomatoes served with fresh bread | <b>Sausage &amp; Mash</b><br>Choose from fresh butcher's quality pork sausages or Quorn sausages served with homemade mashed potatoes, peas and gravy<br> | <br><b>Spaghetti Bolognese</b><br>Choose from fresh minced beef or Vegetarian cooked with onions, garlic, tomatoes and herbs, served on a bed of pasta and broccoli | <b>Fish &amp; Chips</b><br>Choose from either cod fillet fish fingers, battered cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans<br> |
| <i>Jacket Potatoes are also available daily as a hot alternative</i><br><b>Or</b><br><b>Del Bar - Available Everyday</b><br><i>A selection of sandwiches, served on sliced bread, wraps and assorted batch with a choice filling will be available daily - ham, cheese, tuna and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, and peppers.</i><br><b>Dessert</b><br><i>A selection of homemade desserts will be available every day as well as Fresh Fruit, Fruit Salad, Yogurts and Cheese and Crackers</i><br><b>Drink</b><br><i>A selection of drinks will be available daily</i> |                                                                                                                                                                                                                  |                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                    |

## National Online Safety

The latest guide from the National Online Safety below provides parents/carers with information about the dangers of vaping.

## Diary Dates

Monday 2nd October  
Thursday 5th October  
W/B 9th October  
W/B 16th October  
Friday 20th October  
Monday 30th October  
Friday 10th November  
Monday 13th November  
W/B 27th November  
Thursday 7th December  
W/B 11th December  
W/B 18th December  
Friday 22nd December

Black History Month  
Individual Photographs  
Book Fair  
Parent/Carer Meetings  
School closes for pupils  
School reopens for pupils  
Film Festival Cinema Trip  
Odd socks day for Anti-bullying  
Christingle celebrations  
Flu vaccinations in school  
Christmas Performances  
Elf workshops  
Inset Day



Mrs. Sue Talbot  
Headteacher  
B.Ed(Hons) M.Ed NPQH LPQSH





# 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.



**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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