



# Barnsbury Primary School and Nursery

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**Headteacher: Mrs J Harrup**

6th October 2023

Dear Parents and Carers,

We were treated to a Harvest Assembly this morning by all of Year 3 with information about harvest across the world and some wonderful singing! Well done to all the children and staff and thanks to all the family members who came along to watch and support the children.

We will be taking our donated food to Woking Food Bank on Monday. If you haven't donated already, and would like to, please do so on Monday before we box it up and take it down to the charity. A huge thank you to everyone who has donated; you have been very generous and as a community we will be helping many families.



## Safeguarding children

I have included two links for parents to watch (**without children**). They are about Child Criminal Exploitation and Child Sexual Exploitation and are quite hard hitting. They are short videos which remind us about the dangers children could be facing and what signs to look for.

The Child Criminal Exploitation video can be found [here](#).

The Child Sexual Exploitation video can be found [here](#).

## Vacancies

### Nursery Assistant

Barnsbury Primary School and Nursery has an exciting opportunity to join our Nursery team. We are looking for a nursery practitioner to join our Early Years team and work with staff to provide an outstanding start for our youngest learners.

This is a permanent role, working 37 weeks per year. Working hours will be 33.50 per week, Monday, 8.00am - 4.00pm and from Tuesday - Friday between 8.00am - 3.00pm.

More information can be found [here](#).

### Special Needs Assistant (mornings)

Our dedicated and enthusiastic team of staff are looking to appoint a new, dynamic Special Needs Learning Assistant who has a passion for supporting additional needs to join our caring and values led community working on a one to one basis with a child.

The working hours for this position are:

Monday to Friday , 8.30am - 1.00pm, 22.5 hours per week.

More information can be found [here](#).

### Kitchen Staff

Twelve Fifteen are currently recruiting for kitchen staff at Barnsbury, please see the advert in the body of this newsletter.

### Premises Manager—Kingfield Primary School

Kingfield Primary School are looking for a Premises Manager to start in October/November. The contract is 30 hrs per week, 52 weeks per year (with at least 26 days annual leave).

More information can be found [here](#).

### BBC 500 Words

The BBC 500 Words competition has now been launched for this year. This is a chance for children to write for pleasure

The two age categories will be **5-7 year-olds** and **8-11 year-olds**.

Children of all abilities are encouraged to use their creativity and imagination to **write a story they would love to read** without the pressure of having to worry about spelling, punctuation and grammar. The only rule is that the work must be typed. As part of the competition, 50 finalists will be invited to Buckingham Palace for the grand final!

### Deadline for entries is Friday 10<sup>th</sup> November

Below is a link to the competition if you are interested. If you would like to enter but are unable to type the story, please let me know and we will try our best to help.

Happy writing! <https://www.bbc.co.uk/teach/500-words/about-500-words/zctk7v4>

### Forthcoming PTA Events

#### Bingo

Please support the PTA and join us to fundraise at a fun night of Bingo on 20th October 2023 from 7.30pm in the Key Stage 2 Hall. Also let us know your tiple of choice by clicking here: <https://forms.office.com/e/mbnGMLf4Nf>

#### Fireworks Display

The PTA are arranging a fireworks display at Barnsbury on Saturday 11th November 4.30—6.30pm. Please see the poster in the body of this newsletter with details of what's on and how to buy your tickets. We look forward to seeing you there!

Wishing you all a peaceful weekend.

With kind regards



Mrs J E Harrup  
Headteacher

# Dates for your diary 2023-24

## Autumn Term

### October

Friday 6th	9.00am Year 3 Harvest Assembly
Friday 13th	Feeling Good Day
Friday 20th	PTA Bingo—7.30pm
23rd to 27th	Half Term
Monday 30th	Children return after half term

### November

Thursday 2nd	Outdoor Classroom Day
Tuesday 7th	3.30-5.30pm Virtual Parents' Evening Consultations
Thursday 9th	3.30-7.00pm Face-to-face Parents' Evening Consultations
Saturday 11th	4.30—6.30pm PTA Fireworks Display
Wednesday 15th	8.00am Local Governing Committee Meeting
Friday 17th	Team Building Day & 4T Class Assembly
Friday 24th	6G Class Assembly

### December

Friday 1st	5M Class Assembly
Tuesday 5th	9.30am Rock Steady Concert
Wednesday 6th	Christmas Dinner and Christmas Jumper Day
Friday 8th	9.00am Rock Steady Concert
Monday 11th	9.30am Dress rehearsal for KS1 Christmas Production
Monday 11th	2pm KS1 Christmas Production
Tuesday 12th	9.00am and 2pm KS1 Christmas Production
Thursday 14th	9.30am Rock Steady Concert
Friday 15th	1.15pm End of Term



**Star of the Week**

**Effort Award**

**Values Award**

**Writer of the Month**

**Oak**

**Ash**

<b>1B</b>	Hannah	Kyla	John	Elina
<b>1M</b>	Matilda	Scarlett	Malakai	Elize
<b>2M</b>	Fin	Molly	Reece	Poema
<b>2T</b>	Eddie	Jude	Emily	Isla-Rose
<b>3B</b>	Chiram	Elsie	Callan	Callan
<b>3M</b>	Harry	Samantha	Ava	Jonathan
<b>4T</b>	Georgie	Lexi	Ruohan	Grace H
<b>4D</b>	George	America	Kaitlyn	Abigail
<b>5M</b>	Kaja	Isabelle	Praise	Nicola S
<b>5B</b>	Annukka	Freddie	Ava	Charlotte T
<b>6J</b>	Charlotte	Maya	Nicole	Daniel
<b>6G</b>	Micaela	Liah	Eva	Seba

**Congratulations to our Super Spellers this week:**



**Congratulations to the recipients of a WOW certificate this week: Roslyn (2T), Chloe (2T)**



# Athletics Training



Barnsbury Team Athletics Training got off to an incredible start this week, with speed drills and long distance runs. The athletes are incredibly enthusiastic and disciplined, and worked really well at improving their explosive skills and long distance form. I am so looking forward to the morning training sessions. Thank you to Mrs Living for helping out in the mornings.



# Year 4

Our Art this term is based on Pattern. We have explored patterns used by artists through the ages, as well as various techniques experimented with. The L.O this week was, To be able to create a pattern using stencils. Children created their own stencils and arranged them into patterns. We will continue with this theme, which will culminate in stencil making, and eventually printing. Were super excited to take this theme and techniques learned even further.





Friday 20th October  
2023



KS2 Hall



7:30pm Doors  
open/8pm Start



£5 on the door  
includes 1 book of game cards  
10 games



**JOIN US!**

**BRING YOUR  
OWN FOOD &  
LET US KNOW  
YOUR  
FAVOURITE  
DRINKS FOR  
THE BAR HERE**





Twelve15

## JOIN OUR TEAM

Looking for a secure, local, Term-time only position with great work/life balance and benefits?

**Twelve15** has been delivering high quality and nutritious school meals for over 70 years. It has a range of permanent and flexible job opportunities for Chef Managers and Chef Assistants.

Visit [www.surreycc.gov.uk/jobs](http://www.surreycc.gov.uk/jobs) and search 'Twelve15' to find out more and apply.



BBC

# 500 WORDS

2023

Calling all 5-11 year-olds!  
Can you write an amazing story of 500 words or under?

Your story could be read on TV to millions!

Competition opens  
26th September - 10th November.  
We can't wait to read your stories

Head to  
[bbc.co.uk/500words](https://bbc.co.uk/500words)







**BARNSBURY PTA**

# **FIREWORK DISPLAY**

**SATURDAY 11TH NOV 2023**  
**4:30 TO 6:30PM**

**BARNSBURY PRIMARY SCHOOL, ALMOND AVENUE, GU22 0BB**

**GAMES ~ HOT CHOCOLATE** 

 **SMORES ~ TOMBOLAS**

 **FOOD**  **DRINKS** 

**LOW NOISE**  **FIREWORKS**

**TICKETS £6.00**

**[CLICK HERE](#)**



# 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.



Source: <https://www.bbc.co.uk/news/health-68809924>



[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk)



@thenatcollege



/thenationalcollege

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## What Parents & Carers Need to Know about

# AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.



### WHAT ARE THE RISKS?

#### SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as The Traitors, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

#### VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

#### CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

#### GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

#### IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

## Advice for Parents & Carers

#### CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

#### CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

#### DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

#### AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

#### STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

#### Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.





# ACTIVE DISCOVERY

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