



# KING'S ACADEMY COLLEGE PARK



Well done to our girls football team who won Friday's tournament!



See more on page 2.

## Attendance News

Our school target for attendance is 96%

Last week the following year groups met that target:

Year R  
Year 2  
Year 3  
Year 5



Year R had the best overall attendance with 98.6%

Well done to 3FL for having 100% attendance!

Dear Parents & Carers,

Another week is upon us. I went down to Portsmouth Harbour to see off our Year 6 pupils who are spending the week at Little Canada. They were all very excited and I can't wait to see what they get up to!

Year 5 began their Bikeability Training today. It was lovely to see the children gaining confidence, ready to practice their new found skills on the roads around the school later in the week.

Take Care,  
Mrs Carlyle

## UPCOMING EVENTS

### Parent Events coming up!

Parents are invited into the school to complete an activity with their child linked to our school values. These events will begin at 2pm.

Year R - Tuesday 3rd October

### Parent Information Events

#### Communication Consultation

Thursday 5th October - Infant Hall 3.30pm

#### ND Team Coffee Morning

Tuesday 10th October - 10am

#### Individual & sibling photographs

Tuesday 17th October

#### EYFS 2024 Information Evening

Wednesday 18th October  
3.30pm and 5pm

**Proud to be Pompey Day - Thursday 19th October**

### INSET DAY - Friday 20th October

#### Parents Evenings

Monday 6th November  
Wednesday 8th November

### INSET DAY - DATE CHANGE

The INSET day that was due to take place on Friday 6th October has been rescheduled to **Monday 30th October.**



**CONGRATULATIONS TO OUR GIRLS!**

At the tournament on Friday, our team - India, Ruby, Sarah, Millie, Lexie, Erin, Jessica, Harmony, Cerys and Laila - played amazingly and won eight out of the ten games they played.

The organisers said *'there was a marked improvement in organisation and awareness of tactics and positioning from all the girls'* and *'an excellent standard of goalkeeping'*.

Ms Phillips, who escorted the team with Miss Wright said *'Due to a tie, a high quality play off for first position was played between us and Wimborne. After a nail biting 10 minutes and KACP's 5 attempts on target, we finished victorious, scoring the winning goal in the final 30 seconds to win 1-0. Our girls worked extremely hard and showed outstanding resilience and teamwork. To say we are proud is an understatement!'*



**Service Families**

Children who have a parent who is currently serving in any of the armed forces (or have served during their child's time at school) are eligible to receive Service Pupil Premium. Although we do not have large numbers of pupils from service families who attend King's Academy College Park, we still provide additional support and opportunities for them including trips to the Dock Yard. We are also aware that sometimes service children may need additional support around the different circumstances that occur in their lives and understand the importance of them being able to meet other children who may have similar experiences around a parent serving in the armed forces. If you think your child would benefit from this, please let your child's class teacher know.

**You can find more information about the Service Pupil Premium on the [government website](#).**

**COMMUNICATION SUMMARY**

- Proud to be Pompey Day
- Year 5 Swimming Lesson date changes
- Marchant's Hill - Parent Information Meeting
- Stubbington Residential information
- Year R Creates Event
- MHST appointments available



*today's Menu* We have a special menu on offer for Census Day which takes place on Thursday 5th October

**PORK HOT DOG IN A ROLL SERVED WITH POTATO WEDGES**

OR

**CHEESE AND TOMATO PIZZA WITH POTATO WEDGES**

OR

**JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA**

**DON'T FORGET TO VISIT OUR WEBSITE FOR THE MOST UP TO DATE INFORMATION!**

**Take me there!**




*Follow -US-*



# Infant Value Champions

Hedgehog Class	Aria	Kindness	Ernest	Challenge
Squirrel Class	Nora	Creativity	Eden	Kindness
Rabbit Class	Curtis	Creativity	Kara	Independence
Fox Class	Subaha	Independence	Noah	Creativity
Koala Class	Blossom	Independence	Aubree	Challenge
Wombat Class	Noureen	Creativity	Ellis	Independence
Emu Class	Sonia	Creativity	Blake	Independence
Dingo Class	Beaux		Amelia	
Lion Class	Emily	Creativity	Zayyan	Independence
Flamingo Class	Ava-Rae	Resilience	Nellie	Kindness
Giraffe Class	Cohen	Challenge	Franek	Independence
Zebra Class	Cami	Resilience	Arlo-Blue	Independence

# Infant Attendance Awards

	Best Class	Year Group
Year R	Rabbit	98.6% 
Year 1	Wombat	95% 
Year 2	Zebra	96.7% 



# Junior Value Champions

3AB	Ivy	Responsibility	Amaia	Responsibility
3HK/JC	Isla	Independence	Thea	Challenge
3RW	Aliza	Resilience	Cody	Kindness
3FL	Winniw	Kindness	Oliver	Challenge
4ML	Angelica	Kindness	Esme	Kindness
4CM	Milo	Resilience	Ayan	Kindness
4HT	Khadijah	Challenge	Iyanuoluwa	Independence
4SS	Sanulya	Creativity	Quinn	Responsibility
5KM	Eshaal	Independence	Alexandra	Teeamwork
5JB	Carmen	Independence	Ivy	Resilience
5AC	Grayson	Challenge	Texas	Resilience
5HW	Nancy-Rose	Resilience	Matthew	Independence
6AD	Ioana	Resilience	Ehan	Kindness
6NC	Sarah	Responsibility	Lewis	Independence
6BT				
6CD	Scarlett	Teeamwork	Oskar	Responsibility

# Junior Attendance Awards

	Best Class	Year Group
Year 3	3FL	96.8% ↓
Year 4	4SS	98.4% ↑
Year 5	5AC	97.2% ↓
Year 6	6BT	95.1% ↑



## Parent Drop-In!

Kings Academy College Park

Join our school link worker from the Mental Health Support Team for a chat surrounding anxiety.

**Parent/Carers Welcome!**



If your child is showing any of the following behaviours at home and/or at school and you would like to speak to someone about it please ring the school office to book an appointment on 023 9292 663645. Examples of anxiety include:

- Not wanting to leave you
- Asking a lot of "what if" questions
- Worrying about bad things happening
- Feeling scared or afraid of something
- Avoiding certain situation/s
- Complaining of tummy aches and other physical anxiety symptoms.

**Wednesday 18th October**

Between 09-00 and 11-30

Mental Health Support Team

# PNSC SWIMMING CLUB TRIALS



Would you like to join Portsmouth's leading swimming club?

To book a trial with us contact: [admin@pnsc.org.uk](mailto:admin@pnsc.org.uk)  
For more information visit: [www.pnsc.co.uk](http://www.pnsc.co.uk)



### Learn to Swim

For children of 3 years and up, we offer a fun filled Learn to Swim programme, giving children the right skills to be fit, healthy and safe in the water. Developing the confidence to fly through the water.

### Competitive Squads

Starting with our Academy squads (Stage 6+), moving all the way through junior competitive squads to Senior Performance and the National squad. We cater to a wide range of abilities supporting the swimmers to reach their greatest potential, taking them to the top.

### Development Squads

Our development pathway is our non-competitive pathway. Providing swimmers with good quality coached training for fitness.



We currently have the following vacancies:

- Year 1 class teacher (maternity cover)
- Year 6 class teacher
- Lunchtime supervisors

Join Our Team



## Neurodiversity Drop in Session & Coffee Morning

The neurodiversity multi-disciplinary team will be in school on **Tuesday 10th October** from **10am until 11am**.

The team will be available to answer any questions or queries regarding the new neurodiversity pathway in Portsmouth. There is no need to confirm attendance please just turn up.

We look forward to meeting with you soon.

### Contact Details

Email address - [Neurodiversity0-19Enquiries@portsmouthcc.gov.uk](mailto:Neurodiversity0-19Enquiries@portsmouthcc.gov.uk)

Telephone Number - 02392 606051

Neurodiversity Platform - [Family Assist Home](#) (click on the neurodiversity tab)



# 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-65809924>



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



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