

Cardinal Newman Catholic School

e-Bulletin

Welcome to the weekly e-Bulletin, highlighting forthcoming events and school news. For further information about news & forthcoming events please visit our website www.cardinalnewmanschool.net



*"Together towards our Lord,
through learning,
love and faith"*

10 02 23

Dear parents and carers,

It's the half term already! Thank you for the support this past half term. It has been a busy one that has seen a huge amount going on at the school.

This past week started off with us waking up to the news of the horrific Earthquake in southern Turkey and Northern Syria. We keep all those affected in our prayers and pray for all the relief workers that have flocked to the region to help.

Congratulations to all the students that have achieved their bronze award for achievement points this past half term! Chanelle, Vita, Michal, Success, Ruairi, Dylan, Evie, Brandon, Ryan, Amanda, Orla, Julia, Daniel, Tess, Alice, Arjun, Summer, Nathan, Gabrielle, Katie, Jack, Natalia, Julia, Orlaith, Ria, Melissa, Frankie, Alicja, Lukas, Rhema, Thomas, Nana, Munashe, Annis, Prince, Adam, Alexander, Lena, Arvey, Olivia, Kai, Mary, Natalia, Dejon, Killian, Noah, Lucia, Grace, Iqra, David, Paulina, Szilard, Melissa, Harpreet, Alfie, Francis, Katleen, Tristan, Nicola, Michael, Tia, Laine, Wiktorija, Thelma, Maja, Ryan, Tex, Robert, Annie, Rita, Estera, Evie, Daniele, Jason, Mofeoluwa, Kevin, Charlie, Daniel, and Kamil! Congratulations to all of you for your fantastic effort and engagement in your learning. Also, to the following students for now achieving their Silver Award; Samuel, Kosi, Rishi, Conor, Mario-Andrei, Orla, Jane, Alicja and Diza.

As ever, there are a number of key messages below. Have a blessed and restful half term and we look forward to welcoming everyone back on Monday 20th February.

Andrew Bull
Headteacher

Lunch Money

Once again, the debt that is on the lunch money account has increased significantly over the last few weeks. If your son or daughter has any monies owed on ParentMail, please have these reconciled by the time we return after half term. We have also made the decision to limit the amount of debt that any child can have to £7.50. Thank you for your support.

Uniform Drop in – 22nd February

We appreciate that at times buying new uniform feels like a never-ending financial struggle. With this in mind, we would like to invite you to an informal 'Drop-in' on Wednesday 22nd February 2023 from 9.30am – 2pm. In addition to school uniform and PE kit, we have other 'non-uniform' items of clothing including coats and shoes. These items are second hand but have been washed and are in a good condition. **Polite notice - the school buses arrive from 2.15pm, so please be mindful not to park on or near a bus stop please.** I look forward to seeing you on the day!

Mrs Nicki Brown - Family Worker

Social Media

Please do consider following the school on one of our social media channels. You can find us on [Twitter](#) and [Instagram](#) under CNSLuton. It is a great way to see a lot of what is going on day-to-day but also where we celebrate a lot of our day-to-day successes. The PE and art departments also have twitter (@CNSPE and @cns_art_design) and Instagram accounts ([cnspeinsta](#) and [cnsartdesign](#)).

Absence reporting – ClassCharts

Please do ensure that you are reporting your children's absences through the ClassCharts portal. This makes the tracking of attendance far smoother process than leaving telephone messages. It also ensures accuracy of data. Thank you.

Uniform

Thank you for your support this half term with maintaining the high standards of uniform. We have recently had a resurgence of footwear that does not comply with the school uniform policy, notably the wearing of boots. Please see previous messages around what is acceptable and what is not. Also, the amount of make-up has also increased. The school rules on this are clear and please do support us in re-enforcing these with your child at home.

Safeguarding: Substance Misuse Awareness

We are increasingly aware of the use of vapes in and around the community. The safeguarding team have pulled together the information below to help you understand some of the effects of substances and specifically vapes.

What is substance misuse?



Substance misuse refers to the use of psychoactive substances in a way that is harmful to health. This includes alcohol, vapes and illicit drugs. The use of such substances can lead to dependence where cognitive, behavioural and physiological problems develop which results in a strong desire to take the drug, difficulties in controlling use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities. It impacts a child's emotional well-being, concentration, self-regulation, moods and much more.

Why do young people use substances?

VAPING HARMS YOUR HEALTH



Most e-cigarettes contain nicotine, the same **highly addictive** chemical in regular cigarettes.

Many e-cigarettes use by teens are shaped like USB sticks, pens, or even watches which make them **easy for students to hide** at school

Some vapes contain chemicals such as formaldehyde, that can **cause cancer**.



Some vapes contain as much nicotine as a **whole pack of cigarettes**.

A 2019 outbreak of serious **lung illnesses** linked to vaping products has affected thousands of healthy teenagers.

SAFEGUARDING CNS

The most recent statistics show that at least one in six children have a mental health problem, with an increase of 50% in the likelihood of children experiencing difficulties. This links with substance abuse, as although risk-taking behaviours can be common in teenage development, we know that substance abuse and addiction can develop as a coping strategy for adverse experiences and lead children vulnerable to abuse and exploitation. Statistics from the NHS show that 40% of secondary aged pupils reported drinking alcohol. Also, just under 1 in 5 pupils reported taking drugs, with this evenly being spread between boys and girls. Pupils were most likely to have tried cannabis and volatile substances (glues, gases, solvents etc), however there were also a relatively high number of young people who had tried harmful substances unknowingly through vaping. Increasingly schools are concerned about the effects of vapes on young people. The toxins and chemicals impact young people in numerous negative ways.

What might you see?

Children and young people who are misusing substances may have:

- Changing friendship groups
- Signs of self-neglect
- Poor attendance / performance
- Lack of motivation and concentration levels/ focus
- Disengagement from hobbies / interests
- Change in appetite / eating patterns

Week beginning 20th February

<i>This is Week 2 on the timetable</i>	
Monday 20th February	
Tuesday 21st February	Drama Club 3-4pm Japanese Club 3.10-4pm
Wednesday 22nd February	Ash Wednesday – liturgies Bake Off Club 3.10-4.10pm
Thursday 23rd February	
Friday 24th February	Friday Night Detention