

26<sup>th</sup> May 2023

Dear parents/carers,

Welcome to the term 5 edition of our ***Safeguarding and Wellbeing bulletin***.

In this bulletin:

- Vaping in Schools
- Anger, Rage and Explosive Outbursts: How to respond to your child or teen's anger
- Supporting young people through exams and results

### **Vaping in Schools**

Parents will no doubt be aware that there has been a concerning rise in the number of young people who are vaping, both outside of school and also bringing them into school. As a school we have taken reasonable action to ensure instances of vaping on school premises are minimised, however the concern around young people vaping extends beyond simple rule breaking.

A BBC investigation has highlighted the concerns around vaping for young people. As the legal age to purchase a vape is 18, young people who try to purchase vapes are therefore more likely to be purchasing unregulated vapes from sellers. This is a concern due to high levels of nickel and lead which have significant health implications, both physical health and on brain development.

The message around vaping is clear that while there are

<https://www.bbc.co.uk/news/health-65614078?scrybrkr=8781d16a>

### **Anger, Rage and Explosive Outbursts: How to respond to your child or teen's anger.**

I received an interesting bulletin a couple of weeks ago regarding empowering parents. Having been a parent of a teenager it can sometimes feel like a no-win situation and whatever we say as parents doesn't seem to have the desired effect. The link below takes you to an interesting read if you are feeling you would like some suggestions.

[Anger, Rage and Explosive Outbursts - How to Respond to your Child or Teen \(empoweringparents.com\)](https://empoweringparents.com)

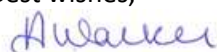
### **Supporting young people through exams and results**

Our young people in years 11 and 13 are currently in the thick of exams and Place2Be have sent out some useful tip sheets which are attached to the bulletin. These include both supporting through the exams, but also the all-important results day which can be an emotional rollercoaster. There is also a tip sheet for young people.

As always on the day there will be help and support in school from colleagues and the careers team but in the meantime the attached documents may prove helpful in supporting your young people through such an important event in their life.

Finally, a reminder that over the holidays if you do have any safeguarding concerns, you can phone 101 or contact the MASH team (telephone: 0300 126 1000 or email: [MASH@nctrust.co.uk](mailto:MASH@nctrust.co.uk)) who are there to support throughout the year.

Best wishes,



Ms A Walker

Assistant Headteacher (DSL/Personal Development)