



Monksdown Mail

Where Children Come First



Designated
Safeguarding
Leads : Mrs Russell
Mrs Dakin
Deputies- Mrs Price
and Mrs Stewart

Friday 29th September

Bienvenida, Bienvenue, Mile widziany, Bun venit, Καλώς ήρθες

European Day of Languages was celebrated in style this week. The children took part in assemblies and activities that promoted the rich linguistic diversity of Europe. The day culminated in many of our families coming together for some social time sharing traditional dishes and cultural experiences.



NEXT WEEK



**Monday 2nd &
Tuesday 3rd
October**

School
Photographer

Tuesday 3rd October
Reception Bikeability
Sessions

Class 6.3 Royal Court
Theatre Hate Crime Play

Cross Country Race 2
Newsham Park 3.15 pm

Wednesday 4th October

Class 6.2 Royal Court
Theatre Hate Crime Play

Thursday 5th October

Class 6.1 Royal Court
Theatre Hate Crime Play

Friday 6th October

9:15am Governors'
Resources Committee

10:15am Governors'
Curriculum Committee

Year 3/4 Girls' Football
Match v Liverpool College
3:15pm—4:15pm

Hunger Heroes

Banners, posters and chants stormed the streets of Liverpool last Saturday to support the right to food campaign. As you are aware our children feel very passionate about every child being entitled to a free school lunch across all primary schools in England. Monksdown led the march from St George's Hall and their voices were heard when three of our pupils delivered eloquent, powerful, heartfelt speeches to the crowds. Children - you are amazing and we are all so proud of you!



Resilient Rockets

A group of Year 5 and 6 children received training to become Resilience Champions. Resilience is a value we hold very close to our hearts and the sessions involved lots of interactive activities, talking about mental health and focusing the importance of kindness. Role play activities included the role of an active bystander, as well as giving the children a chance to have their say about how they can spread kindness across our school. Once again our fabulous children are making a difference in school.



Rock Kidz

On the 10th and 11th of October, Rock Kidz will be coming to school. They are amazing, you might have seen them on Twitter/Facebook etc.

Their message is all about positive affirmations and believing in yourselves, they do this through rock battles, songs and dancing .



We are asking the children and staff to come to school dressed as a Rock Star on the following days:

Years 3 - 6 Tuesday the 10th

Nursery, Reception , Year 1 and Year 2 on Wednesday 11th of October .

A donation of 50 p per child is requested.

Caring and Sharing



We will be holding our Harvest Service in school on **Monday 2nd October**. This year we are requesting donations for our own pantry.

We will be collecting every day next week .

Suggested items:

Tinned Fruit, Tinned fish, Tinned meat, Pasta sauce, Biscuits, Crips,

Tinned Beans, Tinned Soup, Bottles of sauce, Salt, Pepper,

Tinned vegetables

Dried foods: Pasta, Rice, Cereals, Tea, Coffee

Many Thanks for your support

Important Information for Years 5 and 6

Our Year 6 children and families will soon be deciding which secondary school they would like to attend. This is a very important decision and you need to be fully informed about the criteria, choices and process.

Each individual school will have their own admissions policy and open evening. Please visit the websites where this information will be displayed.

It is vital that you attend the individual school's admission evenings with your child in order to help you make your choices.

Year 5 parents and children should also visit the schools as preparation may be needed during the coming year in order to support applications ,particularly for schools that are over subscribed or where an entrance exam is required.

We will be holding sessions on **Tuesday 17th October at 3.00 pm and Thursday 19th October at 3.00pm** to help families to complete the online application form. Please bring your child with you to the sessions as they can also ask any questions and be part of the process.

Please make the most of these sessions when we can also answer any questions you have.

Open Evenings - September and October 2023

Recommended submission date: Friday 20th October 2023

Closing date for applications: Tuesday 31st October 2023

Offer Date: Friday 1st March 2024

Thank you for your generous donations today in support of this very worthy cause.

We raised a fantastic £270



PE Days

In order to maximise PE session time we have decided it would be beneficial for our children to come to school wearing full PE kit—**navy blue shorts and white t shirt with school logo**—including training shoes or pumps. During the colder months a pair of plain jogging/tracksuit pants can be worn with our navy blue school jumper and of course an outdoor coat. Tracksuit bottoms must be **navy blue** with minimal amount of logos please.

This is optional, children may still come to school wearing a full uniform and get changed for PE during the school day if you wish.

School Uniform

Our school policy is that ALL children wear **black, sensible school shoes suitable for polishing**. Children should NOT wear training shoes for school even if they are black. If you are experiencing any difficulties with this matter, please speak to your child's class teacher as soon as possible.

Trainers may be brought into school for playtimes and lunchtimes if needed and worn on PE days if your child opts to wear PE kit to school on this day.

Thank you for your cooperation .

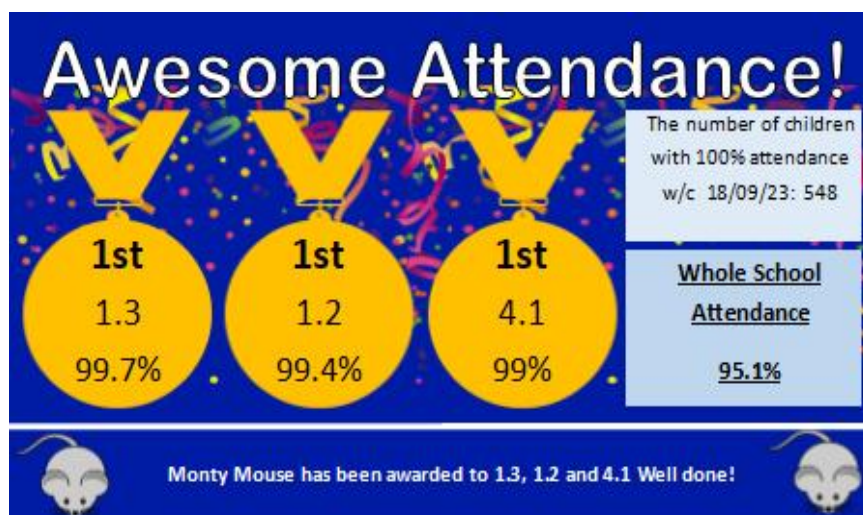
Head Lice

This is a gentle reminder to continue to check your child's hair for head lice and treat if necessary.
Thank you.

Progress and Reading Award Winners

Two children in each class were awarded with a gold coin to spend in our book vending machines. These children have been recognised for their hard work and effort in the month of September. Well done!

	READING AWARD	PROGRESS AWARD
N. AM	Nova Dainty	Ivy Ruddock
R.1	Meadow Skindley	Aria Rose Harrison Helim
R.2	Cornelia Lesniowska	Nadia Zgorska
R.3	Evelyn Balan	Kane Williams
1.1	Winnie Xu	Addison Owen
1.2	Amity Taylor-Owens	Eliza McKenzie
1.3	Lottie Mylchreest	Frank Lyson
2.1	Harlow Hughes	Igor Zgorski
2.2	Aniela Piekarek	Matilda Brearley
2.3	Autumn Colligan	Scarlett Brennan
3.1	Ivy-May Patterson	Franky Briscoe
3.2	Aljaali Albukhari	Alfie Kelly
3.3	Lottie McGeehan	Baelie Murray
4.1	Lucas Nixon	Bonnie Brierley
4.2	Poppy Livell	Parisa Ng Yuet Yin
4.3	Elizabeth Chelkowski	Lacey-Ann Burgess
5.1	Hugo Leonard	Sadie Murphy
5.2	Bobby Chadwick	Finch McGimpsey
5.3	Jacob Huynh	Patrick Wheatley
6.1	Ethan Ward	Alice Youds
6.2	Charlie McCreadie	Katie Kilcourse
6.3	Daniel Walker	Adam Fatnassi



Attendance Tournament



Autumn Term 1 Week 3

Monksdown Attendance Table

Class	Wins	Losses	Draws	Points	Bonus Points	Total
1.3	2	0	0	6	4	10
1.1	2	0	0	6	4	10
5.3	2	0	0	6	3	9
4.1	2	0	0	6	3	9
2.1	2	0	0	6	2	8
2.3	2	0	0	6	1	7
6.3	1	1	0	3	3	6
1.2	1	1	0	3	3	6
5.1	1	1	0	3	2	5
6.2	1	1	0	3	2	5
4.3	1	1	0	3	0	3
4.2	0	2	0	0	3	3
3.3	1	1	0	3	0	3
3.2	0	2	0	0	1	1
3.1	0	2	0	0	0	0
2.2	0	2	0	0	0	0
5.2	0	2	0	0	0	0
6.1	0	2	0	0	0	0

Well done to all winning classes and those who received bonus points.

	Bonus
96% +	1 point
98% +	2 points
100%	3 points

The class with the most points will receive a day out to Croxteth Park.

Dates for your Diary

Monday 2nd October	School Photographer
Tuesday 3rd October	School Photographer Reception Bikeability Sessions Class 6.3 Royal Court Theatre Hate Crime Play Cross Country Race 2 Newsham Park
Wednesday 4th October	Class 6.2 Royal Court Theatre Hate Crime Play
Thursday 5th October	Class 6.1 Royal Court Theatre Hate Crime Play
Friday 6th October	9:15am Governors Resources Committee 10:15am Governors Curriculum Committee Year 3/4 Girls' Football Match v Liverpool College 3:15pm—4:15pm
Tuesday 10th October	Rock Kidz
Wednesday 11th October	Rock Kidz Cross Country Race 3 Stanley Park
Monday 16th October	Flu Vaccinations Nursery—Year 6 Cross Country Race 4 3pm-5pm Clarkes Gardens Recycle Week and Scarecrow Project
Tuesday 17th October	1.1 and 1.2 Martin Mere Trip
Wednesday 18th October	1.3 Martin Mere Trip LFC Foundation Sport in School
Thursday 19th October	Autumn Trail
Friday 20th October	LSFS Year 6 Boys' Trip 12:30pm—3:30pm Jeffrey Humble
Tuesday 24th October	Parent/Carer Evening 3:15pm—6:00pm
Wednesday 25th October	Parent/Carer Evening 3:15pm—6:00pm LFC Foundation Sport in School
Thursday 26th October	Full Governors Meeting 9:30am Year 5 Saxon Experience Day in school—Costume needed
Friday 27th October	School closes at 2PM for half term
Monday 30th September —Friday 3rd October	Half Term Holiday
Wednesday 8th November	Year 4 Matilda Sing-a-long The Light Cinema New Brighton ASD Coffee Morning 9:00am 11am-12pm Open Day for New Parents of September Intake
Friday 10th November	LSFA Yr6 1:00pm Girls Cup Jeffrey Humble
Wednesday 15th November	9am ASD Training Team Coffee Morning
Friday 17th November	School Learning Council Visit to Parliament

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 2006 – 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. It aims to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviour.



HEALTHY SCHOOLS
CAMBRIDGESHIRE
& PETERBOROUGH

The National College



Kinship Carers

8th NATIONAL KINSHIP CARERS AWARENESS WEEK -

OCTOBER 2023



A guide to National Kinship Awareness Carers Week

Sunday 1st October - Flash Mob - City Centre from 1pm

Monday 2nd October - 10am

Arona Drumming, Refreshments at Ellergreen

Wednesday 4th October

6-8pm Our intergenerational night for all the Family members, including Tech Bus, Aladdin's Cave entertainment, food, goody bags.

Friday 6th October

High Tea for our Kinship Carers between 11.00am-2.00pm -
Lovely food, drinks, entertainment, and goody bags

Calendar 2023/2024



School Open **School Closed** **Bank Holiday – school closed**

September 2023						
Wk	Mo	Tu	We	Th	Fr	Sa Su
35					1	2 3
36	4	5	6	7	8	9 10
37	11	12	13	14	15	16 17
38	18	19	20	21	22	23 24
39	25	26	27	28	29	30

October 2023						
Wk	Mo	Tu	We	Th	Fr	Sa Su
39						1
40	2	3	4	5	6	7 8
41	9	10	11	12	13	14 15
42	16	17	18	19	20	21 22
43	23	24	25	26	27	28 29
44	30	31				

November 2023						
Wk	Mo	Tu	We	Th	Fr	Sa Su
44			1	2	3	4 5
45	6	7	8	9	10	11 12
46	13	14	15	16	17	18 19
47	20	21	22	23	24	25 26
48	27	28	29	30		

December 2023						
Wk	Mo	Tu	We	Th	Fr	Sa Su
48					1	2 3
49	4	5	6	7	8	9 10
50	11	12	13	14	15	16 17
51	18	19	20	21	22	23 24
52	25	26	27	28	29	30 31

January 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
1	1	2	3	4	5	6 7
2	8	9	10	11	12	13 14
3	15	16	17	18	19	20 21
4	22	23	24	25	26	27 28
5	29	30	31			

February 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
5				1	2	3 4
6	5	6	7	8	9	10 11
7	12	13	14	15	16	17 18
8	19	20	21	22	23	24 25
9	26	27	28	29		

March 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
9					1	2 3
10	4	5	6	7	8	9 10
11	11	12	13	14	15	16 17
12	18	19	20	21	22	23 24
13	25	26	27	28	29	30 31

April 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
14	1	2	3	4	5	6 7
15	8	9	10	11	12	13 14
16	15	16	17	18	19	20 21
17	22	23	24	25	26	27 28
18	29	30				

May 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
18			1	2	3	4 5
19	6	7	8	9	10	11 12
20	13	14	15	16	17	18 19
21	20	21	22	23	24	25 26
22	27	28	29	30	31	

June 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
22						1 2
23	3	4	5	6	7	8 9
24	10	11	12	13	14	15 16
25	17	18	19	20	21	22 23
26	24	25	26	27	28	29 30

July 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
27	1	2	3	4	5	6 7
28	8	9	10	11	12	13 14
29	15	16	17	18	19	20 21
30	22	23	24	25	26	27 28
31	29	30	31			

August 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
31				1	2	3 4
32	5	6	7	8	9	10 11
33	12	13	14	15	16	17 18
34	19	20	21	22	23	24 25
35	26	27	28	29	30	31