

Saint John Wall Catholic School

A Catholic School For All



Mission Statement

'To educate each and every unique child in our care to hear and respond to what God calls them to be'



Issue 4

Weekly Information Bulletin

Date: Friday 29 September 2023

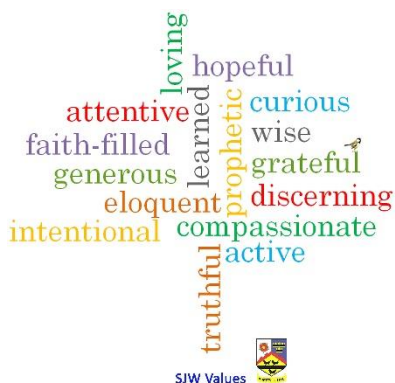
**Catholic Life - This year we are focusing on 'Year of Live Simply'.
Termly Theme: The Common Good - Live in Solidarity
Termly SJW Values – Compassionate and Loving**

This week in Afternoon Prayer... "We prayed for Yom Kippur and learnt about how this is celebrated by our Jewish brothers and sisters. We also prayed for St Vincent de Paul and thought about why it is important to serve the local community. My favourite afternoon prayer this week was the prayer about Little Acts of Kindness. This is because we reflected on how little acts of kindness can make a huge difference. I like Afternoon Prayer because it is simple but meaningful."

By Ismael Mehmood 7HEA

This week in our Weekly Worship... "We thought about Little Way Week. In the Bible reading, we reflected on how God loves us all equally and unconditionally. In our school, our focus this year is Live Simply. During Weekly Worship, we learnt about St Teresa of Lisieux who lived a life helping those around her with small acts of kindness. Now I am in Year 7, I really like Weekly Worship and look forward to it."

By Tanaka Johwa 7HEA



Dates to Note

- **Year 10 Assessment Week**
Monday 9 October 2023 to Friday 13 October 2023
- **Natwest Business Trip - 40 Year 11 pupils**
Thursday 12 October 2023 - 8.30am - 3pm
- **Cultural Heritage Day**
Thursday 26 October 2023
- **Half Term**
Monday 30 October 2023 to Friday 3 November 2023
- **Year 11 Mock 1 Examinations**
Monday 6 November 2023 to Friday 10 November 2023
- **South and City College Taster Day - 30 Year 8 pupils**
Friday 10 November 2023 - 9am until 2.30pm
- **MAD Museum Stratford - 30 Year 7 pupils**
Wednesday 15 November 2023 - 9am until 3.30pm
- **Aston University Campus Experience Day - 30 Year 8 pupils**
Wednesday 22 November 2023 - 9am until 3pm

Punctuality to Lessons Week – Year 8

Next week is punctuality to lesson week for Year 8. Pupils that are late to lesson once will receive a text home, if they are late twice they will receive an hour detention on the day and a letter will be sent home. If pupils continue to be late to lessons parents/carers will be invited in to meet with Miss Cummings to discuss ways to improve their child's punctuality.

By Miss Timmins



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Macmillan Coffee Morning

Today we had our Macmillan coffee morning at school. We were overwhelmed with donations we had from both pupils and staff. A huge thank you to all those for bringing cakes and biscuits into school! It was great to see you all enjoying something sweet during break time today. Thank you to Mercedes Year 10, one of our House Captains, for helping sell the sweet treats during break and lunch time.

A Special thankyou to Tesco Express in Stourbridge for donating cakes towards the sale and Chris from the school canteen for cooking muffins.

We will reveal the total amount raised in next week's newsletter.

By Miss Young



Catholic Life

Visit to St Mary's Coffee Club, Thursday 28 September

Pupils have been very busy today helping out at the Macmillan Coffee Morning. They have folded raffle tickets, collected tea and coffee, manned bring and buy stalls and had a go at exercise activities. They should be very proud of how they got stuck in, brushing away any shyness considering this was their first visit!. Well done! Next week is Autumn poetry.

By Mrs Clayton



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Catholic Life

Weekly Worship - Little Way Week

Pupils learned all about St Teresa's 'Little Way' in our Weekly Worship this week. The Gospel of the labourers in the vineyard allowed our pupils to reflect on the idea of competition, and while it is healthy in some circumstances, it doesn't truly exist in God's kingdom. St Teresa of Lisieux is a great example of this, living a simple life of love, instead of trying to compete with those around her for God's love. All pupils were encouraged to take part in Little Way Week, by writing a small pledge of kindness to another person within our community. We all prayed for people around the world while in our Weekly Worship too, as our first act of the week.

"The only way I can prove my love is by scattering flowers and these flowers are every little sacrifice, every glance and word, and the doing of the least actions for love." St Teresa of Lisieux. These pledges have been 'scattered' around our form rooms on our prayer spaces, as a reminder to continue to show kindness to others throughout the year.



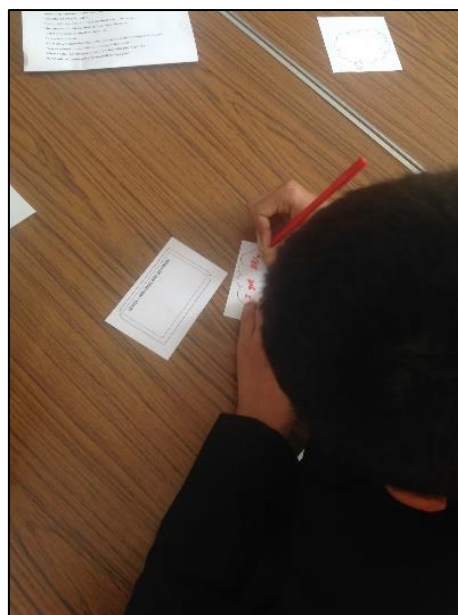
Weekly Mass

Last week, we held our first Class Mass of the year in St Augustine's Catholic Church. Our Class Masses will continue every Thursday morning. Thank you to our Year 9 pupils who behaved so reverently in Mass and to those pupils who read. A special thank you to Fr Subba for his support with our weekly Masses!



Lunchtime in the Chapel

We began the new school year by thinking about the last academic year. Pupils reflected on what went well and what their goals are for this new year. Pupils have also started to play some games in the Chapel on a Friday. Pupils especially enjoy Jenga. Whilst playing Jenga, we discuss the importance of values such as patience, respect, and teamwork, thinking about why these values are important in all aspects of life.



Catholic Life

Open Evening

Thank you to our pupils in Year 7 for helping us to set up the Chapel for Open Evening. Pupils came to the Chapel at lunch time to set up our different prayer stations and to help to put the different activities together. All our visitors on the Open Evening commented on how lovely and peaceful the Chapel was! We are very lucky to have the Chapel in an area accessible to pupils at break and lunchtime. We look forward to having more pupils access this space for reflection and prayer throughout the school year.



Year 7 Sanctuary Team

Our members are slowly growing each Monday at lunchtime in the Chapel. Last week pupils discussed 'Little Way Week', discussed the Gospel message, and practised their readings for Weekly Worship. Thank you to Joshua Nyika, Adunoluwa Adesola and Dieudonne Nah for reading so reverently during this time.

This week pupils considered what it means to feel safe, and what the term 'sanctuary' really means. They all thought about a place where they feel most at home and wrote all about it. It was lovely to hear their discussions. On Wednesday the pupils went on a trip to Saint Chad's Sanctuary, a charity in the heart of Birmingham City Centre. They enjoyed a tour of the building, learning more about the support they offer to refugees and asylum seekers in Birmingham, and donated clothing which has been passed on to the school. Each pupil came back fully engaged and ready to support this important cause. We are welcoming more pupils every Monday, so if you would like to join the team, please come to the Chapel!



Year 7 SVP Trip to Chaplaincy Mass

Today, our Year 7 Youth SVP travelled to St Chad's Cathedral for their Chaplaincy Commissioning Mass. During the Mass, the pupils were officially initiated, so they can go forth and work in our school, championing the poor within our community. Thank you to all our pupils for your excellent behaviour during the Mass and to all our Chaplaincy Teams for their hard work and support!



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Catholic Life

Year 8 Wellbeing Ambassadors

Over the last two weeks, our Wellbeing Ambassadors have completed training sessions and have looked at the importance of mental health, active listening and stigma. Pupils explored reasons why it is important to have a wellbeing team, how they can become active listeners and how posture can be an important aspect within a conversation. Pupils came away with a better understanding of how to approach a conversation whilst suggesting some fantastic ideas and contributions.



Year 9 Liturgy Team

We have had so much more interest in the Liturgy Team this month, that we have opened it up to more of our Year 9 pupils. Their vibrancy and willingness to support the school in Catholic Life has been brilliant to see and be a part of. Our group has split into smaller subgroups, with pupils taking on different roles throughout the Liturgical Year. The team has been working hard to produce beautiful sacred spaces for our Weekly Worship, considering the message of each week, and choosing artwork and colours to reflect this. We have also had our new lunchtime team in the Chapel on Mondays, supporting with resources for the week ahead and encouraging others to visit and take part in activities.

Year 8 CAFOD One World Group

The CAFOD One World Group has met to discuss our theme of 'Live Simply'. Pupils considered the Kingdom of God, and why we as humans have an obligation to look after our shared world. Pupils considered what they love and wrote down their reflections in hearts. This gave them a lot to think about when considering living their lives simply, and what was most important to them. This week, our group focussed on Laudato Si, a letter from Pope Francis to people around the world. They took part in a reflection about the Earth's resources, and the difficulties we face in sharing them. Their discussions were very passionate, and everyone left with a lot to reflect on.



By Mrs Ellis and Mr Lysaght



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Head of Year Messages

Year 7

We have had a brilliant start to the school year. It has been wonderful to see our new year group wearing our uniform with pride, looking out for one another and get to grips with secondary school life. All pupils have settled into their new classes and their behaviour has been exemplary. Every pupil is clearly hearing and responding to what God calls them to be, ensuring that their learning is a priority.

We have a lot on offer after school for pupils who would like to take part in our extra-curricular activities. It was great to watch our Year 7 boys playing football with Mr Hartley after school on Wednesday, they really got stuck in!

Our Weekly Worship has also been very enjoyable with the addition of Mrs Crooks who has been teaching all Year 7 pupils some new worship songs that will be sang at our welcome mass on Thursday 26 October. We are hoping that parents/carers will be able to join us for this wonderful event as we celebrate the start of their educational journey at Saint John Wall. More information is to follow!

Can I please remind parents the importance of having everything labelled with your child's name, as we are having a lot of equipment/bags and uniform handed in to the office. Our pupils use a different classroom each lesson and it is easy to misplace items. Could parents also please ensure that our pupils each have a waterproof coat. The weather has unfortunately started to turn and coats are now necessary to keep everyone warm and dry.

We ask that all pupils come to school with a colourless reusable water bottle. Anyone who has not had one this week has been given one, and all pupils have been given a waterproof label for their own bottle. Water bottles will now be available should anyone need one from the school office for 50p.

Well done Year 7 to a great start to your time here at Saint John Wall!

By Mrs Ellis

Year 8

Welcome back Year 8. I hope you have settled back into school and have enjoyed seeing all of your friends again. It has been great seeing you all again and becoming your Head of Year this year. It has been wonderful to see you all looking so smart in your uniforms this week, thank you for your efforts.

Year 8 have entered a very important year which culminates in each pupil selecting their qualification pathway. It is expected that each pupil arrives at school every day on time by 8:50am. Please call the school that morning if your child is absent.

Can I please request that parents check the behaviour and uniform policy as there have been some moments since returning where Year 8 are showing up late to lessons and not having the correct uniform/equipment.

Pupils must make sure that they are arriving to school in the correct uniform, please do not wear any jewellery including bracelets, and phones must be switched off and in their bags. If you need to contact your child, please do this via the school office. Also, just a reminder that pupils must arrive to school in their full PE Kit when they have PE that day, if you are not sure about our PE kit, please check the school website. The weather is getting colder so please make sure Year 8 you are wearing weather appropriate clothing such as a waterproof coat.

As stated above, this is a very important year, so we need to make sure Year 8 are arriving on time to their lessons, so they are not missing valuable learning time.

If there are any issues, please do not hesitate to get in contact with myself.

By Miss Cummings

Year 9

I would just like to say a well done for the first few weeks back in school. I have been impressed with the way you have thrown yourself into your new subjects and have shown some great maturity. Just some general reminders for you, be in school before 8:50am, being late effects your learning and flow of your day. Also, please remember correct uniform and P.E kit on PE days. Finally, pupils should be going straight to their lesson and not wondering around school or taking friends to lessons. It is not fair on others to be waiting on you to arrive before the lesson can start.

I have spoken to you in weekly worship about how this year is a fresh start and as a year group, we will work together to be the best we can be. It is so lovely to see some of you really involved in living simply around school and doing your bit for our school community. There has been some great stewardship from some by helping tidy up and keep the school a clean and inviting environment. It was also fantastic to see so many of you volunteering your time to help out at open evening doing different activities around school. You did SJW proud, you should be proud!

Over the next few weeks, I hope to be able to come into more lessons and see you working hard and getting to know you all. Those of you I have managed to speak with and catch up with, it has been wonderful. Anyone I am yet to have a proper conversation with, do not hesitate to come and have a chat with me.

It's going to be a busy few weeks and there are some wonderful trips coming up as well as looking forward to the Christmas show that I know so many of you are going to be involved in.

I shall leave you with this quote for motivation over the next few weeks: *"Great things are done by a series of small things brought together."* - Vincent Van Gogh

By Miss Reynolds



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Head of Year Messages

Year 10

A very warm welcome back to all our pupils who have started in Year 10. It was lovely to see you all return ready to start this year. It is important to remember that you have assessments coming up so you should have all received your revision booklets given by your teachers in preparation for this. It is important that you complete all set tasks and make sure that you work to the best of your ability to achieve the great results you all deserve.

As the weather has started to get darker and colder it is important to remember to wear a coat in preparation for the change in weather.

Just a reminder to make sure pupils are coming to school ready for their day, this includes having the correct uniform and equipment for their lessons. Attend each lesson on time as you do not want to miss important learning time just before the assessments. Make sure you get to school on time (you need to be in school before 8.50am) and do not forget your school bag as you need to take all your books and revision booklets home to revise.

Jewellery is not allowed in school so pupils should not be wearing more than one pair of small studs, no upper ear earrings, bracelets or necklaces, if found these items will be confiscated. Reminder that phones are not to be used in school so if you are seen with your phone out this too will be confiscated. Blazers need to be worn in all lessons it is part of your school uniform. When you wear our St. John Wall uniform even if it is outside school, you are still representing our school as well as your community this includes on the buses too.

As always please take care and look after each other.

By Mrs Chand

Year 11

Hello, and welcome to our first Year 11 newsletter item, and it has been great to see majority of you focused and ready to learn, which will put you in good stead for the weeks and months ahead. As always, I am here for you and my office is opposite T2, and feel free to reach out if or when you want.

As this is a big year for you, we have carefully selected your form classes, which are based around subject areas, which will help to ensure you can reach your full potential. Your after-school revision timetable begins from Monday 2 October and this is very important in your development and the support provided by the school.

As you move into this year, it is important that you keep your standards high, and as we have mentioned in our Weekly Worship, it is important that you start as you mean to go on. Please come to school every day, on time (before 8:50am), and please be dressed in correct and full school uniform. We have explained the standards and expectations, and you are role models to every other year group.

Our Weekly Worship is on Fridays, and we have several guest speakers booked for you over the coming weeks, to give you a guide on the opportunities available after Year 11 (post 16). Today we welcomed some ex-pupils, Mohit and Darin, and their teacher from Handsworth Grammar School, to talk about the sixth form there.

Let me take this opportunity to thank the prefects for the commitment and leadership shown towards our school, and please keep this up.

Matthew 5:16: "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

#SHINE

By Mr Hussain



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Black Country Living Museum Trip

On Thursday 28 September, Ms Levine, Mr Mull, Mr Lysaght and myself accompanied 41 Year 8 pupils to the Black Country Living Museum in Dudley. The trip was a fantastic opportunity for pupils to deepen their knowledge of the Industrial Revolution and its impact which is a topic that Year 8 are currently studying. Pupils were active and curious when going on a guided tour of the underground mines. This allowed pupils to experience what life was like for children who had to work long hours in the mines. Pupils were learned and wise by showing good knowledge of what life was like for working class people who moved from the countryside to urban areas like the Black Country in one of the most transformational periods in History. Pupils thoroughly enjoyed their day at the museum especially the chance to try delicious Black Country chips, visit the sweetshop and experience the funfair. Well done to Year 8 on their eagerness to learn and their engagement throughout the whole day! **By Mr McIntosh**



"The trip was really fun, and I enjoyed it so much. My favourite part was the dark mine and the funfair rides. It was a great experience." **By Aaliyah Bains 8LEV**



"What I liked most about the trip was that we got to go to places that were linked to the Industrial Revolution. We have been learning about this for the past few weeks. The most fun part of the trip was when we went underground to the mines to see how people worked there." **By Kosisochukwu Chinedu 8REG**



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Stars of the Month

MFL

Spanish

Balkaran Singh 9TOW - For making a brilliant start to the new academic year in Spanish.

Kritika Basra 9GRE - For making a brilliant start to the new academic year in Spanish.

Princela Manu 8RAH - For an excellent start by being attentive and discerning in Spanish lessons.

By Mr Rosellón

French/Spanish

Sumrit Lal 9ANT - For making a positive start in his French lesson.

Richard Oye 9TOW - For making a positive start in his French lesson.

Kosisochukwu Chinedu 8REG - For an excellent start in Year 8 French. Well done for being learned and wise.

By Miss Gosselin

EAL

Dawood Arshad EAL - For his great commitment to EAL - Science and his constant enthusiasm and participation.

By Mr Rosellón

RE

Justin Singh 7HEA - For good verbal contributions.

By Mr Hartley

Zakariya Malik 8JAS – For being focused, respectful and good verbal contributions.

By Mrs Begum

PE

Gurlin Kaur 7PAL - For demonstrating fantastic technique in basketball.

Sarra Omar 8ESM - For demonstrating fantastic teamwork and being a great encourager to peers.

By Miss Young





Stars of the Month

History

Sarah Manu 10MCI - Consistently showing enthusiasm in her GCSE History lessons.
Lovejeet Malliya 10MCI - For making a great start to the new academic year in History.

By Miss Lally

Mercedes Johnson 10HAS - Excellent enthusiasm shown in History by completing additional reading and notes.
Kritika Basra 9GRE - Being learned and wise by completing excellent work in History.
Jose Malundama 10BRK - For making a great start to the new academic year in History.

By Miss Guest

Ajai Harrison-Durrel 7PAL and **Anja Lamallari 7HAL** - For being curious and active in their History lessons.
Praise Ejiofor 7HAB - For being enthusiastic and curious in her History lessons.
Dieudonne Nah 7PAL - For being enthusiastic and curious in his History lessons.

By Miss Levine

Marlon Richards 8ESM, Rehan Safdar 10HAS and **Kyreese Williams 9ANT** - For making a great start to the new academic year in History.
Injacio Mjeda 7HAL - For being active and curious in his History lessons.

Justin Holodeair 9ANT	Darling Dikoko 9GRE	Harrum Sajid 9GRE
Imogen Babalola 9ANT	Jacob Boahene 9MAN	
For making a fantastic start to GCSE History!		

By Mr McIntosh

Geography

Deborah Fadola 10WIO and **Shera Khinda 11FOD** - For being outstanding role models in their Geography Lessons.
Khaleel Cunningham 8LEV and **Jaskirat Sahota 9ANT** - For making a great start to the new academic year in Geography.
Adunoluwa Adesola 7AHL - For having the maturity to contribute articulately and respectfully in Geography.
Samun Stosray 11KIY - Consistently showing enthusiasm in his GCSE Geography lessons.
Krzysztof Daszkiewicz 9MAN - For being attentive, respectful, and mature in Geography.
Rako Hussain 9BAK - For being enthusiastic and curious in his Geography lessons by answering questions and completing excellent work.

By Ms Levine



House News

It has been an exciting and positive start to the new school year for house news and events! I am looking forward to all the opportunities this new academic year will bring about for House events!

Our newly elected House Captains went to their Year 7 house form classes and demonstrated fantastic leadership by conducting a 'welcome to house' quiz! Pupils in Year 7 had to 'guess the logo' and get to know their form better by finding out who was the eldest in their form, who in the form had pets and the names of their house captains! It was great to see the enthusiasm of pupils as they competed to gain the first house points of the year! Well done!

Winners

1st - 7HAL
2nd - 7PAL
3rd - 7BRS
4th - 7HEA
5th - 7HAB

Our next upcoming competition is about the theme 'This is me' where each form will write a poetry entry celebrating Black History month. I am looking forward to reading some inspiring and meaningful pieces that our forms will put together.

We have been selected to participate in a fantastic opportunity where some of our pupil leadership groups are able to attend the Birmingham school games flagship event launch, of the leadership programme 23/24. This event will involve 15 of our year 9 and 10 pupils who will take part in a day consisting of networking, learning and planning along with other schools from across the city. It will be great to see what project pupils decide to launch at school and from this they will receive a leadership badge and merchandise!

By Miss Young



SJW Supper Club

This week saw the start of the SJW Supper Club. 75 have attended so far with all getting involved in the sports activities which included basketball challenges, football challenges, and dodgeball. Food included pizza, bagels, noodles and cookies. Below is some more information about the supper club.

- Monday-Friday every week during term time.
- Pupils do not need to sign-up they just turn up. First come first served, 30 spaces.
- Led by an external company- Bouncing Statistics with support from one of our school pupil coaches.
- 3.15-4.30 enrichment activities e.g. sports, board games, creative activities, jigsaws, homework. Pupils can liaise with Bouncing Statistics staff/ school pupil coach about other activities they would like (Please note- if pupils attend, they will not be able to leave school site until 4.30pm).
- 4.30-4.45 food and drink. This is optional, pupils do not have to stay for this, but it is free of charge.
- If you plan on collecting your child at 4.30pm, please contact the school office, otherwise pupils will be allowed to leave site from 4.30pm.

By Miss Guest





🌟 BIG NEWS!! Our school has been invited to share Future Foundations playful survey with our young people, parents, carers and educators - find out more and see the link below to take part.

Future Foundations is a proud finalist in the Big Change Big Education Challenge, championing CanTeam - a new way to access affordable and nutritious after school food 🍽️!

Some food for thought from The Food Foundation?

- 🍔 1 in 4 places to buy food are fast-food outlets
- 💡 More healthy foods are over twice as expensive per calorie as less healthy foods
- 🍷 56% of calories consumed by older children and adults are from ultra-processed foods

We are inspired by CanTeam's vision to transform educational and nutritional outcomes for young people and their families, by equipping and supporting schools to offer after school food.

We want to know what our community thinks about CanTeam.

📢 Share your thoughts on current after school food options and the potential of a CanTeam Hub coming to our school, by participating in the Play Verto impact survey here:

https://verto.global/canteam_futurefoundations



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3RD OF OCTOBER | 5PM - 6PM

Ever wanted to enter the Law sector? Unsure of the different jobs available or how to enter the sector? Then join this workshop by Bird & Bird, one of the world's leading law firms, Tuesday 3 October, 5-6pm!
What are some opportunities on offer?

- Solicitor Apprenticeship Programme: Qualify as a solicitor by undertaking on-the-job training while studying for a law degree and the SQE for six-years.
- Early Bird Scholarship: A mentoring scheme with our trainees for support and career guidance during your university studies in law, work experience at the firm, tailored workshops and skills sessions, and financial assistance of £7,500 paid in instalments over your time at university.
- Work Experience: A variety of online and in-person work experience opportunities across the year that you can book onto.

Following the event, you will receive a certificate of completion within 7 working days. This can be used on your CVs or LinkedIn profile and will undoubtedly enhance your applications for upcoming opportunities and help your CV to really stand out!

Join us for our exclusive virtual insight on Tuesday 3rd of October from 5pm – 6pm to kickstart your legal career at Bird & Bird!

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<https://www.surveymonkey.co.uk/r/BirdandBirdScholarship>



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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.

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.

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.

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.

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.

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.

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.

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-65809924>



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