



Dates for the diary

October

- 2nd – Primary Harvest Festival
- 3rd – Nasal Flu Imms Reception to Yr.11
- 3rd & 4th – Primary Parents' Evening
- 4th – Yr.7 & 11 Meet the Tutor Evening
- 5th – Open Morning 9.30 – 10.30
- 10th – Parent Forum @ 3.30pm Cube
- 11th – Open Morning 9.30 – 10.30
- 18th – Yr.11 PPE Week
- 19th – Food Festival
- 23rd – Half Term

November

- 8th – Reception Class Cinema trip
- 10th – BRNC Remembrance Service
- 14th – Open Morning @ 9.30am
- 15th – Yr.11 PPE Parents' Evening
- 28th – Open Morning @ 9.30am

Dear Parents/ Carers,

As we come to the end of September and the days begin to draw in, it has been fantastic to see pupils settled in class and working hard.

In secondary the homework completion has been impressive for many and the school has found itself at the top of the leader boards for schools in our trust for completion on Seneca and Sparx. If you have been struggling to access these programmes, please do let us know. For those in Year 7 and 11 we will have a support desk at the meet the tutor evening next week.

In primary this week we were very lucky to have an extremely strong field of applicants for the position of Primary teacher for Year 5, I am pleased to say that we appointed Ms Caitlin Gilbert to take on the role. Some of you may know Caitlin from last year when she completed her PGCE with us, she will be starting in the coming weeks.

I want to take this opportunity to thank all the staff for their involvement in maintaining the classes during this time and particularly Ms Duke who has done a sterling job with the Year 5 class to this point.

Finally, there are some key dates coming up with Parents evenings and meet the tutor opportunities, as well as our parent forum. Please do make note of these dates.

We hope you have a lovely weekend

Paul Girardot and the Dartmouth team

Our future successes are built on the work we do today.

Keeping up to date

As an Academy we endeavour to provide as many opportunities as possible to keep parents and carers up to date with information and this is done in the following ways:

- Newsletter (information and updates)
- Emailed Letters (notification of events)
- Texts (important immediate information)
- Group e-mail (important immediate information)
- Facebook
- Website <https://www.dartmouthacademy.org.uk/>
- Phone calls (emergency communication)

In the event of any issues or concerns these must firstly be raised with the class teacher/ tutor whose e-mail addresses can be found on the school website:

<https://www.dartmouthacademy.org.uk/1184/staff-list>

subsequently the relevant Senior member of staff:

Mrs Tierney – Primary Principal

Ms Gorton – Assistant Principal SEND

Mrs Darke (maternity leave) Assistant Principal/ Ms Hladkji – Behaviour and Attendance

and finally, the Principal Mr Girardot.

e-mails to staff email addresses may be missed so we would encourage e-mailing admin@dartmouthacademy.org.uk as this mail box is regularly screened and messages will reach the correct person.

School Starts: 8:50am

Gates Open: 8:40am - Gates close at 8.50am

School Finishes: 3:15pm

You must notify the school of an absence, or for any other reason please call 01803 839700

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On 10th October we will be holding a parent forum where we welcome parents to come into The Cube at the end of school from 3:30pm to 4:30pm, to discuss anything they feel they might like to see in school or to ask questions. This session will be an opportunity to meet our new Primary Principal and a chance to discuss our new vision and values development.

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Celebrations

Attendance Matters

This year's attendance by Year Group:

Reception – 88.2%

Year 1 – 94.8%

Year 2 – 96.9%

Year 3 – 95.7%

Year 4 – 95.2%

Year 5 – 94.8%

Year 6 – 92.9%

Year 7 – 96.5%

Year 8 – 91.3%

Year 9 – 91.6%

Year 10 – 89%

Year 11 – 85.3%

School attendance for the year so far is currently

92.4 %

Thank you for supporting our target of 96%

Secondary celebrations

Seneca Leader Board

1st – Darcy KP Yr.11, 3hrs 4min

2nd – Sophia W Yr.11, 2hr 45min

3rd – Joseph C Yr.11, 2hr 34min

4th – Robyn C Yr.7, 2hr 19min

5th – Belle F Yr.10, 2hr 10min

6th – Tasnim A Yr.11, 2hr 8min

7th – Lilli-Rose R Yr.10, 2hr 4min

8th – Paige S Yr.11, 1hr 58min

9th – Emelia T Yr.10, 1hr 57min

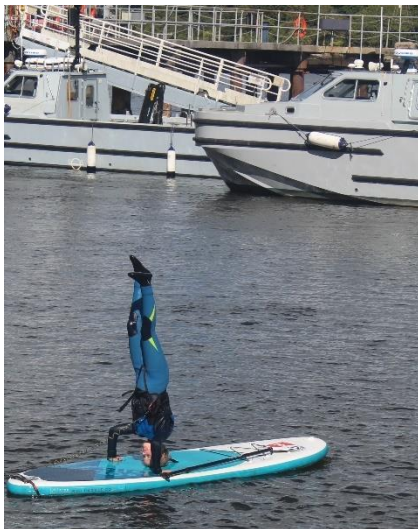
10th – George O Yr.11, 1hr 53min



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What have we been up to:

Over the last two weeks pupils in Year 7 and Year 8 have had the opportunity to explore the River Dart on a paddleboard or in a kayak. This opportunity funded by the Royal Dart Youth Sailing Trust gave pupils the chance to learn a new skills, see the rivers wildlife up close and develop self-confidence on the water.



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Last weekend 23rd September, Alex took part in the TAGB Southern Taekwondo Championship with 350 other competitors.


His middleweight tag team fought against both middleweight and heavyweight tag teams coming away with hard fought tag team sparring silver medal



On Monday 25th September, we celebrated the European Day of Languages where bilingual pupils demonstrated their language skills.


A big thank you to all participants, Nella, Evelina, Isabella, Isla and Tawhidur who performed in front of KS3 and KS4 pupils as well as teachers who spoke French, Japanese and Greek. Merci à tous.

BENEFITS OF LEARNING A NEW LANGUAGE



WOW

1. Boosts brain power
2. Improves memory
3. Sharpens the mind
4. Enhances decision making
5. Your first language is improved
6. Improves academic performance
7. Increases networking skills
8. Provides better career choices
9. Enhances ability to multitask
10. Keeps the mind young and active



FANTASTIQUE !

→

←

Eton Institute

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Dartmouth Leisure Centre Open Day

Come and join us for fun activities all day long
September 30th 2023

STUDIO EXERCISE CLASSES

Come and try one of our taster fitness classes:

Spin Class 09:30 – 10:15

Body Pump 10:30 – 11:15

Boxercise 11:30 – 12:15

Mental Awareness 12:30 – 13:15

GYM

Try our Gym Fitness Challenges running between 09:00 – 13:00

GP Referral 11:00 – 14:00

SWIMMING POOL

Come and try our swimming pool

Public Swimming 11:00 – 12:30

Little Swimmers/Lesson Trials
13:00 – 14:00

Pool Inflatable 14:30 – 15:30
(ages 8 – 13)

SPORTS HALL

Bouncy Fun 09:00 – 11:00

Basketball 11:30 – 12:30

Pickle ball and Badminton 13:00 – 16:00

fusion

Book online at dartmouthleisurecentre.com or call
01803 837010

Dartmouth
LEISURE CENTRE

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THEATRE DANCE
TRAIN ACT
SING

BELIEVE **ACHIEVE** **EXCEED**
in yourself your dreams expectations



There's a Theatretrain Centre near you – sign up today

www.theatretrain.co.uk/torbay
07752 726028

Musical Theatre for Minis!

Tuesdays 5.00 - 6.00

The Cube
Dartmouth Academy
TQ6 9HW

4 - 5 year olds

£10

50% sibling discount

THEATRE DANCE
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Musical Theatre

Wednesdays 5.00 - 6.30

The Cube
Dartmouth Academy
TQ6 9HW

Y1 - Y7

£15

50% sibling discount

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DARTMOUTH COMMUNITY CHEST WINTER TIMETABLE, 2023/24

MONDAY; Warm space, hot meal, food and hygiene pantry, support (to be advertised weekly). 10-2.

TUESDAY; Special Educational Needs Support Group (Fight Club) 5.30-7.30.

WEDNESDAY; Warm space, hot meal, food and hygiene pantry, support (to be advertised weekly). 10-2.

MENKINDE, men's support group, 6-9

THURSDAY; Mental health support group, 10-2.

English lessons for speakers of other languages, 5-7.

FRIDAY; Warm space, hot meal, food and hygiene pantry, support (to be advertised weekly). 10-2.

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

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 can then infiltrate 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 1.9 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery, 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 Health Schools Service (Commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goals are to prevent, reduce and reverse smoking and vaping behaviours through a multi-agency, coordinated approach across both primary and secondary schools in discouraging smoking and vaping behaviours.

Source: <https://www.bbc.co.uk/news/health-65309923>

www.thenationalcollege.co.uk @thenatcollege /thenationalcollege

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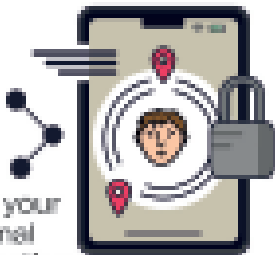
TOP TEN TIPS TO



STAY SAFE ONLINE

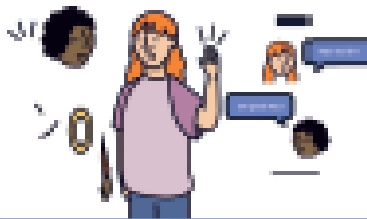
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Don't share your personal information



2

Only talk to people that you know



3

Don't meet up with anyone you have only met online



4

Only accept friend requests from people you know personally



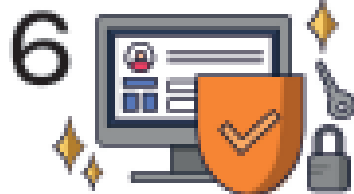
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Always think carefully about what you post



6

Make use of the privacy settings on all of your social media accounts



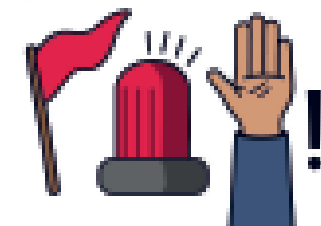
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Remember that not everyone online is who they say they are



8

Report inappropriate content immediately



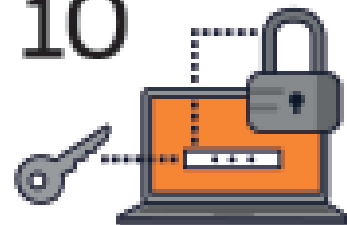
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Only share images that you'd be comfortable with your friends and family seeing



10

Never share your passwords



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